



Travel

A 30-Day Ballet Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day when you complete the exercise. If you're injured, sick, or unable to dance, you can watch the video and check it off. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	<p><i>Pilates 1: Foot Articulation</i></p> <p>AND</p> <p>Find the longest straight line available in your space (like a hallway or a diagonal line across a room). Move along that line taking as few steps as possible. Repeat 8 times.</p>	35
2	<p><i>Quick Warm-Up</i></p> <p>AND</p> <p><i>Beginning Ballet: Triplets</i></p> <p>AND</p> <p>Find the longest straight line available in your space. Move along that line with Triplets, making each step as big as you can. Can you get across with 1 or 2 triplets? Repeat 8 times.</p>	40

Day	Exercise	Minutes
3	<p><i>Quick Warm-Up AND Beginning Ballet: Triplets</i></p> <p><i>OR</i></p> <p><i>Pilates 1: Foot Articulation</i></p> <p><i>OR</i></p> <p><i>Intermediate Ballet Barre: Lots of Tendus</i></p> <p><i>AND</i></p> <p><i>Do 3 Triplets in place and 1 traveling as far as you can.</i></p> <p><i>Repeat 4 times on each side.</i></p>	40
4	<p><i>Beginning Ballet: Pas de Bourrée</i></p> <p><i>OR</i></p> <p><i>Intermediate Ballet: Pas de Bourrée Piqué en Tournant</i></p> <p><i>AND</i></p> <p><i>See how far you can move with 1 Pas de Bourrée step. What do you have to adjust to make the whole step cover more space?</i></p> <p><i>Repeat your traveling Pas de Bourrée 4 times on each side.</i></p>	35
5	<p><i>Beginning Ballet: Pas de Bourrée</i></p> <p><i>OR</i></p> <p><i>Pilates 3: Foot Work and Coordination</i></p> <p><i>OR</i></p> <p><i>Intermediate Ballet: Picking Up Combinations</i></p> <p><i>AND</i></p> <p><i>Do 2 Pas de Bourrées in place and 1 traveling.</i></p> <p><i>Repeat 4 times on each side.</i></p>	35

Day	Exercise	Minutes
6	<p style="text-align: center;">Travel On All 4s -</p> <p><i>After warming up, travel around your room with hands and feet on the floor (no knees, no butt). See how many times you can move around all of your floor space during a 5-minute piece of music.</i></p>	10
7	<p style="text-align: center;">Beginning Ballet: Spotting</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Beginner 2 Ballet: Couru</p> <p style="text-align: center;">AND</p> <p><i>Do a Couru or walk sideways, back and forth across your room. With each direction change, turn your head to look over your shoulder in your direction of travel. Keep your gaze fixed on a spot you're moving toward until your next direction change. Repeat 8 times.</i></p>	35
8	<p style="text-align: center;">Beginning Ballet: Spotting</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Beginner 2 Ballet: Couru</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Pas de Bourrée Piqué en Tournant</p> <p style="text-align: center;">AND</p> <p><i>Turn halfway around in place. You can just swivel, or do a Couru or Pas de Bourrée Piqué. Begin each turn by quickly turning the head and shoulders to face the direction where your turn will finish.</i></p> <p style="text-align: center;"><i>Repeat 4 times on each side.</i></p>	35

Day	Exercise	Minutes
9	<p style="text-align: center;"><i>Pilates 1: Foot Articulation</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Pilates 3: Foot Work and Coordination</i></p> <p style="text-align: center;">AND</p> <p><i>Doing a Couru, Pas de Bourrée, or movement of your choice, turn halfway around in place. Travel forward with any step, turn halfway in place, and travel forward to return. Practice spotting with each turn and fixing your gaze on a point ahead as you move forward.</i></p> <p style="text-align: center;"><i>Repeat 4 times on each side.</i></p>	40
10	<p style="text-align: center;"><i>Warm yourself up with any ballet or Pilates class.</i></p> <p style="text-align: center;">AND</p> <p><i>Practice turning and moving with Triplets, Couru, or Pas de Bourrée.</i></p> <p style="text-align: center;"><i>Practice in place with no turn, half turn, and full turn.</i></p> <p style="text-align: center;"><i>Practice moving forward, sideways, and backward.</i></p> <p style="text-align: center;"><i>Repeat at least twice on each side.</i></p>	45
11	<p style="text-align: center;">Choreograph -</p> <p style="text-align: center;"><i>Quick Warm-Up</i></p> <p style="text-align: center;">AND</p> <p><i>Create your own combination with Triplets, Couru, or Pas de Bourrée. Include precise changes of direction and movement forward or sideways. Mark through it with music at least twice.</i></p> <p style="text-align: center;"><i>Record yourself to remember it for later.</i></p>	30

