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# **The Pointe Book: Shoes, Training & Technique Second Edition**



## Synopsis

Expanded and updated throughout, this guide provides a thorough examination of pointe shoes and pointe technique. Dancers quickly benefit from the most current research that offers the most recent information on hundreds of contemporary designs, materials, products, and suppliers. It illuminates the shoemaking process and gives advice about how to best fit, care for and custom-order shoes. The basics of point readiness, pointe technique, different pointe methods and the history of pointe are discussed. Includes a handy reference on pointe-related injuries and their remedies. The authors also provide an authoritative pointe class syllabus for teachers and students. In the last chapter four prominent ballerinas talk about their shoes, how they found the perfect fit and the joy of dancing on pointe.

## Book Information

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## Customer Reviews

""Addresses nearly every question that you could think to ask about pointe shoes."

Janice Barringer teaches, choreographs and lectures in the United States, Canada and China and writes for Pointe and American Dancer magazines. She has been spotlighted in the PBS Dance in America series, and she has been on the faculty of the American Dance Centre, Ballet Hispanico, Harkness House and Steps on Broadway. Sarah Schlesinger, former owner of Capezio Dance Theatre Shops in Maryland and Delaware, has extensive experience fitting pointe shoes and solving pointe shoerelated problems. She is chair at the graduate musical theatre writing program at New York University's Tisch School of the Arts.

A very good book for learning pointe and to have for references when need it!

My granddaughter loved this book. Wonderful illustrations/pictures. High quality.

I like that this book includes dance training opinions from many well-known professionals. It's good information to have. I really appreciate having other professional views to validate/compare what I've learned over the years. I think this book is a nice resource for students and new pointe teachers.

This book is a great resource for girls who are contemplating or beginning to us toe-shoes in ballet (en Pointe). It gives a lot of information about point shoes as well as information about foot care for dancers and how to practice. It was recommended by the ballet teacher, for all of her "point" students.

The book was used but it was in excellent condition. I sent it to my granddaughter who has just started pointe with her ballet training. She is very proud of it and finds it most helpful. Quick delivery. Good job.

delivered quickly, excellent resource for all dancers beginning to advanced. I have given this book on more than one ocassion to aspiring dancers starting their pointe education.

Bought this book as a gift a year ago. My daughter refers to it often. Took a chance when I bought it since I know very little about ballet.

I was disappointed to read an entire book on pointe and come away with so little. Poor discussion of shoe fitting, virtually no discussion of pointe technique, and only one figure/diagram in the whole book.

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