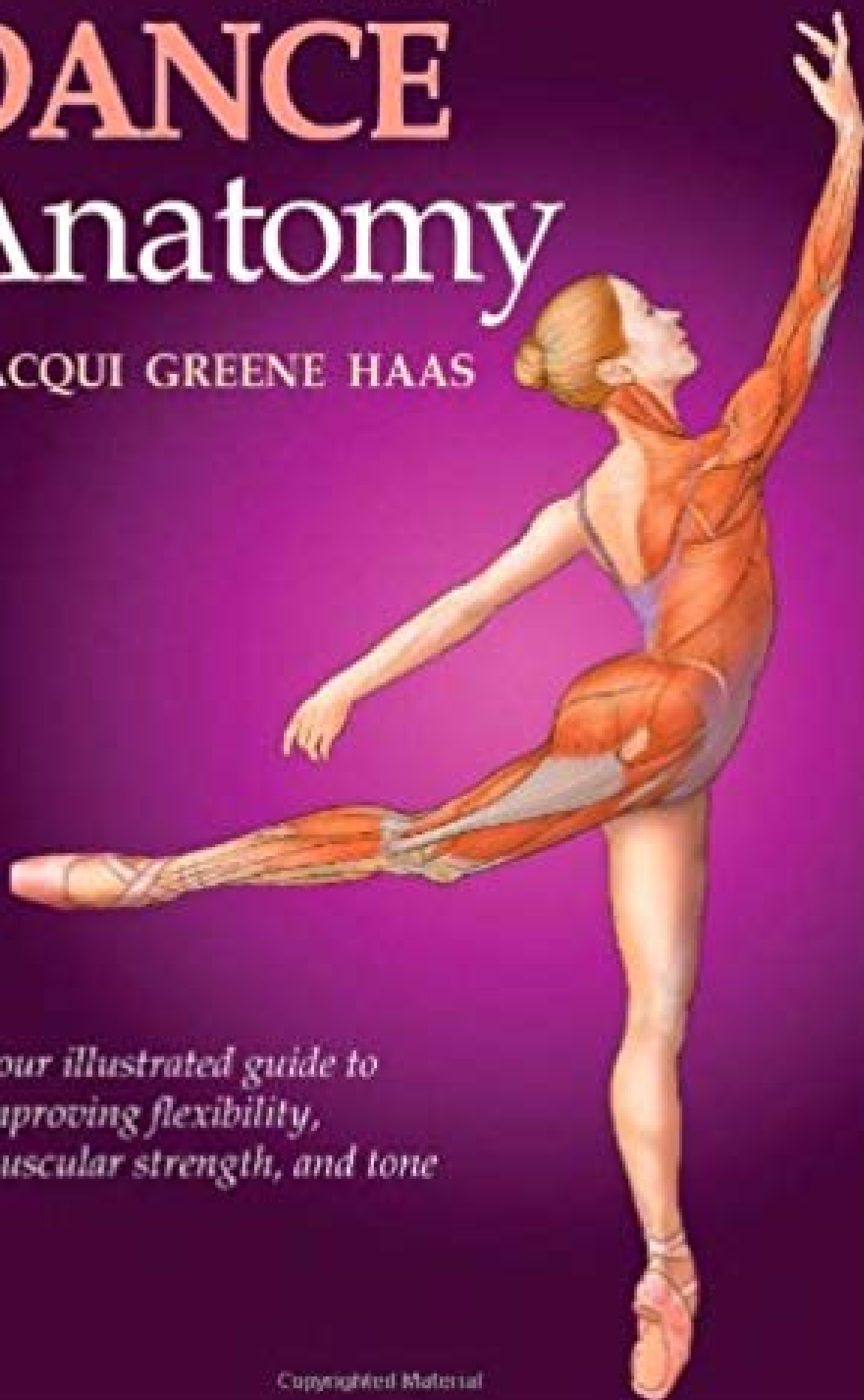


DANCE Anatomy

JACQUI GREENE HAAS



*Your illustrated guide to
improving flexibility,
muscular strength, and tone*

Jacqui Greene Haas

Dance Anatomy (Sports Anatomy)



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Powerful, expressive, and compelling! Featuring over 200 full-color illustrations, Dance Anatomy visually depicts the initial relationship between muscle development and aesthetic motion as nothing you've seen prior. Dance Anatomy features 82 of the very most effective dance, motion, and efficiency exercises, each designed to promote perfect alignment, improved placement, correct breathing, and avoidance of common accidents. You' You'll discover ways to modify exercises to focus on specific areas to enhance flexibility and reduce muscle mass tension. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement. Whether you look for to optimize performance, put in a new movement to your repertoire, or minimize muscle mass fatigue, stress, and damage, Dance Anatomy is your perfect partner.ll also learn to put everything together to personalize a program based on your style of dance, degree of expertise, and individual needs and goals. You can now see what it takes to be a stronger, more elegant dancer.



