



PROGRESSING BALLET TECHNIQUE

Certification Teachers Workshop

LEVEL 2



SCHEDULE

01

Exercises 1-8
Warm Up and Core
& Posture

Break

02

Exercises 9-15
Turnout, Adage, Warm
Down & Flexibility

Q&A

EXERCISE #1

Basic Warm Up

SUB-JUNIOR | WARM UP

EQUIPMENT USED



Fusion Ball

This exercise is perfect for warming up the body and getting students into the PBT mindset. It is the first step to help students with their side & forward bend with the correct technique.

This exercise also focuses on the importance of arm shaping, port de bras coordination and good posture. This warm up is not just about moving the body but getting students to understand the importance of good posture and body alignment which is key for any dancer.

Starting Position:

The students sit on their mats with their legs bent in the figure four position with the right leg forward. Hips should be square to the front and sit bones are evenly placed on the mat. Students can use a towel for extra support if needed.



EXERCISE #1

Basic Warm Up

SUB-JUNIOR | WARM UP

EQUIPMENT USED



Fusion Ball

Steps:

1. Starting with a straight back, head slightly forward. Eyes down.
2. Lift the eyes and turning the head to the side, following the left hand into 4th position above the head.
3. Slide the right hand sideways while the left arm slides along the fusion ball. Sit bones should be even.
4. Sit back up straight, following the left arm as the port de bras continues towards the left side. Repeat the port de bras with side bend.
5. Stretch the legs out facing the side, roll the fusion ball down and up the legs. Students should only go as far as their flexibility allows. Repeat this movement.
6. Turn to face the back of the room and repeat from the beginning on the alternate side.
7. Roll through the spine laying supine while adjusting the fusion ball over the head and move the legs into tabletop position.
8. Twist both legs towards the right side while maintaining the tabletop position. The arms open wide with the fusion ball held in the left hand. The head and eyes follow the fusion ball.
9. Return the legs into tabletop position and the fusion ball over the head.
10. Repeat the twist movement on the alternate side.
11. Finish with the legs hugged tight and relax.

Notes:

Key Points to Remember:

- Students should keep the hips square and sit bones even throughout.
- Ensure fluidity in the port de bras and the neck muscles remain relaxed.

EXERCISE #2

Fascia Mobilisation

JUNIOR | WARM UP

EQUIPMENT USED

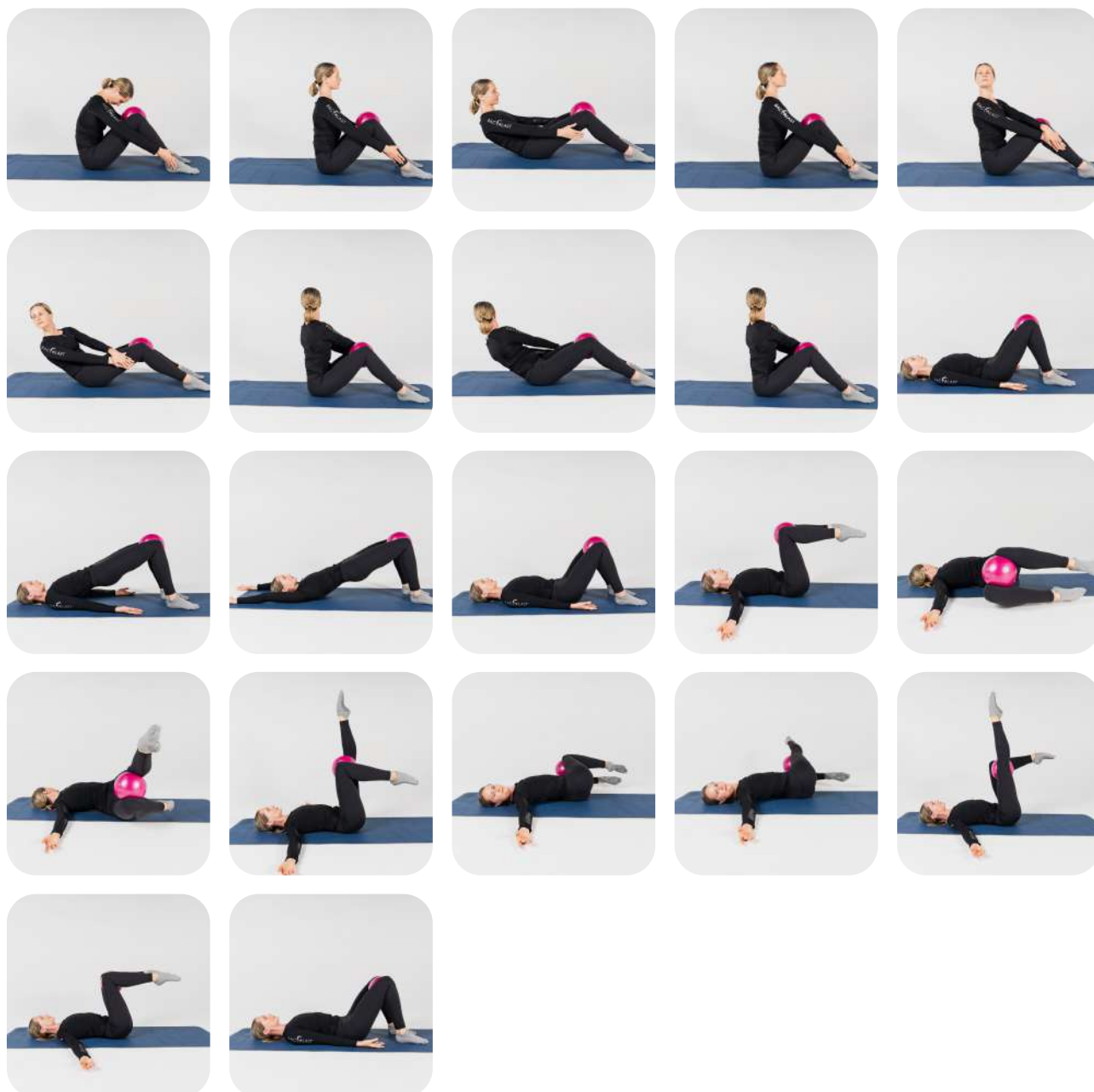


Fusion Ball

This exercise aims to enhance the flexibility and responsiveness of the fascia - connective tissue that envelops muscles, nerves, and bones. It helps unwrap and mobilise these tissues, preparing the body for efficient movement throughout the rest of the class.

