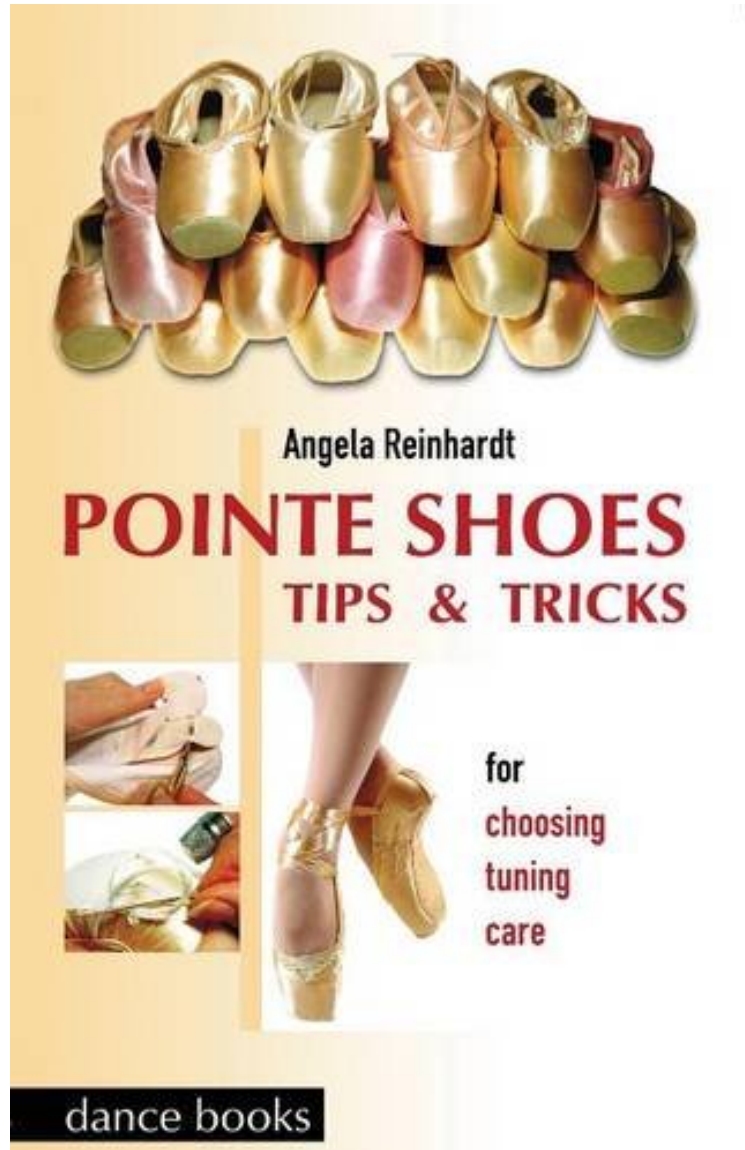


(Download free ebook) Pointe Shoes, Tips and Tricks: For Choosing, Tuning, Care (Ballet)

## Pointe Shoes, Tips and Tricks: For Choosing, Tuning, Care (Ballet)

Angela Reinhardt

audiobook / \*ebooks / Download PDF / ePub / DOC



DOWNLOAD



+

READ ONLINE

#995960 in Books DANCE BOOKS 2008-01-01Original language:EnglishPDF # 1 8.50 x .29 x 5.511, .51  
#File Name: 185273115X109 pagesDANCE BOOKS | File size: 79.Mb

**Angela Reinhardt : Pointe Shoes, Tips and Tricks: For Choosing, Tuning, Care (Ballet)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Pointe Shoes, Tips and Tricks: For Choosing, Tuning, Care (Ballet):

