

# 제 51회 SOMATIC BALLET® PEDAGOGY WORKSHOP

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Date: May 24 (Tues.), 2022, 9:00 AM ~ 12:00 PM

Place: Studio #62201, SungKyunKwan University

Theme: 1. Flexibility vs Mobility (유연성 vs 가동성)  
2. Stretching vs Strengthening

Goal: 1. To understand the difference between Flexibility and Mobility  
2. To understand the difference between Stretching and Strengthening

## Contents:

### 1. Flexibility

: “the ability of a muscle or muscle groups to lengthen **‘passively’** through a range of motion”<sup>\*1</sup>

### 2. Mobility

: “the ability of a joint to move **‘actively’** through a range of motion”<sup>\*1</sup>

### 3. Benefits of Mobility

- Reduce injury risk
- Maintain aligned posture
- Improve the Flexibility

### 4. Dynamic Mobility Exercises

### 5. Dynamic Stretching Exercises

**Note:**

- \* Unfortunately, Ballet trends primarily focus on “impressive”, luxuriously flexible looks, neglecting Mobility.
- \* “Most inside muscles stretch when we strengthen them.”\*2  
(즉, 고무줄도 힘이 있어야 스트레치가 가능합니다!)
- \* 속근육을 강화시켜야 가동성은 물론, 유연성도 강화됩니다!  
(Strengthening not only static stretching.)

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출처

- \*1. Meg, W. (2020, 7. 9). Why You Don't Need to Be Gumby: Mobility vs. Flexibility. *healthline*. <https://www.healthline.com>
- \*2. Annemari, A. (2013). *The Feeling Balletbody: Building the Dancer's Instrument According to BalletBodylogic*. Pittsburgh, PA: Dorrance Pub Co., p. 174.
- \*3. *How To Do the Middle Splits*. (n. d.). *alomoves The Blog*. Retrieved May 23, 2022, from <https://blog.alomoves.com/movement/how-to-do-the-middle-splits?rq=Middle>
- \*4. Lara, B. (n. d.). *Why The Australian Ballet dancers quit stretching*. *Dance Informa magazine*. <https://dancemagazine.com.au/2019/08/2019-australian-tap-dance-festival-shuffles-in-this-spring/>