Preparation:

Students sit on the mat with their legs bent and a fusion ball between the calf muscles. Their body should be relaxed with their head forward.



EXERCISE #2

Fascia Mobilisation

JUNIOR | WARM UP

EQUIPMENT USED



Fusion Ball

Steps:

1. They begin by raising their head and body. Using their lower abdominals, they lower the body with their hands sliding to the thighs, maintaining abdominal control the whole way down. Remind them to exhale deeply as they lower and then inhale slowly as they return to an upright position. Repeat.
2. Next, they twist to either side, using deep abdominals and obliques for the movement. Repeat each side twice.
3. Have them lay down and move slowly into bridge, raising their hands overhead. Then, they lower through the vertebrae before repeating the bridge movement.
4. Have them raise their knees and extend their arms, before alternating dropping knees to each side while turning their head in the opposite direction. While one knee drops, the other leg should extend outwards. Then, return to neutral.

Focus:

Emphasise on maintaining a deep breath and relaxed neck.

Notes:

EXERCISE #3

Around the World

SUB-JUNIOR | CORE & POSTURE

EQUIPMENT USED

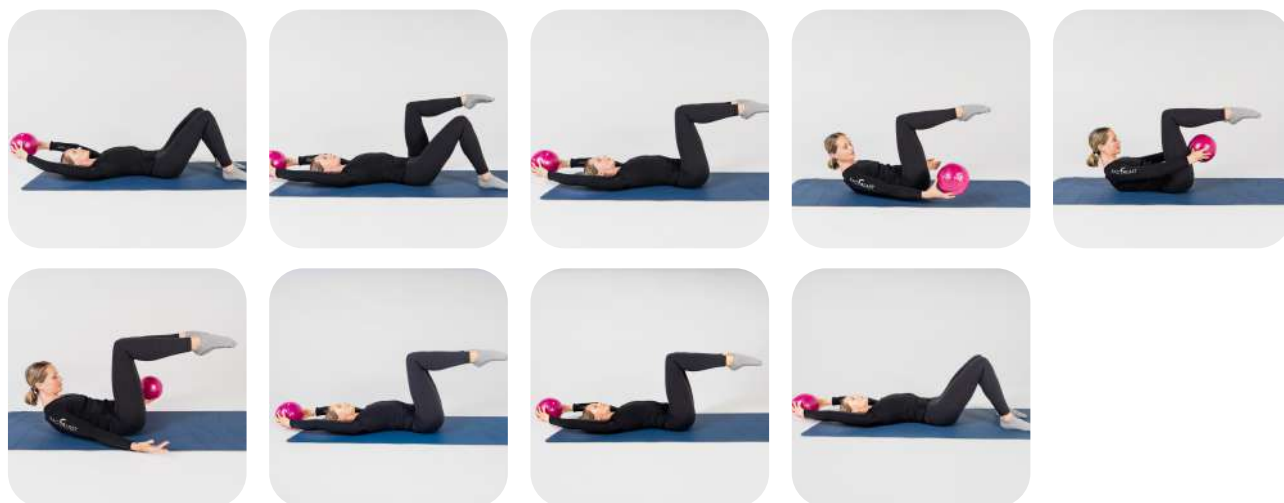


Fusion Ball

This exercise is an effective way to warm up students' abdominal muscles and improve body awareness using a fusion ball. It helps to open up their chest and teach them how to engage their core muscles, which is essential for ballet.

Preparation:

Students lie down on their mat with the fusion ball held above their head in 5th position (without touching the floor). Knees are adjusted into tabletop position.



EXERCISE #3

Around the World

SUB-JUNIOR | CORE & POSTURE

EQUIPMENT USED



Fusion Ball

Steps:

1. Students start by transferring the ball to their right hand while simultaneously stretching both arms wide to open up the chest.
2. Lift the body and the ball is passed under the legs to transfer it to their left hand, exhaling as they do so.
3. Continue this circular motion bringing the ball back to its original position above their head. Arms in 5th position.
4. This "around the world" movement is repeated twice before a toe tap. Remind students to keep their abdominal engaged as they move into the toe tap without necessarily touching the floor.
5. The sequence is then repeated however, moving the ball in the opposite direction.

Main Areas of Focus:

It is crucial to emphasise the significance of keeping the core muscles engaged and maintaining good posture during the exercise.

Notes:

EXERCISE #4

Pass the Ball Extension

SENIOR | CORE & POSTURE

EQUIPMENT USED



Fusion Ball

This exercise focuses on activating deep abdominal muscles, particularly the quadratus lumborum and iliopsoas, essential for dancers. These muscles play a critical role in stabilising the pelvis and assisting in lateral flexion, which is pivotal for ballet movements. This exercise also incorporates twisting motions to engage the oblique muscle groups, contributing to overall core strength and flexibility.

Preparation:

Students should start by lying on the mat with a fusion ball in their hands, legs in tabletop position.



EXERCISE #4

Pass the Ball Extension

SENIOR | CORE & POSTURE

EQUIPMENT USED



Fusion Ball

Steps:

1. Instruct students to lift their upper body as they move their legs to tabletop position.
2. Guide students to pass the fusion ball underneath each leg, alternating the straightening of each leg and incorporating body twists to activate the obliques.
3. Direct students to perform this sequence six times, followed by an elongated stretch of the arms and legs.
4. Invite students return to the tabletop position and repeat the sequence.
5. Emphasise maintaining deep, steady breathing throughout the exercise.

