

How to prepare for Ballet lessons?

Beginners: Adult and Kids

Positions of the Feet



1st Position

The heels are touching and the 10 toes are flat on the ground, forming an open V.



2nd Position

The heels are as wide as the shoulders and the 10 toes are flat on the ground. Similar to 1st position but the feet are spread apart.



3rd Position

The front heel is in front of the arc of the back foot.



4th Position

The front foot is out in front of the back foot.



5th Position

The heel of the front foot is against the big toe-joint of the back foot.

Positions of the Arms



1st Position

Both arms curve to form an oval in front of the body so that the little fingers are slightly above waist-level.



2nd Position

The arms are held to the side and are just in front of the body. They are slightly curved and slope gently downward from the shoulders to the tips of the fingers.



3rd Position

One arm is in 1st position and the other arm is in 2nd position.



4th Position

One arm is in 5th position and the other arm is in 2nd position.

5th



Position

Both arms curve overhead to form an oval, and are held slightly in front of the body with the hands just within vision.

Tips for Ballet

- 1) Weekly plan and set aside time for your practice. Review the steps learned in the previous class.
- 2) Focus and listen to your teacher. Don't talk with your friends during class. If you do not obey proper ballet etiquette you might not be able to progress well.
- 3) Do not try anything new without the present of a teacher because you might learn it the wrong way. A good ballet teacher will teach you slowly and carefully to ensure proper techniques. Persistence, patience, and passion are the secrets of success!
- 4) Remember to wear proper ballet attire. Hair should be pulled back neatly in a bun. If too short for a bun, hair should be pinned off the face and neck.
- 5) Last but not least, practice stretching exercises daily to improve flexibility