Day	Exercise	Minutes
12	<p>After warming up, learn and practice traveling choreography:</p> <p><i>Nutcracker Chinese Dance</i></p> <p>OR</p> <p><i>Nutcracker Finale</i></p> <p>OR</p> <p><i>Nutcracker Russian Dance</i></p> <p>OR</p> <p><i>Nutcracker Spanish Dance</i></p>	30
13	<p><i>Beginning Ballet: Demi-Plié</i></p> <p>OR</p> <p><i>Demi-Pointe: Échappé</i></p> <p>AND</p> <p><i>Practice and memorize your Nutcracker choreography.</i></p>	40
14	<p><i>Pilates 2: Hundred and Outward Rotation</i></p> <p>OR</p> <p><i>Pilates 3: Warm-Up for Ballet</i></p> <p>AND</p> <p><i>Practice your Nutcracker choreography in a tiny space. Can you do it in a space as small as your Pilates mat?</i></p>	40
15	<p><i>Beginning Ballet: Épaulement</i></p> <p>OR</p> <p><i>Intermediate Ballet: Sissonne</i></p> <p>AND</p> <p><i>Find a large safe space to practice your Nutcracker choreography. Can you make your movements big enough to cover all of the space?</i></p>	40

Day	Exercise	Minutes
16	<p style="text-align: center;">Watch -</p> <p style="text-align: center;"><i>The Nutcracker and The Battle Against Coronavirus</i></p> <p style="text-align: center;">Watch Find Your Center's 2020 virtual student performance. Notice how the students adapt their movements to the different spaces in their homes.</p>	40
17	<p style="text-align: center;">After warming up, practice your Nutcracker choreography. Choose and use your space carefully. Record yourself to remember the choreography later.</p>	30
18	<p style="text-align: center;"><i>Beginner 2 Ballet: Waltz Turn</i></p>	30
19	<p style="text-align: center;">Practice traveling <i>en diagonale</i> (on the diagonal):</p> <p style="text-align: center;"><i>Beginning Ballet: Tombé and Écarté Devant</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Beginner 2 Ballet: Waltz Turn</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Intermediate Ballet: Third Arabesque and Waltz Turn</i></p>	30
20	<p style="text-align: center;"><i>Beginning Ballet: Tombé and Écarté Devant</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Beginner 2 Ballet: Waltz Turn</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Intermediate Ballet: Third Arabesque and Waltz Turn</i></p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Memorize the <i>en diagonale</i> combination from one of these classes.</p>	35

Day	Exercise	Minutes
21	<p style="text-align: center;">Express Yourself -</p> <p style="text-align: center;"><i>Sit, stand, or walk on the diagonal while practicing upper body movements from yesterday's combination. Make your arm movements (Port de Bras), and head/shoulder/chest movements (Épaulement) big, deliberate, and expressive.</i></p>	10
22	<p style="text-align: center;"><i>Beginning Ballet: Follow-Along Centre Barre</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Intermediate Ballet: Quick Épaulement</i></p> <p style="text-align: center;">AND</p> <p style="text-align: center;"><i>Practice your en diagonale combination from Day 20. Record yourself to remember the choreography later.</i></p>	40
23	<p style="text-align: center;"><i>Moving in a Square</i></p> <p style="text-align: center;">AND</p> <p style="text-align: center;"><i>Move in a square doing any ballet step or walking/running/jumping.</i></p>	10
24	<p style="text-align: center;"><i>Pilates 1: Foot Articulation</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Pilates 2: Hundred and Outward Rotation</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Pilates 3: Warm-Up for Ballet</i></p> <p style="text-align: center;">AND</p> <p style="text-align: center;"><i>Review and practice the choreography that you recorded on Day 11.</i></p>	40

Day	Exercise	Minutes
25	<p style="text-align: center;"><i>Pilates 1: Foot Articulation</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Pilates 2: Hundred and Outward Rotation</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><i>Pilates 3: Warm-Up for Ballet</i></p> <p style="text-align: center;">AND</p> <p><i>Review and practice the choreography that you recorded on Day 17.</i></p>	40
26	<p style="text-align: center;">Stage It -</p> <p style="text-align: center;"><i>Stage Directions</i></p> <p style="text-align: center;">AND</p> <p><i>Diagram your "stage." Start by drawing a rectangle or other shape that represents your performance space. Note where your audience is (imagined, present, or virtual). Note where upstage, downstage, stage left, and stage right are.</i></p> <p style="text-align: center;">AND</p> <p><i>Review your Day 11 choreography, your Nutcracker piece, and your Day 20 en diagonale combination. Diagram the floor patterns for each piece. Make a title for each piece and label your diagrams.</i></p> <p style="text-align: center;">AND</p> <p><i>Make a program. Write down the titles in the order in which you'll practice and perform them.</i></p>	20

Day	Exercise	Minutes
27	<p><i>Go to the YouTube channel for American Ballet Theatre, New York City Ballet, or another major ballet company. Watch how the dancers use their stage or studio space.</i></p> <p>AND</p> <p><i>Review your stage diagrams.</i></p> <p>AND</p> <p>Quick Warm-Up</p> <p>AND</p> <p><i>Practice your three pieces.</i></p>	40
28	<p><i>Warm yourself up with any ballet or Pilates class.</i></p> <p>AND</p> <p><i>Review your stage diagrams.</i></p> <p>AND</p> <p><i>Practice your three pieces.</i></p>	40
29	<p><i>Warm yourself up with any ballet or Pilates class.</i></p> <p>AND</p> <p><i>Review your stage diagrams.</i></p> <p>AND</p> <p><i>Practice your three pieces.</i></p>	40
30	<p>Perform -</p> <p><i>Invite a friend, set up a camera, or perform for an imagined audience. As you perform the three pieces you've been practicing, travel across your stage and make the most of your space!</i></p>	30