Focus:

Stress the importance of maintaining proper pelvic stability and alignment, ensuring controlled and fluid movements.

Notes:

EXERCISE #5

Clams with Core

SENIOR | TURNOUT

EQUIPMENT USED



Fusion Ball

This exercise focuses on strengthening the hips, abductors, and trunk, teaching crucial pelvic stability. This exercise is vital for ballet dancers, as it helps in maintaining a stable pelvis during rotations and promoting a strong core. Key aspects include preventing the top hip from rolling backward and ensuring the lower back remains imprinted into the mat, particularly during leg extensions.

Preparation:

Have students lie on their right side at the outer edge of the mat with a ball between the inner sides of their feet. Students should rest on their left arm aligned with their ear and place their right hand on their waist.



EXERCISE #5

Clams with Core

SENIOR | TURNOUT

EQUIPMENT USED



Fusion Ball

Steps:

1. With legs bent and stacked, ensure students place hips and feet aligned with the front of the mat. Instruct students to exhale and externally rotate the right leg, maintaining pelvic stability.
2. Instruct the students to inhale as they clam and return the leg to the starting position. Repeat six more times.
3. Have students roll onto their back, lifting their head, neck, and shoulders off the floor with legs in tabletop position and arms by their sides, palms up.
4. Ask students to extend the legs forward to a 45-degree angle, moving arms to 5th position, ensuring the back stays imprinted on the floor.
5. Invite students to return to the starting position and repeat twice more.
6. Instruct students to roll onto the left side and lift the legs to commence the second side, repeating the entire exercise.

Focus:

Emphasise pelvic stability and spine elongation throughout the exercise. Ensure that students' movements are controlled and aligned.

Notes:

EXERCISE #6

Posture Extension

JUNIOR | CORE & POSTURE

EQUIPMENT USED

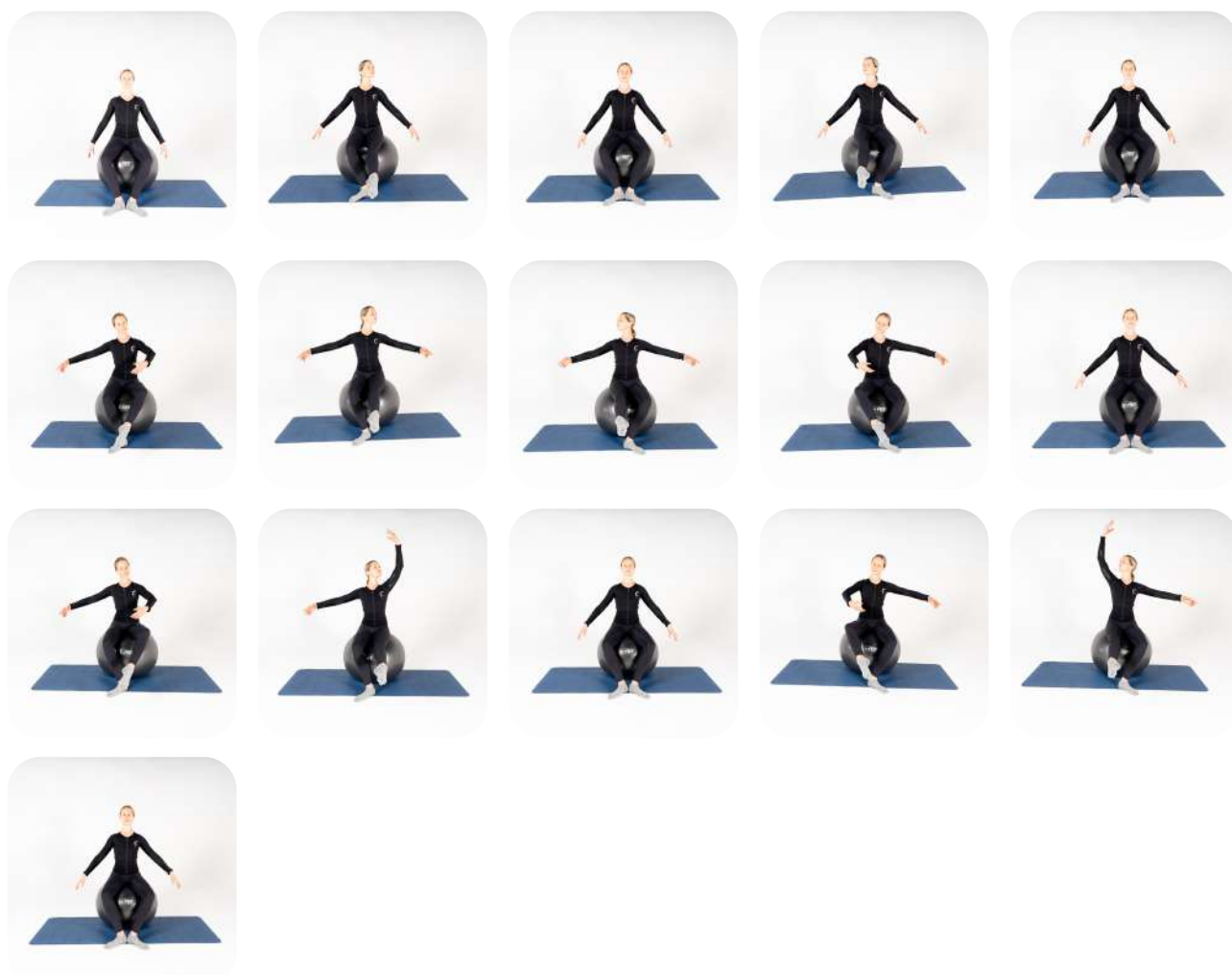


Exercise Ball

This exercise is a progression, from the Foundation Posture exercise and is aimed at strengthening the core to improve balance and enhance alignment in ballet. Before attempting this progression it is important for students to be confident in the Foundation exercise.

