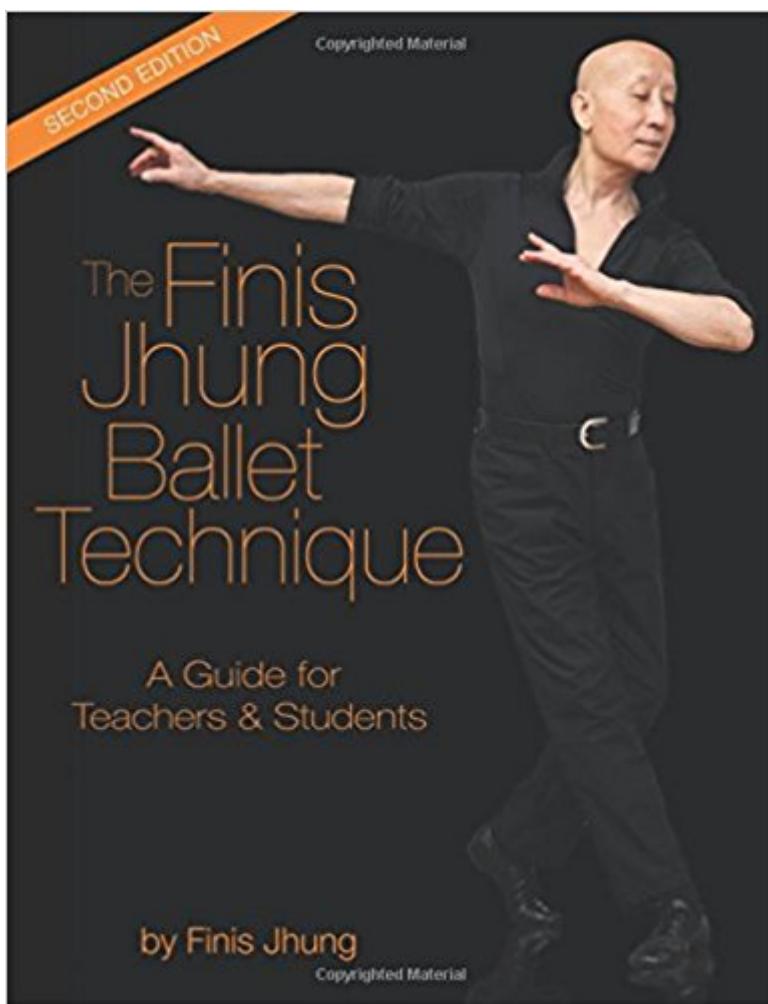


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# The Finis Jhung Ballet Technique: A Guide For Teachers And Students



## Synopsis

KIRKUS REVIEWS excerpted for book /website Discoverâ •rediscoverâ •the essentials of good ballet technique in this comprehensive, accessible book. Ballet has a reputation as a beautiful but intimidating art form, and those who lack natural flexibility or a typical dancerâ ™s body may feel unwelcome in a ballet studio. In his first book, former professional dancer and longtime instructor Jhung dispels that notion, reminding students and teachers of the pure joy that dance can bring while offering clear guidance on how to move with grace and confidenceâ •and avoid injury. He talks candidly about his own struggles with demanding classical technique and explains how he eventually learned to work with his body, rather than against it, when dancing. Jhung doesnâ ™t demand perfect turnout or high battements from his students; instead, he emphasizes proper posture and alignment, which he convincingly argues are the real foundation of good dance. With that in mind, he moves through a series of exercises, from simple stretches and basic barre work to more advanced center work involving turns and jumps. Lessons begin with an outline of the specific movements and are followed by a detailed analysis of each exercise so that readers will understand why itâ ™s essential to perfect simple steps before moving on to more complex choreography. These initial lessons are clearly explained and are easy to follow even for those with no prior ballet training. Throughout, Jhung maintains his encouraging, supportive tone while also discouraging the sloppiness and overreach that leads to strained, inelegant movementâ •valuable lessons for beginners and advanced students alike. A fresh, friendly guide that demystifies classical ballet while providing clear guidance on how to be a better dancer.

## Book Information

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## Customer Reviews

Finis Jhung was recommended to me by ballet masters and dancers of various dance genres, as an internationally celebrated ballet teacher. His recently published book, *The Finis Jhung Ballet Technique: A Guide for Teachers and Students*, is a classic investment for all passionate dance teachers and dancers. In his book, Mr. Jhung has beautifully analyzed classical ballet movement and created a logical ballet method for the 21st century ballet teacher and dancer to achieve high quality ballet technique. This common sense approach to understanding, teaching and cultivating ballet technique and the aesthetic of ballet is inspiring. His years of investigating and analyzing ballet movement skills and fluidity led him to create a logical ballet technique and methodology, which is expounded upon clearly and elegantly in his book. Of the seven principles of his unique ballet technique, two in particular have influenced my ballet teaching significantly. His first principle, “the demi plié is almost isometric,” strengthened my students’ feet, legs and their overall performance, as they began to fully understand the importance of how the feet “rather than the knees” should initiate the movements. Finis’ sixth principle, “a jump is a relevé in the air. Push the floor, stand in the air,” has been an excellent tool in developing my students’ elevation and ballon. The Finis Jhung ballet technique has proven itself to deliver gratifying results. His insight, knowledge and the words he carefully selects to explain his technique are understandable and inspiring. JACINTA WALSH, School Of The Arts, Singapore

A great companion book and guide to one of the finest ballet teachers of our lifetime. He brings his wealth of teaching to the rest of us that ballet is a lifetime passion. Be prepared to buy his DVDs and music CDs. If I lived in NYC, I would take all his classes. Please treat the book as your note book to take down your teacher’s points that you can’t take while doing movement. What a national treasure who gives his gifts to the world. This book is worth every penny.

love this but you need to have seen the dvd to relate to it, very useful bookend lots of descriptive language

Great book with Finis’ technique explained. Definitely recommend it. Finis is brilliant as usual. Good companion to his DVDs or by itself.

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