

제 42회 SOMATIC BALLET[®] PEDAGOGY WORKSHOP

taught by Na-ye Kim (Prof. of Dance at SungKyunKwan Univ.)

Date : A.M.10:00~P.M.12:00 July 5(Mon), 2021

Place : Studio 1(#62201), SungKyunKwan University

Theme : Cecchetti Method

Goal : Deeper understanding of the differences between Cecchetti Method and other classical ballet through the embodiment

Contents :

1. Who is Enrico Cecchetti (1850-1928)
2. Flow of "Port de Bras" between the various positions
 - 5 Positions of the Feet
 - Positions of the Arms
 - 5 Arabesques
 - 8 Directions of the Body
 - 7 Movements in Dancing
 - 8 Imaginary Fixed Points
 - Exercises on Port de Bras (Ex. I -VIII)*

Notes :

1. Natural turnout based on a natural range of motion.
(Not to force the turnout of their feet!)
2. Never use a mirror in order to ascertain your appearance. (p. 35)**
3. Take heed and avoid the use of mirrors. (p. 36)**
4. Do not look at your feet during the execution of a movement. (p. 36)**

* <https://www.youtube.com/watch?v=SehVBcrhOXY>

** Beaumont, C. and Idzikowski, S. (1975). *A Manual of the Theory & Practice of Classical Theatrical Dancing(Méthode Cecchetti)*. New York, NY: Dover Publications, Inc.