Before Starting:

Make sure each student has the exercise ball (thighs horizontal to the floor) and that it is fully inflated. Encourage students to lengthen their spine while sitting on the ball.



EXERCISE #6

Posture Progression

SUB-JUNIOR | CORE & POSTURE

EQUIPMENT USED



Exercise Ball

Steps:

1. Ask students to sit at the centre of the exercise ball with their feet in position and legs naturally turned out. Their arms should rest comfortably in a demi-second position without any tension.
2. Instruct them to extend their leg devant without tucking their pelvis while shifting their gaze towards the working side. This movement will cause a shift of transfer of weight slightly sideway on the exercise ball.
3. Repeat this movement four times alternating legs and transferring the weight placement.
4. Progress by extending the leg while executing a port de bras.
5. They bend the leg into attitude devant coordinating this movement whilst the arms are in third position.
6. They extend their leg again coordinating with their arm and head. Make sure students maintain stability throughout each movement.
7. They repeat the movement while coordinating the arm movements in fourth position.
8. Now perform the sequence on the side.

Focus:

Ensure students keep their pelvis elongated and avoid tucking it under while extending their legs. Pay attention to their port de bras shapes and ensure they keep their head and eye line coordinated.

Notes:

EXERCISE #7

Resistance Band Leg Lifts

ADVANCED | WEIGHT PLACEMENT

EQUIPMENT USED



Exercise Ball

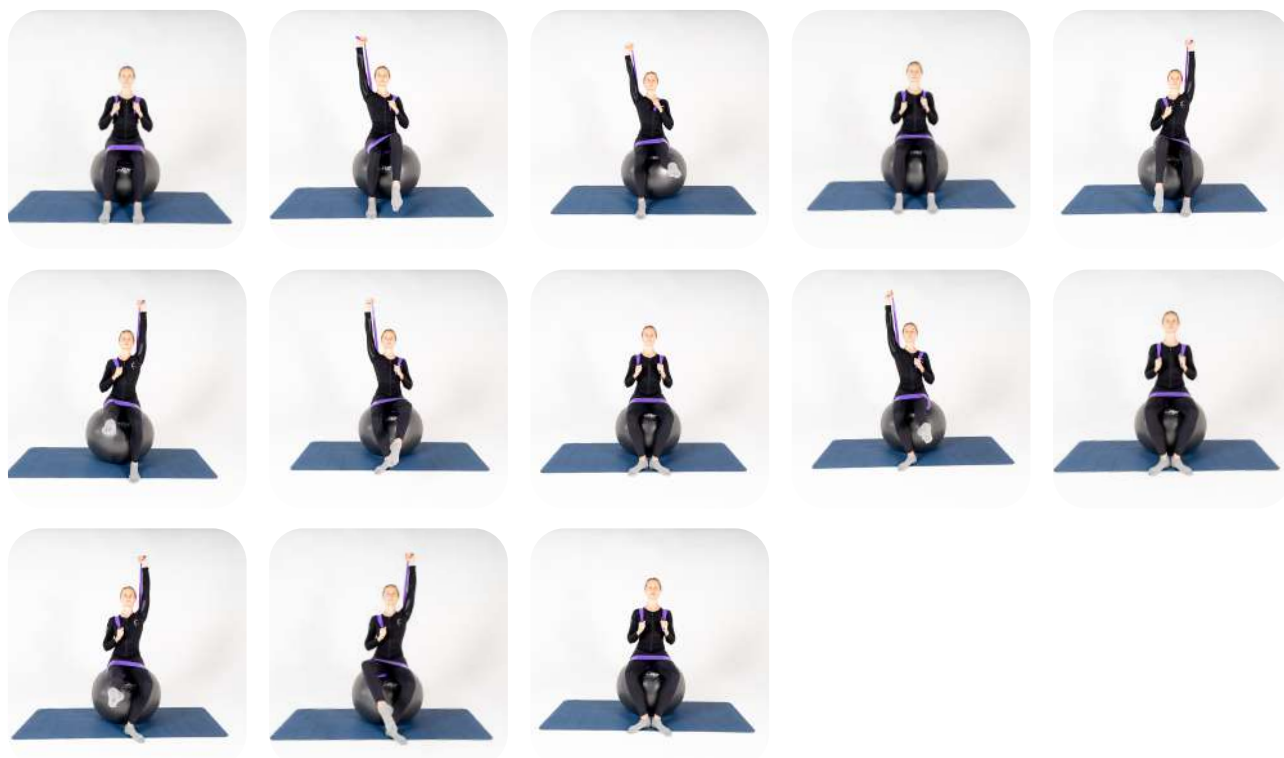


Medium Strength
Resistance Band

This exercise is designed to enhance strength and stability on the supporting side of the body, crucial for the balance and coordination required in classical ballet. Utilising a resistance band not only aids in muscle activation but also introduces an element of control, teaching students to manage their body weight and maintain alignment through dynamic movements.

Preparation:

Secure the resistance band across the top of the student's thighs, crossing underneath the hamstrings. Instruct students to sit on the band to anchor it, then loop the band over their shoulders, holding the ends at chest height with tension.



EXERCISE #7

Resistance Band Leg Lifts

ADVANCED | WEIGHT PLACEMENT

EQUIPMENT USED



Exercise Ball



Medium Strength
Resistance Band

Steps:

1. Guide students through lifting their right leg off the floor with a pointed foot while raising the left arm straight up. Emphasise the importance of maintaining balance and control throughout the movement.
2. Have students extend the right leg in front, then bend the knee to return the foot to the floor, repeating on both sides and progressing to external rotation through attitude front on both sides.

Focus:

Stress the significance of keeping the legs parallel and the body aligned, ensuring the pelvis remains stable and the back straight. The resistance band should be used to facilitate muscle engagement rather than to pull the body out of alignment.