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Must have for college students and teachers! Great book.. Improvement & This book has been enormously helpful to me as an older, amateur dancer especially now during recovery from rotator cuff surgery. Extremely detailed use of muscle tissue and bone structure. An absolute must have for smart students and teachers that care about the longevity of their learners and bodies. I don't always buy into the way she uses breath since it is often contrary to what I learned in yoga certification so I do what feels better and right for me. Descriptions and illustrations help individuals that are self-motivated to more accurately select and use exercises by visualizing and focusing on anatomy necessary for specific techniques.. I highly recommend this book. This is exactly how I needed to learn. Ballet teachers possess various metaphorical means of explaining things ("lengthy", "light", "straight") that don't in fact map well only how human bones and muscles actually work. This helps put what my teachers are informing me right into a context that makes sense to me. (It's certainly not a substitute for teaching, yet another view of the subject that works well with the way I understand anatomy.) It's even improved my running: running coaches also make use of metaphors I couldn't apply (the "hanging from a string at the top of the head" explanation of posture hardly ever produced a lick of feeling to me). I'd definitely suggest this publication to all dancers that are looking specific areas to focus on for an improved aesthetic. Exercises to function those muscles.. Great information for someone hoping to avoid injury whether they certainly are a pro or a interpersonal dancer. I also believe this is a great source for teachers to better address individual students if they're having problems with a particular body area or damage. great photos to illustrate muscles/moves just detailed enough however, not dry/boring. From taking a kinesiology class, the majority of the details I already knew and from acquiring dance for several years, many of the stretches I knew as well. helpful in enhancing turnout, arabesque & I found the diagrams & Provides great illustrations and exercises. We have a better understanding of how the core muscles easily fit into to . fighting some advanced integrated movements to restore my ballet arm positions. There are so many fitness/ pounds lifting/ working , etc. recovery -superb! I have a better knowledge of the way the core muscles fit in to the overall biomechanics of dance and sport. My college students in yoga have been loving the primary warm ups that I added from right here. journals out there that one which focuses on not just " the largest muscle groups" however the intricacies of dance motion, is such a useful and fascinating discover. This week will add some of the hamstring types. I've a medical education & over 30 years of clinical practice encounter. As myspace case. text with concentrate on integrated function for dance to end up being very exclusive & I was hurt and needed intensive PT -- discovered that this book more than loaded the gaps in PT. port de bras. I recently underwent rotator cuff surgery & Fascinating I actually was thrilled to look for

an illustrated book on, specifically, classically trained dancers. I've recommended this reserve to my fellow adult ballet classmates plus they appear to be enjoying it as well. My therapy group loves the text & diagrams therefore much, I bought a reserve for them. In fact, have made more improvement using this book, so stopped PT. text message to be more advanced than my medical textbooks!. therapists for improvement & injury recovery! It is sooo done well! I maintain it in my dance bag!. Tremendous Tool for Self-Development or Recovery Absolutely wonderful! Great anatomy overview for dance students I've been taking a grown-up ballet class for approximately a year and a half with reduced no previous ballet encounter and this book has been extremely helpful in clearly presenting the muscles of your body and how the body works while dancing. Haas reminds us of the need for the mind-body connection in the advancement of both solid technique and creative connections. For me, the book did not have any fresh and various information. However, for anyone who has hardly ever taken a kinesiology class and wish to additional a dance profession or just learn particular stretches to improve technique this is the perfect publication for. I Recommend this book for every dancer, it is certainly create within an organized way that's easy to ready and incredibly informative. However, I really like using this publication as an instant reference reserve for referring back again to the muscle tissues that control various actions. While none of the strengthening exercises or stretches are new to me (I am an athlete a long time and practice yoga and Pilates regularly) it had been nice to observe how the exercises and stretches work each muscle mass group and what ballet motions those muscles are used for. My therapy team is unfamiliar with my problem and we are using this book to steer restorative exercises. Five Stars Wonderful book The second edition of Dance Anatomy by Jacqui Green Haas . Perfectly written with many warm up techniques are for make use of not only in dance but also for yoga as well. I highly recommend this publication to dancers & The next edition of Dance Anatomy by Jacqui Green Haas is a timely and welcome addition to the definitive dancer anatomy book. With added chapters on brain function and advancement, Ms. It can help me remember the titles of muscles that are not regularly described in a dance course. Dance Anatomy is still my reference instruction, to young experts, collegiate students also to the overall dance enthusiast. SUZETTE BOYER WEBB



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