

WHAT IS PROGRESSING BALLET TECHNIQUE

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Taught by Civic Dance Center Instructor
Miss Sam, PBT Certified



Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focussing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior through to advanced levels. PBT helps teachers around the world prepare their students to receive the strength they need to achieve their personal best.

The program helps with injury prevention and rehabilitation and enhances the ability of athletes to perform at their best. It can be difficult for students to feel which muscles initiate the correct alignment in training. However, with the use of an exercise ball, the students gain a great sense of posture and weight-placement whilst feeling each correct muscle group working throughout each exercise, which then stays with them when whilst performing in dance or their chosen field of sport

PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory. The program is designed with safe dance methodology to promote a long, healthy career and is now being taught by over 4000+ certified teachers worldwide and over 3500 schools globally have added PBT classes in their curriculum for students.

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PBT is not only a program to improve technique in ballet dancers, it is now being appreciated and incorporated in training by all forms of dancers, athletes, physiotherapists and even footballers!



Exercise Ball

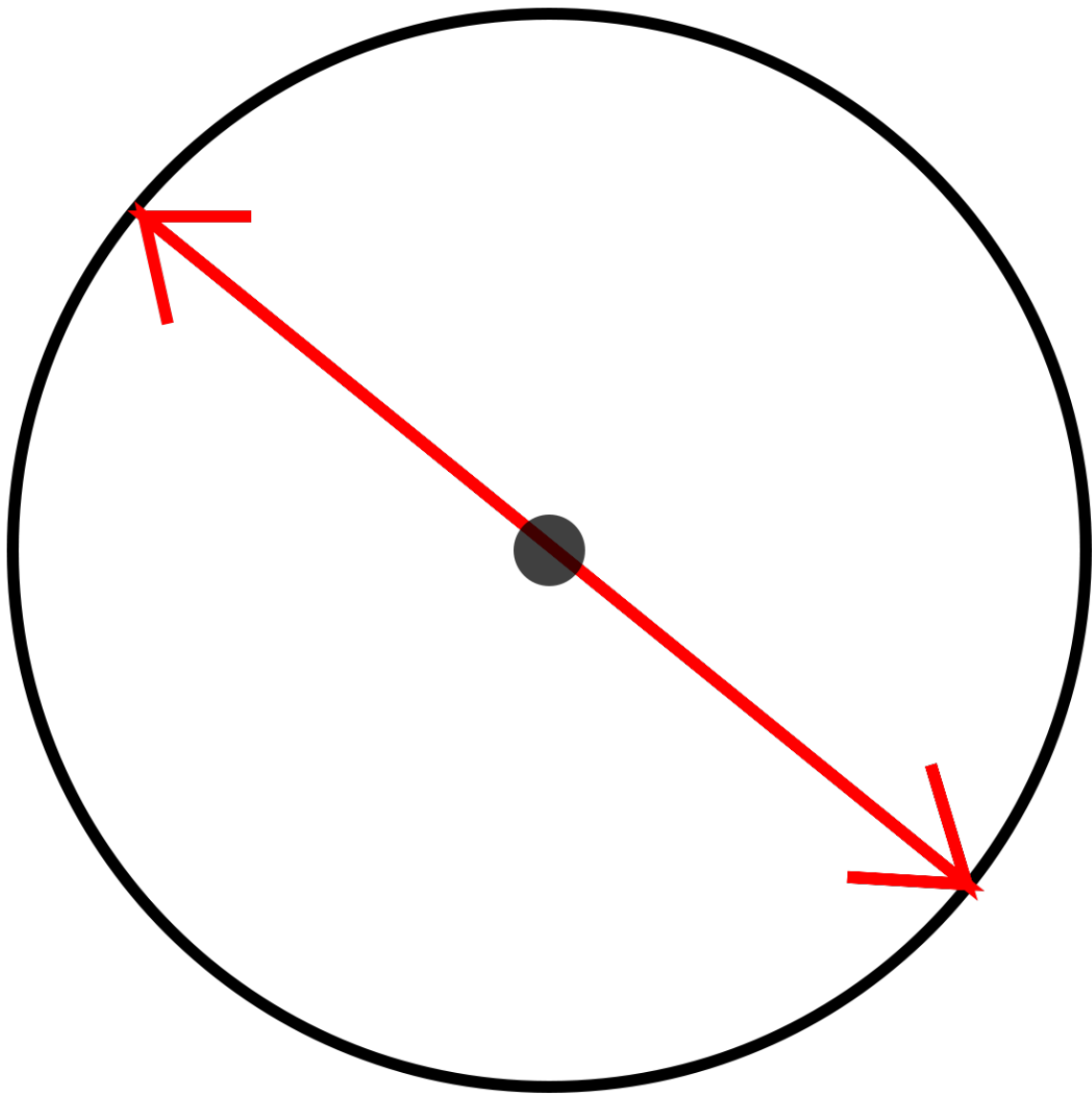
Also known as a 'Swiss Ball' or 'Fit Ball'

Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height	Recommended ball size
Under 4'8"/142cm	45 cm ball
4'8" to 5'3"/142-160cm	55 cm ball
5'4" to 5'10"/160-178cm	65 cm ball
5'10" to 6'4"/178-193cm	75 cm ball

For children who are 5 years and younger, always use a 45 cm ball.



**The measurement of the ball is diameter (measuring from one side of the ball to the other)



Fusion ball

Known as a Soft Stability Ball or Pilates Soft Ball.

A Soft Toy Ball can be used and found in many toy shops.

Size: Between 20 to 23cm in diameter.

Or closest to 54cm (22") in circumference
(measurement around the ball)



Resistance Band

Also known as a TheraBand

9.8 feet / 3m in length & 6" / 15cm wide

Medium strength

Note: the colour of the strength changes depending on the supplier.