Notes:

EXERCISE #8

Leg Switches

SENIOR | TURNOUT

EQUIPMENT USED

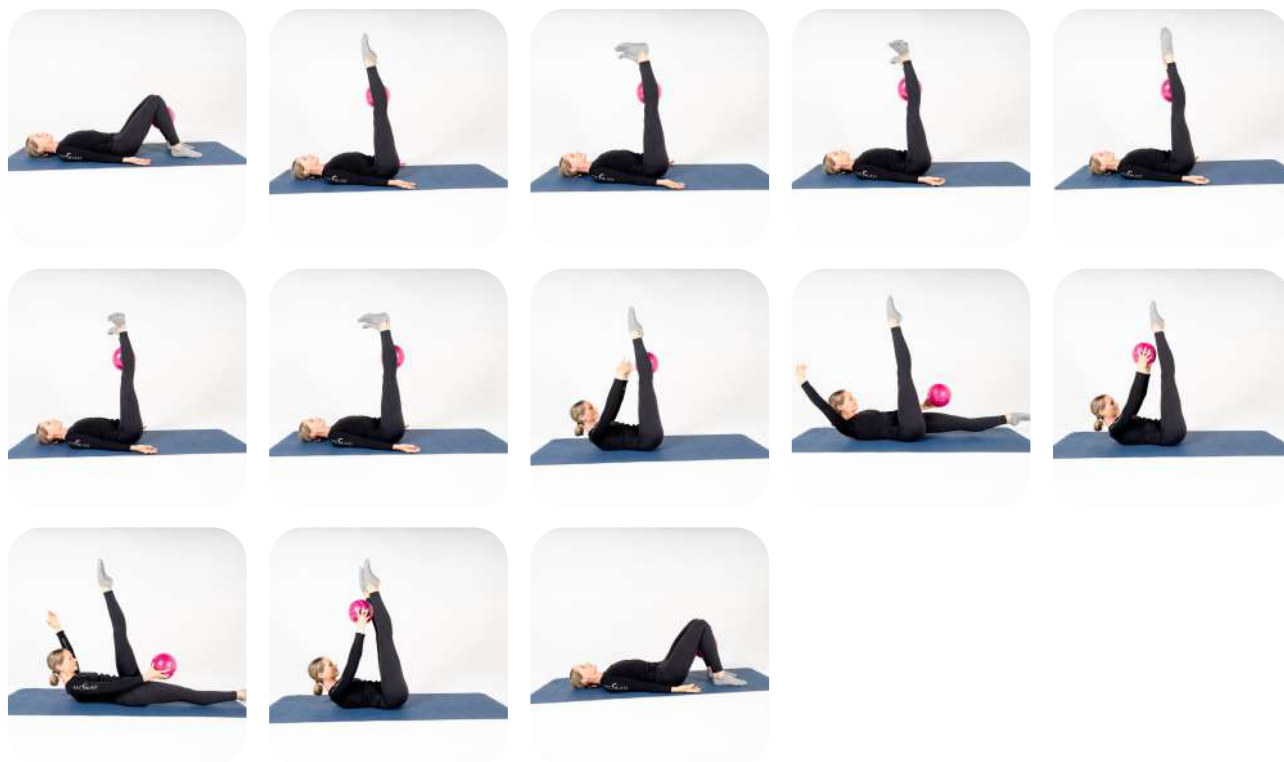


Fusion Ball

This exercise is critical for strengthening the iliopsoas, the primary flexor of the hip joint. This exercise is vital in ballet training as it helps prevent overuse of the quadriceps, a common issue among dancers. Correct functioning of the iliopsoas is essential for balanced thigh flexor use and overall leg strength, crucial for executing ballet movements efficiently.

Preparation:

Position students lying on their back with a fusion ball between their calf muscles, starting in a parallel position. Arms should be relaxed by their sides, palms facing upwards.



EXERCISE #8

Leg Switches

SENIOR | TURNOUT

EQUIPMENT USED



Fusion Ball

Steps:

1. Guide students to unfold their legs to 90 degrees, feet in dorsi-flexed position, keeping the upper body flat on the mat.
2. Instruct students to externally rotate their legs to their personal best, then roll through the metatarsals into plantar flexion, followed by dorsi flexion.
3. Instruct students to return legs to parallel, shift to planta flexion, simultaneously raising the upper body and removing the fusion ball.
4. Have students lower the right leg as the right hand lowers with the fusion ball, keeping the chin down, and left arm back in 4th position, exhaling deeply. Remind students to maintain parallel in the leg.
5. Repeat on the alternate side.
6. Have students place the fusion ball back between the calves and lower the upper body, repeating the sequence.
7. Students may work up to executing four sets.

Focus:

Stress the importance of maintaining correct leg alignment and controlled movement throughout the exercise. Ensure students perform the breathing correctly in sync with the movements.

Notes:

