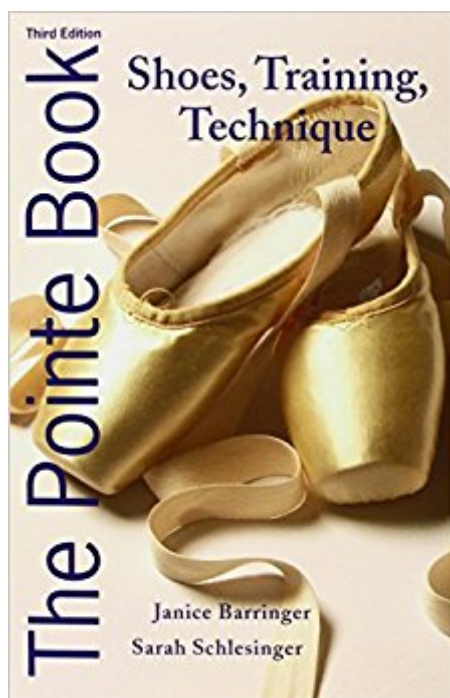


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# The Pointe Book: Shoes, Training, Technique



## Synopsis

A complete examination of the pointe technique and pointe shoes is provided in this guide. Dancers tired of their pointe shoes wearing out too quickly benefit from a thorough explanation of the shoemaking process, and the book includes tips that show how to best fit, care for, and custom order toe shoes. Interviews with ballet stars reveal their highly evolved but proven methods of caring for pointe shoes, while the basics of the pointe technique, different methods, and its history are also discussed. With a handy reference on pointe-related injuries and their remedies, this new edition also offers the latest information on contemporary designs, materials, products, and suppliers. A sampling of pointe technique schools around the country offers an authoritative syllabus for teachers and students alike.

## Customer Reviews

"This remains the only book of its kind to focus exclusively on pointe shoes and techniques. A 'must' for any serious ballet teacher." —Library Bookwatch; Detailing the shoemaking process, the comprehensive guide profiles major shoe manufacturers and the fundamentals of fitting, purchasing, and preparing pointe shoes. Interviews with leading dancers, choreographers, shoe fitters, and medical professionals help demystify the mechanics of pointe dancing. This unusual resource is a fascinating yet essential tool for professional dancers, students, teachers, and ballerinas. —Booklist; [This book] addresses nearly every question that you could think to ask about pointe shoes. —Dance Magazine; A must read for those who teach pointe work. —Dance Teacher Now; This book is especially recommended for ballet students, but will also appeal to those who are interested in the art form and fascinated by the seeming ease that the ballerina brings to working on pointe. —Choice Magazine —"An exceptionally worthwhile text for those caring for the health of professional dancers and for any dance student on pointe. Useful for parents, teachers, as well as dance enthusiasts." —Gigi Beradi, Western Washington State College, The Journal of Dance Medicine and Science

Janice Barringer is a musical consultant for Stepping Tones Records in Los Angeles and has been spotlighted in the PBS Dance in America series. She has been on the faculty of the American Dance Center, Ballet Hispanico, Harkness House, and STEPS and is a columnist for Pointe. Sarah Schlesinger is the former owner of the Capezio Dance Theatre Shops in Maryland and Delaware. She has extensive experience in fitting and repairing pointe shoes and is chair at the graduate

musical theater writing program at New York University's Tisch School of Arts. They both live in New York City.

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