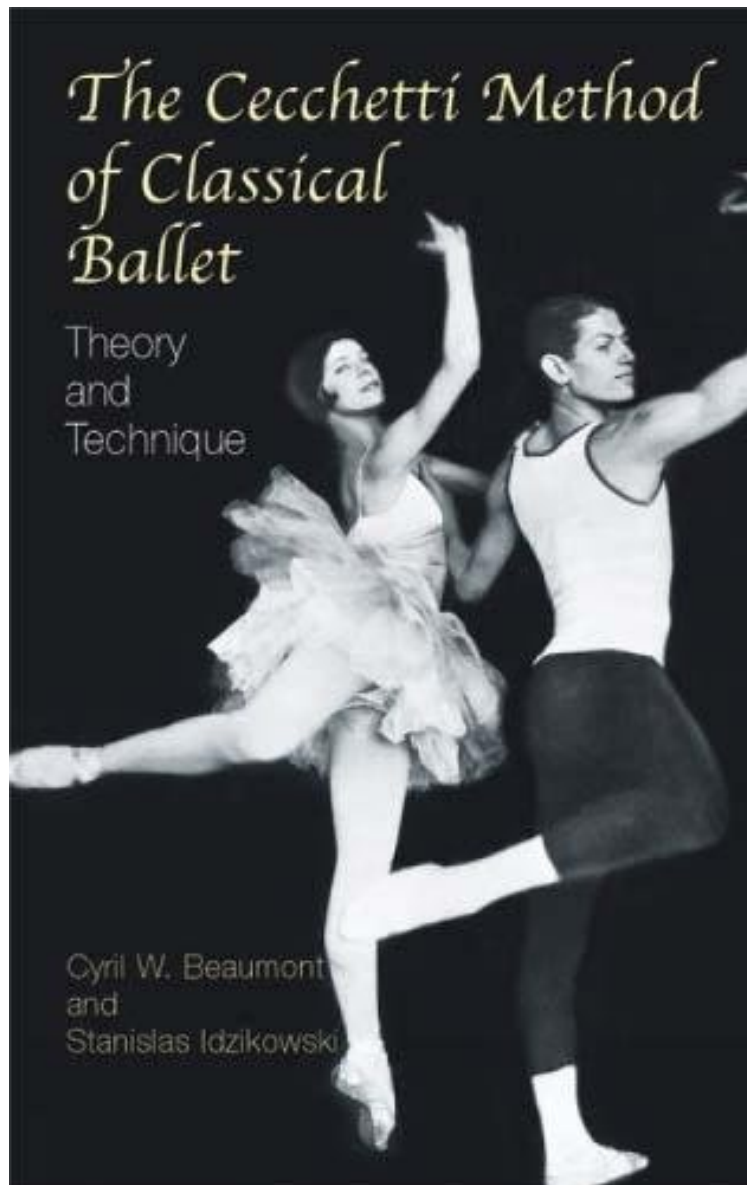


(Mobile ebook) The Cecchetti Method of Classical Ballet: Theory and Technique

## The Cecchetti Method of Classical Ballet: Theory and Technique

*Cyril W. Beaumont, Stanislas Idzikowski*

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**Cyril W. Beaumont, Stanislas Idzikowski : The Cecchetti Method of Classical Ballet: Theory and Technique** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Cecchetti Method of Classical Ballet: Theory and Technique:

0 of 0 people found the following review helpful. Good referenceBy Mar GenIt's a good book for Cecchetti method study. I had to return a used copy I bought due to picture pages being torn out which made it useless. I was promptly

reimbursed.0 of 0 people found the following review helpful. Five StarsBy jill KragieI love it!6 of 7 people found the following review helpful. Just what she wanted!By Doris ReffnerI bought this for my daughter who is a recently retired professional dancer who is now teaching. She has found it very helpful and says she will continue to refer back to it. The only thing lacking is actual step-by-step directions for the exercises. Definitely a good purchase.

This dance classic presents a complete beginning course in classical ballet. The founder of this method, Enrico Cecchetti (1850-1928), performed and taught in Russia and with Diaghilev's troupe. By elaborating on a logical progression of exercises, Cecchetti provided dance with an unprecedented unity balancing the adagio and allegro, re-establishing the notion of "legato," strengthening the arabesque, and developing the exercise of the plis. Cyril W. Beaumont, a distinguished writer on ballet, has codified Cecchetti's program of study with the assistance of one of Cecchetti's star pupils, Stanislas Idzikowski, and with the approval of Cecchetti himself. The first chapter defines and illustrates the basic theory of the positions, body movements, and technical terms. Detailed chapters of exercises include "Exercises at the Bar," "Port de Bras," "Centre Practice," "Adagio," and "Allegro." Each exercise appears with a numbered series of instructions, and a table of daily exercises for the week is provided. The text is accompanied by 109 line illustrations, showing positions and movements of the body in detail and offering ballet lovers a perfect guide to the basics of classical ballet.