EXERCISE #9

Caterpillar & Butterfly Extension

SUB-JUNIOR | CORE & POSTURE

EQUIPMENT USED

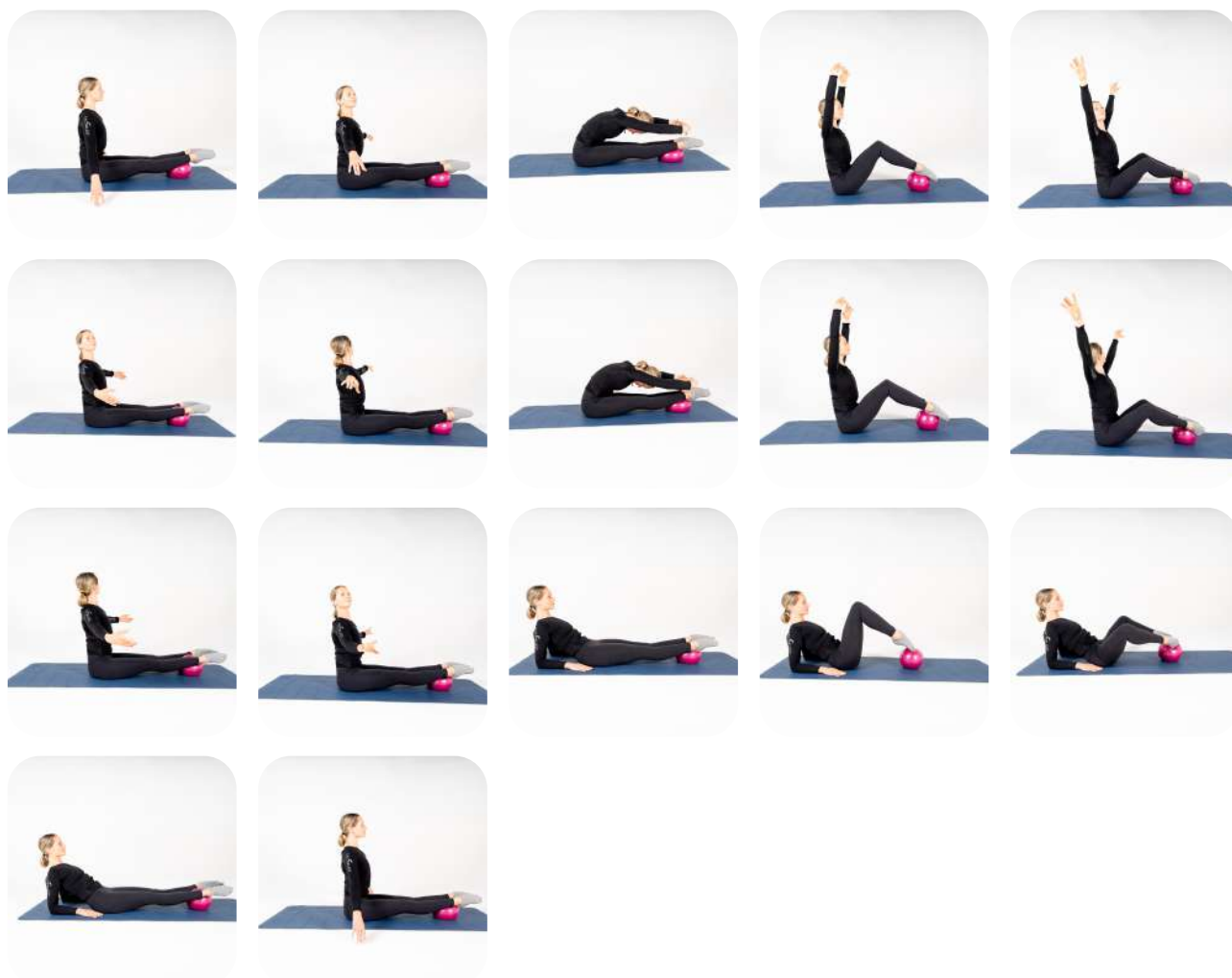


Fusion Ball

The extension exercise aims to promote elongation of the body and activate the hamstrings while engaging the adductor muscles. It also encourages coordination in a fun and productive manner. This exercise is crucial for developing flexibility and control in ballet movements.

Preparation:

Ask the students to sit on the mat with the heels on the centre of the fusion ball without hyperextension in the knees, with hyperextension adjust the fusion ball underneath the calf muscles. Their legs are in parallel and encourage long strong toes.



EXERCISE #9

Caterpillar & Butterfly Extension

SUB-JUNIOR | CORE & POSTURE

EQUIPMENT USED



Fusion Ball

Steps:

1. Instruct the students to lengthen their lumbar spine from their sit bones.
2. Guide them to turn their head towards the right while keeping their shoulder girdle aligned.
3. Encourage them to stretch their body over their legs with their arms moving into a port de bras into 5th position.
4. Coordinate recovery by returning to an upright position with bent knees and an elongated spine.
5. Legs are rotated with a port de bras into open 5th position, palms facing down.
6. Extend the legs while maintaining rotation as they transition into 2nd position, with a port de bras, bring the legs to parallel as they turn their head towards the left.
7. Repeat this combination three more times.
8. Moving back onto the elbows while bending and rotating both legs before extending and returning to parallel.
9. Draw the knees inwards and externally rotate the legs (ensure the heels don't drop down into a sickle line). Repeat this movement once more.

Focus:

During this exercise pay attention to the students alignment, ensuring they are keeping their shoulders relaxed with controlled leg movements.

Notes:

EXERCISE #10

Fondu Coordination

SENIOR | ADAGE

EQUIPMENT USED



Exercise Ball

This exercise is designed to enhance the simultaneous coordination of both legs during fondu and extension, focusing on maintaining stable pelvis alignment. These movements are crucial for ballet training, as it reinforces control and balance.

Preparation:

Position the student lying on the mat with legs crossed at the calf muscles on the fit ball. For hyperextended legs, adjust the legs further over the ball.



EXERCISE #10

Fondu Coordination

SENIOR | ADAGE

EQUIPMENT USED



Exercise Ball

Steps:

1. Have students begin with scapular opening, ensuring shoulder blades are flat on the mat.
2. Guide the students through bridging, focusing on controlled breathing.
3. During the fondu, emphasise simultaneous dorsiflexion and plantar flexion at 45 and 90 degrees, maintaining pelvis alignment.
4. Guide the students to lift the leg higher in devant providing their pelvis is stable.
5. Lengthen the leg as it lowers into fifth position with control back to the ball.
6. Lower from the bridge position as the legs bend, they change legs. Checking they are centred on the ball.
7. Request the students to repeat 3 more sets on alternate sides.

Focus:

Stress the importance of keeping the pelvis elongated and not tucked under.

