

American Ballet Theatre's National Training Curriculum

Ballet Master Stephen Hook

“Balance”

The word “*balance*” best sums up the principles of classical ballet.

Balance between the use of arms and legs in relation to each other, and of the head in relation to the limbs. The meticulous attention paid to maintaining these balanced lines not only in static poses, but throughout every phase of every movement transition.....

Balance in the construction of the lesson, starting with bare, followed by all other carefully proportioned divisions of the traditional classical ballet class.....

.....balance in the careful maintenance of a regular pattern of work ensuring planned and correct muscular effort.

The ballet student who can learn to discipline mind and body in this search for balance and harmony will become the ideal instrument for the inventive creativity of any choreographer.

Quote from Richard Glasstone,
London 1977