

# 제 50회 SOMATIC BALLET® PEDAGOGY WORKSHOP

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

**Date:** May 1 (Sun.), 2022, 10:00 AM~ 12:00 PM

**Place:** Studio #62201, SungKyunKwan University

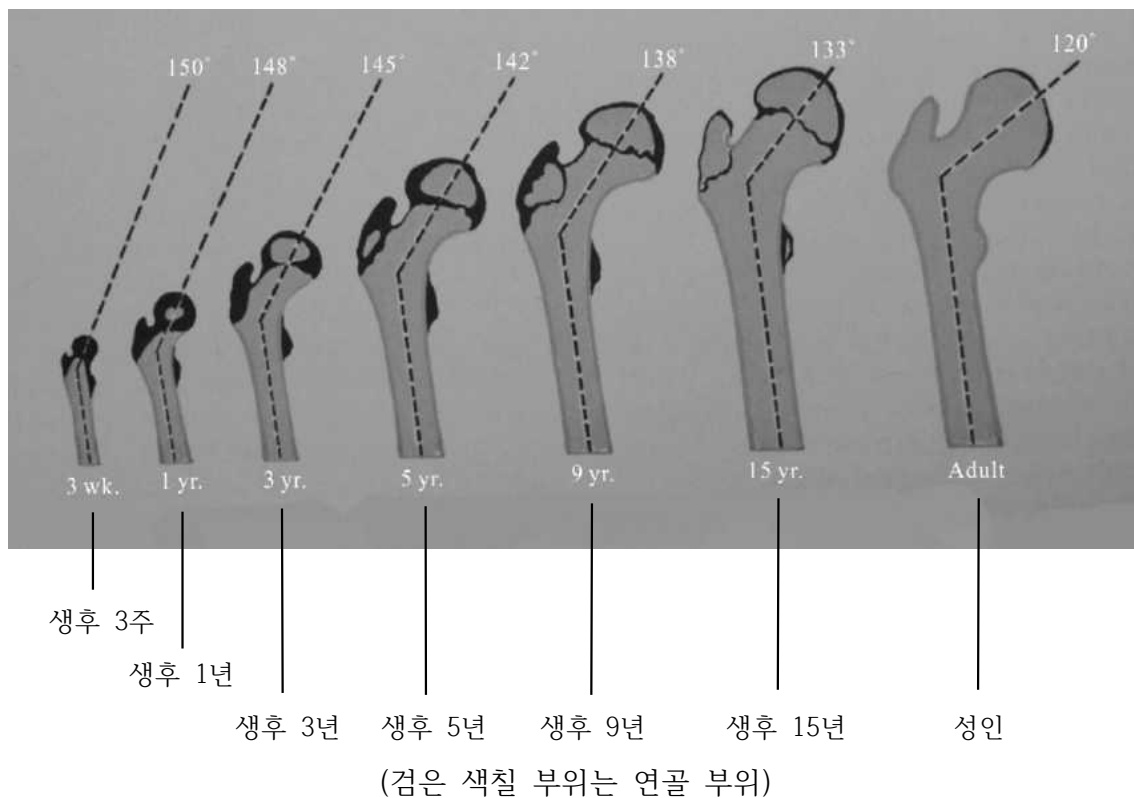
**Theme:** When do I put my point shoes on? (언제 토슈즈 신어요?)

**Goal:** To prevent 'ballet injuries' from early point work

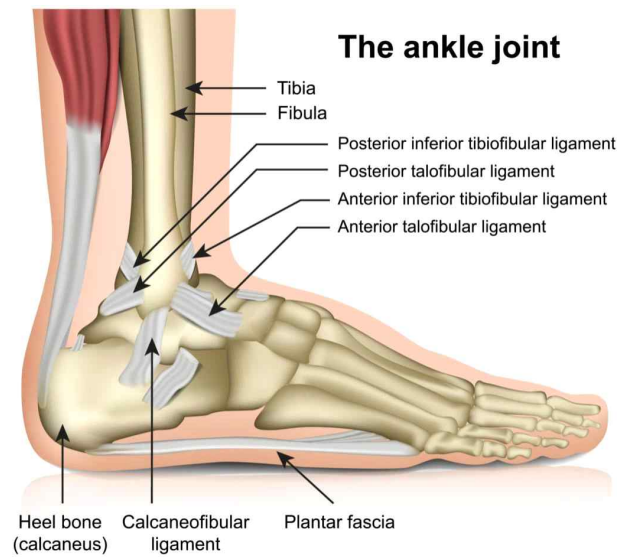
**Contents:**

## 1. Normal mean angle of femoral neck-shaft according to age<sup>1</sup>

(고관절 발달과정)



2. Ligaments around the ankle joint (발목 관절 주변의 인대들)<sup>2</sup>



3. “Sesamoid” bones under the big toe (엄지발가락 밑의 Sesamoid bones)<sup>3</sup>



“엄지발가락 밑에 있는 작은 종자골(種子骨;sesamoid bones)들은 늦게까지 완전히 성숙하지 않아서 아이가 10대 후반을 지나서야 딱딱하게 굳는다. 이러한 이유에서도 아이들에게 너무 일찍 Point work를 시키면 안된다는 것이다.”

- Como, W. (1981). 舞蹈人을 위한 解剖學 (육완순, 임미자, 역). 서울: 고문사. (1966), p. 52.

“The small sesamoid bones beneath the big toe are not full grown and do not become hard until a child is in his late teens. This is one reason for discouraging children from starting point work at too early an age.”

(Como, W. (1966). *Raoul Gelabert's Anatomy for the Dancer: With Exercises to Improve Technique and Prevent Injuries*. New York, NY: Danad Publishing Company. Vol. 1, p. 52.)

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**Note:**

- \* Please! Do **“Not”** start point work at too early an age.
- \* Please! Wait until the cartilage of femoral neck-shaft, the ligaments around the ankle joint, and the sesamoid bones under the big toe can adapt the “hard” ballet technique training.

너무 어린 무용수에게 ‘Point work’를 시키지 마십시오!

고관절 연골, 발목주변의 인대들, 그리고 엄지발가락 밑의 ‘sesamoid’ 뼈가 튼튼해질 때까지 조금만 기다려주세요!

★ 개인 차가 있을 수 있으나, 몇 년 간 적절한 운동을 충분히 시킨 후에, 약 10세 (초등학교 4학년) 정도에 point work 시키시기를 권장합니다!

- Como, W. (1981). *舞蹈人을 위한 解剖學* (육완순, 임미자, 역). 서울: 고문사. (1966), p. 52.

사진출처

1.

[https://www.researchgate.net/figure/Normal-mean-angle-of-femoral-neck-shaft-according-to-age-20\\_fig1\\_275997946](https://www.researchgate.net/figure/Normal-mean-angle-of-femoral-neck-shaft-according-to-age-20_fig1_275997946)

2.

<https://peninsulapod.com/ankle-sprain/>

3.

<https://pivotalmotion.physio/sesamoiditis/>