

OBSAH

Úvod	5
Literatura	23
Flat Backs	
Flat Back	45
Flat Back s Arm Reach	46
Flat Back s pažemi v pozici High Parallel	47
Flat Back s demi-plié	48
Flat Back vzad	49
Flat Back s demi-plié a Flat Back vzad	50
Flat Back s relevé	51
Flat Back s demi-plié a Slide Stretch	52
Round Back a Flat Back	54
Flat Back a Round Back	55
Laterals	
Lateral	56
Lateral s Flat Back	57
Lateral s Horizontal Swing	58
Lateral s Release Swing	59
Primitive Squat	
Sestupný a vzestupný	60
Swings	
Release Swing	61
Release Swing do Lateral	62
Release Swing s Full Circle + Variace č. 1 a 2	64
Release Swing do Horizontal Attitude + Variace	67
Release Swing do Back Attitude + Variace č. 1 a 2	69
Release Swing do Flat Back Back Bend + Variace	73
5/4 Swing	75
12dobý Swing	79
Příprava na Figure 8 Swing Study	81
Figure 8 Swing Study	84
Leg Swings	
Č. 1 – Basic Parallel Leg Swing	89
Č. 2 – Parallel Leg Swings s plié	90
Č. 3 – Parallel Leg Swing s prodloužením	91
Č. 4 – Parallel Leg Swing s prodloužením a demi-plié	92
Č. 5 – Parallel Leg Swing s demi-plié a prodloužením	93
Č. 6 – Parallel Leg Swing s předklonem a záklonem	94
Č. 7 – Parallel Leg Swing se dvěma 1/2 obraty	95
Č. 8 – Parallel Leg Swing s Leg Fan	96
Č. 9 – Parallel Leg Swing s 1/4 otočením do pozice Second + variace	98
Č. 10 – Parallel Leg Swing s Front Stretch	108
Č. 11 – Parallel Leg Swing s Lateral T Hop	110
Č. 12 – Leg Swing v Lateral T Position	112
Č. 13 – Figure 8 Leg Swing s Leg Fan	114
Č. 14 – Leg Swing se Strike	116

Fortifications

Fortification č. 1	119
Fortification č. 2	121
Fortification č. 3.....	128
Fortification č. 4.....	130
Fortification č. 5.....	132
Fortification č. 6.....	134
Fortification č. 7.....	136
Fortification č. 8.....	139
Fortification č. 9.....	143
Fortification č. 10.....	146
Fortification č. 11.....	149
Fortification č. 12.....	153
Fortification č. 13.....	155
Fortification č. 14.....	157
Fortification č. 15.....	162
Fortification č. 16.....	165
Fortification č. 17.....	169

Balance Studies

Elementary Balance.....	177
-------------------------	-----

Table Balances

Table Balance.....	178
Table Balance s relevé	179
Table Balance s Flat Back.....	180
Table Balance s Flat Back, plié a relevé.....	181
Table Balance s Flat Back a protažením	183
Table Balance s Flat Back, protažením, relevé a plié	184
Table Balance s Flat Back a protažením – variace.....	186
Table Balance s Flat Back, protažením a promenádou	187
Table Balance s Lateral	189

T Balance Studies

Lateral T Balance	190
Front T Balance.....	191
Back T Balance.....	193
Advanced T Balance	195
Lateral T Balance s promenádou	197
Lateral T Balance se Side Fall	198

Coccyx Balance Studies

Coccyx Balance	200
Coccyx Balance s protažením nohou	201
Coccyx Balance s protažením jedné nohy.....	202
Coccyx Balance s polovičním sestupem	203
Coccyx Balance s Hip Lift	204
Coccyx Balance s nohama v pozici 2nd.....	205

Figure 4 Study	206
-----------------------------	-----

Prelude Studies

Prelude 1	215
Prelude 2	217
Prelude 3	220
Prelude 4	224

Prelude 5	227
Prelude 6	231
Percussive Stroke Study	234
Deep Floor Vocabulary	243
Dimensional Tonus (Yawn Stretch)	260
Hinge Studies	
Příprava pro Hinge Study č. 1	270
Hinge Study č. 1	271
Hinge Study č. 2	272
Hinge Study č. 3	273
Hinge Study č. 4	274
Hinge Study č. 5 Rocking Hinge	277
Hinge Study č. 6	278
Torso Language	280
Descent & Ascent	
Pivotové klesání.....	283
Pivotové stoupání.....	284
Klesání skluzem	285
Klesání ve 4. pozici.....	286
Klesání do Figure 4	287
Klesání do Side Lunge	288
12dobé klesání a stoupání.....	289
Klesání a stoupání v Hinge.....	290
Crossed Leg Ascent and Descent.....	291
Stretches & Strengtheners	
Seated Table č. 1.....	299
Seated Table č. 2.....	300
Seated Table č. 3.....	301
Seated Table č. 4 s 1/4 otočením.....	302
Seated Table č. 5 s 1/4 otočením a Coccyx Balance	303
Kneeling Triangle	304
Hip Press Stretch	305
Straight Back Descent with Circular Recovery	307
Percussive Hip	308
Wide Natural 2nd Stretch.....	310
Strike Stretch	312
Deep Forward Lunge Stretch č. 1–4	315
Falls	
Pád vpřed	318
Pád vzad	323
Pád stranou	326
Pád stranou s výskokem	328
Pád po spirále	329
Lateral Side Twist Fall	331
Back T Fall.....	335
Lateral T Fall.....	339
Pád přes rameno	340
Front Recovery	341
Rib Cage Recovery	342