Notes:

EXERCISE #11

Grand Adage

ADVANCED | ADAGE

EQUIPMENT USED



Exercise Ball

This exercise enhances students' alignment in devant and à la seconde positions, with a strong emphasis on maintaining correct pelvic alignment. It introduces the concept of using breath to guide movement, fostering a deeper connection between the body's physical and mental states. The option to support the sacrum initially helps students understand the importance of alignment without compromising on form.

Preparation:

Ensure students begin with their feet in 5th position on the centre of the fit ball, adjusting for those with hyperextension the ball closer to the groin to prevent knee locking. This starting position primes the body for the exercise.



EXERCISE #11

Grand Adage

ADVANCED | ADAGE

EQUIPMENT USED



Exercise Ball

Steps:

1. Guide students through a slow bridge, focusing on maintaining hip squareness to the ceiling. Instruct them to breathe deeply, closing their eyes to enhance focus on breath and imagery.
2. Progress through a développé devant on an inhale, transitioning the working leg to à la seconde on an exhale.
3. The leg returns to devant on an inhale, followed by an enveloppé to 5th position on the exhale. Arms release from the mat on an inhale, and the body returns to the mat on an exhale.
4. Have students repeat with their opposite leg, aiming for 4 complete sets.

Focus:

Highlight the importance of square hips and a stable pelvis throughout the exercise. Encourage students to engage their core and use their breath to facilitate movement.

Notes:

EXERCISE #12

Elongated Arabesque

ADVANCED | ADAGE

EQUIPMENT USED

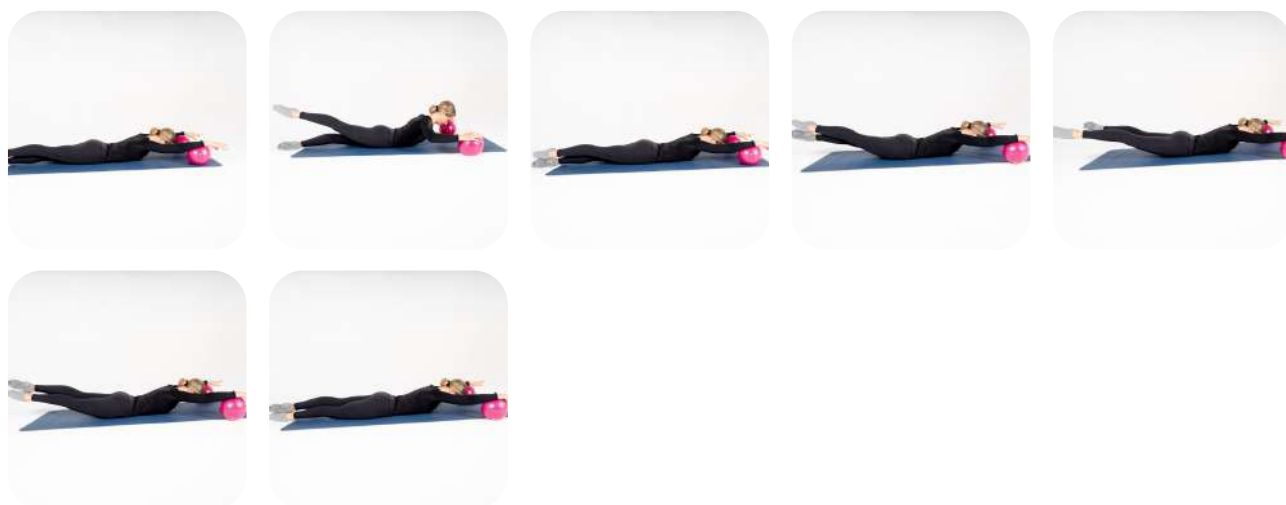


2 x Fusion Balls

This exercise helps to cultivate the correct lift of the leg in arabesque, while minimising strain in the lower spine. It encourages the use of deep spinal and abdominal muscles to support the spine's extension, distributing movement evenly to alleviate pressure on the lower back. The incorporation of fusion balls facilitates an understanding of a smooth, harmonious arch from the head to the pelvis, essential for achieving a balanced and elongated arabesque line without compromising spinal health.

Preparation:

Have students start by laying on the mat with their legs crossed in fifth position and their hands resting on fusion balls positioned in front of them. This setup encourages the engagement of the correct muscles.



EXERCISE #12

Elongated Arabesque

ADVANCED | ADAGE

EQUIPMENT USED



2 x Fusion Balls

Steps:

1. Instruct students to draw the fusion balls towards their body, focusing on the feeling of pulling down and opening up the back muscle groups. As they do this, they should lift their right leg into an arabesque line, ensuring the crown of the head is reaching forward to counterbalance the leg lift and prevent excessive lumbar lordosis.
2. After performing this movement three times, they should raise both legs. Open the legs, change legs and return to the mat.
3. Have students repeat the sequence with the left leg.
4. The students repeat 3 more sets.

Focus:

Emphasise the importance of maintaining a lengthened spine and engaging the core throughout the exercise. Ensure students understand the goal of reducing the load on the lower back by evenly distributing movement through the spine.

Notes:

EXERCISE #13

Alignment with Weight Transfer

SENIOR | WEIGHT PLACEMENT

EQUIPMENT USED



Exercise Ball

This exercise is designed to refine students' alignment and enhance their awareness of weight transfer, crucial for ballet techniques like pirouettes. This exercise helps students understand the importance of maintaining knee and hip alignment while transitioning between positions, ultimately aiding in the development of central balance for pirouettes.

Preparation:

Have students begin in effacé devant with the right leg placed on the fit ball. Ensure students foot contour aligns with the ball's shape and check that hip alignment is secure.



