

Title:

Ballet Dancing ~ The Ideal Physique

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713

Summary:

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Keywords:

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Article Body:

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So what is the ideal physique, you ask?

Well, most experts agree that your body's proportions are critical to having an ideal physique

Unlike the musician, the ballet dancer cannot tune their instrument by lengthening or shortening

At best it becomes an instrument of great beauty, but it will fall short of this if it is ended

The neck line is important, rather more on aesthetic grounds than from anatomical point of view

The ideal ballet physique embodies a perfect balance between the upper and lower halves of the

According to the classical tradition, the shoulders of the man are broader than the hips, in t

Limbs are next on the list. Pretty arms and hands are naturally an asset; extra arm length or

There will be a straight line down the center of the thigh, through the center of the knee, do

Finally the perfect candidate will have an upright carriage and well-poised head.

Hopefully this gives you a little insight into some age-old views on the physique of ballet da

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