Turns

Table Turn	343
Stag Turn.....	347
Lateral T Turn.....	349
Hip Twist Turn.....	352
Hip Press Turn a Hip Pull Turn.....	353
Pencil Turn	354
Hip Turn	355
Figure 4 Turn.....	357
Back T Turn	359
Lateral – Back – Lateral Turn.....	361
Leg Fan with 1/2 Turn.....	364
Pivotal Turns	367
Cross Slide Step Turns.....	372
Coccyx Transition (Coccyx Spin).....	374
Barrel Turn.....	376

Isolations

Isolations	378
Foot Isolations and Strengtheners.....	383

Progressions

Side Hip Push.....	385
Forward Hip Push	386
Left-Right Series.....	387
Knee Krawl.....	391

Elevation

Elevation Preparations	393
Stag Jump	396
2nd Position Jump	397
Angel Jump	399
Skips	400
Strike Hop.....	401
Plain Spring.....	402
Spring Right, Spring Left, Feet Together, Up Down.....	403
Spring Right, Spring Left, Feet Together with Variations	405
Elevation Study No. 1	412
Leg Slice Series	418

Runs

Unaccented Runs.....	420
Accented Runs in 3	421
Accented Runs in 3 with a Turn	423
Accented Runs on Every 2nd Beat.....	425
Accented Runs in 5	427
Accented Runs in 6	428
Accented Runs in 7	430
Elongated Runs.....	432

Leaps

Step, Leap.....	433
Leap, Step.....	434
Run, Run, Leap.....	435
Leap, Run, Run.....	436

CONTENT

Introduction	25
Bibliography	44
Flat Backs	
Flat Back	45
Flat Back with Arm Reach	46
Flat Back with Arms in High Parallel	47
Flat Back with demi-plié	48
Flat Back Back Bend	49
Flat Back with demi-plié a Flat Back Back Bend	50
Flat Back with relevé	51
Flat Back with demi-plié and Slide Stretch	52
Round Back and Flat Back	54
Flat Back and Round Back	55
Laterals	
Lateral	56
Lateral with Flat Back	57
Lateral with Horizontal Swing	58
Lateral with Release Swing	59
Primitive Squat	
Descent and Ascent	60
Swings	
Release Swing	61
Release Swing into Lateral	62
Release Swing with Full Circle + Variation No. 1 and No. 2	64
Release Swing into Horizontal Attitude + Variation	67
Release Swing into Back Attitude + Variation No. 1 and No. 2	69
Release Swing into Flat Back Back Bend + Variation	73
5/4 Swing	75
12-count Swing	79
Preparation for Figure 8 Swing Study	81
Figure 8 Swing Study	84
Leg Swings	
No. 1 – Basic Parallel Leg Swing	89
No. 2 – Parallel Leg Swing with plié	90
No. 3 – Parallel Leg Swing with Extension	91
No. 4 – Parallel Leg Swing with Extension and demi-plié	92
No. 5 – Parallel Leg Swing with demi-plié and Extension	93
No. 6 – Parallel Leg Swing with Round and Arch	94
No. 7 – Parallel Leg Swing with Two 1/2 Turns	95
No. 8 – Parallel Leg Swing with Leg Fan	96
No. 9 – Parallel Leg Swing with 1/4 Turn to Second + Variations	98
No. 10 – Parallel Leg Swing with Front Stretch	108
No. 11 – Parallel Leg Swing with Lateral T Hop	110
No. 12 – Leg Swing in Lateral T Position	112
No. 13 – Figure 8 Leg Swing with Leg Fan	114
No. 14 – Leg Swing with Strike	116

Fortifications

Fortification No. 1.....	119
Fortification No. 2.....	121
Fortification No. 3.....	128
Fortification No. 4.....	130
Fortification No. 5.....	132
Fortification No. 6.....	134
Fortification No. 7.....	136
Fortification No. 8.....	139
Fortification No. 9.....	143
Fortification No. 10.....	146
Fortification No. 11.....	149
Fortification No. 12.....	153
Fortification No. 13.....	155
Fortification No. 14.....	157
Fortification No. 15.....	162
Fortification No. 16.....	165
Fortification No. 17.....	169