4 of 4 people found the following review helpful. Great tips for intermediate/advanced pointe dancers!By haleybopI was very satisfied with Pointe Shoes: Tips and Tricks. It was packed full of more information than I expected and thought possible in such a small book (it's a quarter inch thick, perfect size for a dance bag). There were sections on

how to pick the right pair, info and history about pointe shoes, tips and tricks, and physical therapy exercises on how you can fix up and strengthen your feet. The main section of the book, the tips and tricks, is on how you can cut, sew, trim edit, change, and fix shoes to make them fit the foot exactly. Some of these tips I encourage you to use for your flat shoes too! Pointe Shoes Tips and Tricks is a fantastic resource that every intermediate/advanced pointe dancer and teacher should have! 1 of 1 people found the following review helpful. Very thorough with many photos By Alain Jacon Although I'm not a dancer, I truly enjoyed this book. It's very interesting with many alternative ways of adjusting pointe shoes. It even has a section for care and exercise of your feet. 0 of 0 people found the following review helpful. Five Stars By H.Q. Some outside the box thinking that your ballet teachers won't tell you.

Graceful technique and perfect execution are only possible with perfectly fitting pointe shoes. For the first time in print, ballerina Angela Reinhardt has put together over 100 tips and tricks for complete personal pointe shoe tuning, for beginners, students and professionals. Over 280 colour illustrations show how to modify shoes step-by-step, using scissors, needle and thread, hot water and elastic, to adapt them perfectly to the foot and to all types of floor surface, and to help them last as long as possible. As well as tips on choosing, modification and upkeep, this lovingly and meticulously prepared book contains worthwhile information on the history and manufacture of pointe shoes and valuable suggestions for foot fitness.

From the Publisher for the German issue: "Der passende Spitzenschuh" / ipinnow mailed to .de on 27th February 2006 the following: Super! Dancing myself, I have seen and read many books on the subject of ballet, but this book I have virtually devoured. I believe that most of the tips are most helpful when buying shoes and then properly caring for them, and, of course, when it comes to dancing itself. It is a very practical book with many tips relating to pointe shoes, based on expertise and loving attention to the most important "tool" a dancer has got. Very recommendable, indeed! From the Author Ever since I was a ballet student, I have always been fascinated by the idea of being able to dance on pointe, in hovering perfection. In order to be able to dance "perfectly". I spent a lot of time looking for the "perfect" shoe. I was constantly experimenting with different ways of tying, sewing and changing my shoes. I tried out different makes and styles of shoes. I wanted them to be less painful, wanted my feet to look more beautiful, to show off my instep to better advantage, to improve stability, to reduce the noise of the blocks - an endless list of wishes. I asked my teachers, I got together with other students to operate on my shoes. We literally dismembered the shoes until all the component parts lay before us in our attempts to find out at last the secret of the "perfect" pointe shoe. During my dancing career I adopted the tricks and methods of other ballerinas, and tried out many modifications together with the shoemakers. I was still hoping that one day I might perhaps find the "perfect" shoe for me. I was never entirely satisfied; there was always something to cut, to sew or to improve. This book is meant to provide you with the craftsmanship which can help you adjust your shoes in the best possible ways to cope with varying conditions. I would also like to share with you some of my experience of precautions to safeguard your health, and offer some guidance for helping yourself. You're almost certain to find a couple of helpful suggestions. Yours, Angela Reinhardt About the Author Angela Reinhardt was born in Berlin and received her training as a dancer at the "Staatliche Ballettschule Berlin". In 1983, while still a student, she was offered a position at the Komische Oper Berlin by Tom Schilling. In 1984, she was appointed solo dancer, and in 1987, she became Principal of the Dance Theatre at the Komische Oper. During her stage career, Angela Reinhardt has performed all the major roles in both the great classical ballets and the modern repertoire. She has participated in numerous dance gala events, TV and cinema shows, and has been awarded countless national and international prizes, among them the first prize in the prestigious "Prix Fondation Johnson" in Lausanne in 1983. In 1987, together with Gregor Seyffert, she won the 3rd prize/Bronze Medal in the International Dance Competition for Couples in Osaka, Japan, and in the same year the "Bobby" TV award for "Best Dance Couple". Since 2002, Angela Reinhardt has been a free-lance dancer and lecturer, working from Berlin. To date, in the course of her dancing career, Angela Reinhardt has worn and adapted some 2,000 pairs of pointe shoes. If you put all these shoes end to end in a single line, it would stretch to nearly 900 metres.