EXERCISE #13

Alignment with Weight Transfer

SENIOR | WEIGHT PLACEMENT

EQUIPMENT USED



Exercise Ball

Steps:

1. Initiate with port de bras into 4th position.
2. Instruct the students to perform 2 fondu (plié) movements and recover.
3. Have students pivot (promenade) to face de côté.
4. Guide the students to push from the 3rd fondu and transfer weight into arabesque de côté en fondu, maintaining body and knee alignment. The port de bras should pass through 2nd position into arabesque, with fingertips resting on the fit ball. Remind students to lift the leg as soon as weight is transferred into arabesque.
5. Instruct students to transfer weight back, closing into 5th position en face in demi plié, simultaneously rolling the fit ball in front.
6. Have students lift the fit ball in front as the right leg raises into pirouette position, checking weight placement. Maintain arm shape while holding the ball. Next, have students rise (elevé) and check balance.
7. Invite students to close into 5th position.
8. Students finish the exercise by placing the alternate foot on the fit ball and repeating on the opposite side.

Focus:

Stress the importance of maintaining correct hip and knee alignment throughout the exercise, especially during weight transfers.

Notes:

EXERCISE #14

Passé with Bands

ADVANCED | TURNOUT

EQUIPMENT USED



Fusion Ball



Medium Strength
Resistance Band

This exercise is focused on strengthening the deep lateral rotators, crucial for ballet dancers to achieve precise and controlled rotations. These six deep rotator muscles, located under the gluteus maximus, are pivotal for movements requiring hip rotation and stability. Incorporating a resistance band introduces an added challenge, effectively enhancing muscle engagement and strength in these areas, crucial for executing movements with grace and efficiency.

Preparation:

Ensure the resistance band is correctly wrapped around students' thighs, creating sufficient tension to engage the deep rotators effectively. Position the fusion ball between the lower calf muscles before beginning.



EXERCISE #14

Passé with Bands

ADVANCED | TURNOUT

EQUIPMENT USED



Fusion Ball



Medium Strength
Resistance Band

Steps:

1. Guide the students to lay on their sides, extending the legs to 5th position. As they move the working leg into retiré passé derrière and devant, emphasise maintaining pelvic alignment and using controlled breath.
2. This first section is repeated, while checking their hips are stacked.
3. Follow with transitions onto the back for scissor actions in 4th position, focusing on stretching and flexing the legs and feet.
4. This scissor action is executed 3 times, while they gently use the resistance of the bands with their arms wide and over the head.
5. The left leg finishes in the front of the right leg. While maintaining the core activation they roll to face the back of the mat. Settle with the left leg in front ready to repeat in full on the alternate side.

Focus:

Stress the importance of keeping the pelvis stable throughout the exercise, ensuring that movements are precise and controlled. Encourage students to engage their core to support their alignment.

Notes:

EXERCISE #15

Warm Down & Release

SENIOR | WARM DOWN & FLEXIBILITY

EQUIPMENT USED



Fusion Ball

This exercise is an integral part of the Progressing Ballet Technique (PBT) class, designed to gently cool down the body and release tension after rigorous training. It focuses on enhancing flexibility and dynamic strength throughout the spine and thoracic, which are crucial for dancers. Emphasising the importance of flexibility and neuromuscular coordination, this exercise aids in preventing injuries and improving overall dance performance.

Preparation:

Have students sit on the mat with an elongated spine, holding a fusion ball in both hands, ensuring a stable starting position.



EXERCISE #15

Warm Down & Release

SENIOR | WARM DOWN & FLEXIBILITY

EQUIPMENT USED



Fusion Ball

Steps:

1. Instruct students to roll forward, directing their sit bones toward the mat, and roll the fusion ball down their legs to encourage spinal flexibility.
2. Guide students to recover by articulating through the spine, then reach the fusion ball above the head while relaxing the shoulders, promoting thoracic extension.
3. Encourage students to elongate the spine and reach forward, then recover with the fusion ball above the head, returning to the starting position. Repeat from the beginning.
4. Introduce a twisting motion, moving the right arm from the fusion ball and twisting the upper body, maintaining even sit bones on the mat. Bend the body sideways with the port de bras into fifth position. Recover from the position and return into neutral. Repeat with the left arm and ensure both sides are worked equally.
5. Have students place the fusion ball on the floor to one side, roll it sideways while following with the opposite arm overhead, and then roll towards the toes with an elongated spine. Return into the neutral position and repeat on the alternate side.
6. Cue students to place the fusion ball underneath the sacrum for support, hug both legs, and extend each leg towards the mat in parallel, alternating between the right and left leg.

Focus:

Emphasise maintaining correct alignment, especially in the spine and pelvis, throughout each movement to ensure safety and maximize the stretches effectiveness.

Notes:

Q&A

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Q&A

Notes:

[illegible]



CONGRATULATIONS!

WHAT'S NEXT?

Congratulations on completing PBT Teacher Certification Workshop Level 2!

Today we've explored key elements of ballet training, from foundational warm-ups to nuanced techniques in posture, turnout, adage, and flexibility. With a thorough understanding of the Level 2 program and detailed notes to guide you, you're now well-prepared to elevate your teaching practice with confidence and expertise. As you continue your journey, remember the core outcomes of today's learnings:

The ability to craft engaging and effective PBT classes, adeptness in fault correction and adjustments for different body types, and a thorough understanding of muscle groups for each movement.

If you haven't had a chance yet, be sure to visit your account and create a PBT Teacher's profile. This is an excellent opportunity to connect with students in your area as a certified PBT teacher. If you are interested, we now offer wholesale options for equipment. Feel free to reach out to us at customerservice@pbt.dance for more information.

What's next? Join us for Level 3 as we delve into a deeper understanding of the safety in training the upper body movements with the gradual layers from early training to the Pre-Professional level. Through this advanced course, you'll refine your skills and gain expertise in several key areas, including:

- Highlighting the importance of port de bras shapes and enhancing coordination skills.
- Ensuring the engagement of the correct muscle groups while exploring a range of batterie and allegro movements.
- Concluding Level 3 with advanced stretches, providing a comprehensive understanding of the significance of hamstring and glute flexibility.

Your dedication to ballet is commendable, and we're confident you'll continue to inspire and empower your students. Best wishes on your PBT journey!

*take a look at our
upcoming workshops*