Balance Studies

Elementary Balance.....	177
-------------------------	-----

Table Balances

Table Balance.....	178
Table Balance with relevé.....	179
Table Balance with Flat Back	180
Table Balance with Flat Back, plié and relevé.....	181
Table Balance with Flat Back and Extension.....	183
Table Balance with Flat Back, Extension, relevé and plié	184
Table Balance with Flat Back a Extension – Variation.....	186
Table Balance with Flat Back, Extension and promenade	187
Table Balance with Lateral.....	189

T Balance Studies

Lateral T Balance	190
Front T Balance.....	191
Back T Balance.....	193
Advanced T Balance	195
Lateral T Balance with promenade.....	197
Lateral T Balance with Side Fall	198

Coccyx Balance Studies

Coccyx Balance	200
Coccyx Balance with Extended Legs.....	201
Coccyx Balance with Single Leg Extensions	202
Coccyx Balance with 1/2 Descent.....	203
Coccyx Balance with Hip Lift.....	204
Coccyx Balance with Legs in 2nd	205

Figure 4 Study	206
-----------------------------	-----

Prelude Studies

Prelude 1	215
Prelude 2	217
Prelude 3	220
Prelude 4	224

Prelude 5	227
Prelude 6	231
Percussive Stroke Study	234
Deep Floor Vocabulary	243
Dimensional Tonus (Yawn Stretch)	260
Hinge Studies	
Preparation for Hinge Study No. 1.....	270
Hinge Study No. 1.....	271
Hinge Study No. 2.....	272
Hinge Study No. 3.....	273
Hinge Study No. 4.....	274
Hinge Study No. 5 Rocking Hinge	277
Hinge Study No. 6.....	278
Torso Language	280
Descent & Ascent	
Pivotal Descent.....	283
Pivotal Ascent.....	284
Sliding Descent	285
4th Position Descent	286
Figure 4 Descent.....	287
Side Lunge Descent	288
12 ct. Descent and Ascent	289
Hinge Descent and Ascent.....	290
Crossed Leg Ascent and Descent.....	291
Stretches & Strengtheners	
Seated Table No. 1.....	299
Seated Table No. 2.....	300
Seated Table No. 3.....	301
Seated Table No. 4 with 1/4 Turn	302
Seated Table No. 5 with 1/4 Turn and Coccyx Balance.....	303
Kneeling Triangle	304
Hip Press Stretch	305
Straight Back Descent with Circular Recovery	307
Percussive Hip	308
Wide Natural 2nd Stretch.....	310
Strike Stretch	312
Deep Forward Lunge Stretch No. 1–4.....	315
Falls	
Front Fall.....	318
Back Fall.....	323
Side Fall	326
Side Fall with a Jump	328
Spiral Fall	329
Lateral Side Twist Fall	331
Back T Fall.....	335
Lateral T Fall.....	339
Shoulder Fall.....	340
Front Recovery	341
Rib Cage Recovery	342

Turns

Table Turn.....	343
Stag Turn.....	347
Lateral T Turn.....	349
Hip Twist Turn.....	352
Hip Press Turn and Hip Pull Turn	353
Pencil Turn.....	354
Hip Turn.....	355
Figure 4 Turn.....	357
Back T Turn	359
Lateral – Back – Lateral Turn.....	361
Leg Fan with 1/2 Turn.....	364
Pivotal Turns.....	367
Cross Slide Step Turns.....	372
Coccyx Transition (Coccyx Spin).....	374
Barrel Turn.....	376

Isolations

Isolations	378
Foot Isolations and Strengtheners.....	383

Progressions

Side Hip Push.....	385
Forward Hip Push	386
Left-Right Series.....	387
Knee Krawl.....	391

Elevation

Elevation Preparations	393
Stag Jump	396
2nd Position Jump	397
Angel Jump	399
Skips	400
Strike Hop.....	401
Plain Spring.....	402
Spring Right, Spring Left, Feet Together, Up Down.....	403
Spring Right, Spring Left, Feet Together with Variations	405
Elevation Study No. 1	412
Leg Slice Series	418

Runs

Unaccented Runs.....	420
Accented Runs in 3	421
Accented Runs in 3 with a Turn	423
Accented Runs on Every 2nd Beat.....	425
Accented Runs in 5	427
Accented Runs in 6	428
Accented Runs in 7	430
Elongated Runs.....	432

Leaps

Step, Leap.....	433
Leap, Step.....	434
Run, Run, Leap.....	435
Leap, Run, Run.....	436