

제 48회 SOMATIC BALLET® PEDAGOGY WORKSHOP

taught by KyungHee Kim (Ph.D., CMA, RSDE)

Date: April 26 (Tues.), 2022, 10:00 ~ 11:30 AM

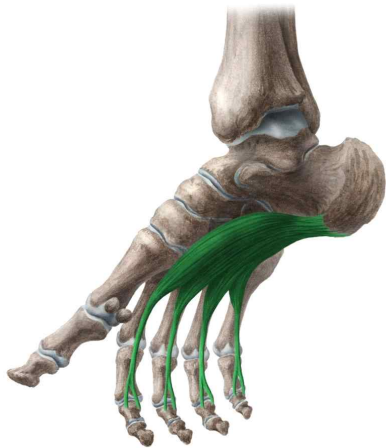
Place: Studio #62201, SungKyunKwan University

Theme: Pointing your feet
(Plantar Flexion for the Point-work)

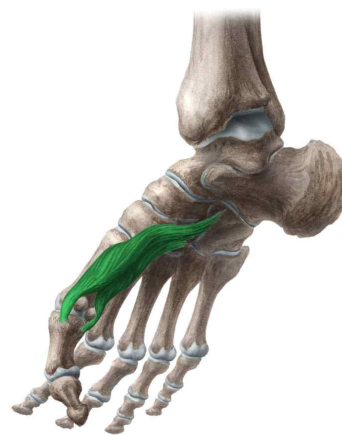
Goals: 1. To create support for the arches of the feet
2. To help keep the ankle stable when rising onto the toes

Contents:

1. Flexor Digitorum Brevis & Flexor Hallucis Brevis



<Flexor Digitorum Brevis>



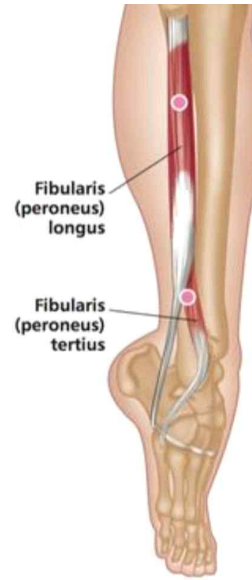
<Flexor Hallucis Brevis>

(오른쪽 발바닥에서 본 사진)*¹

2. Tibialis posterior & Fibularis longus

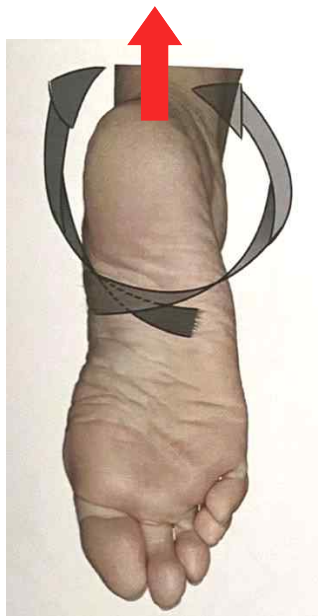


<Tibialis posterior>
(오른쪽 다리 뒷면에서 본 사진)^{*2}



<Fibularis longus>
(오른쪽 다리 옆면에서 본 사진)^{*3}

3.



(오른쪽 발바닥에서 본 사진)^{*4}

※1

Gordana Sendić. (2022). Flexor hallucis brevis muscle. 2022.02.21. 검색,
<https://www.kenhub.com/en/library/anatomy/flexor-hallucis-brevis-muscle>

※2

Michael Richardson. (2021). Muscle Atlas - Tibialis Posterior. 2022.02.21.
검색, <https://rad.washington.edu/muscle-atlas/tibialis-posterior/>

※3

Jane Ziegler. (2021). Trigger Point Therapy - Fibularis/Peroneus. 2022.02.21.
검색, <https://nielasher.com/blogs/video-blog/trigger-point-therapy-fibularis-peroneus-longus-brevis-tertius>

※4

Annemari, A. (2013). *The Feeling Balletbody: Building the Dancer's Instrument According to BalletBodylogic*. Pittsburgh, PA: Dorrance Pub Co., p. 224.

Note:

1. Crooked(mis-aligned) posture & movement patterns



Pains



Injuries



Unhappy End



2. Do Not cheat an arabesque line by sickling your foot(pronation).

Do it Correctly!

3. Be Honest to your Body! **(정직하게!)**