



*Beginner*

# MY <sup>v</sup>POINTE

By Vicki Attard & Lisa Howell

*Workbook*



# Beginner MY POINTE

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Welcome to the My Beginner Pointe program!

Coming from two very different backgrounds, we have joined forces to create this unique program which covers safe dance practices and aesthetic components, that combine to create successful classical dancers. The new online format makes this program even easier to navigate. Simply click on each section that you wish to review, and watch all of the videos online. Use this PDF workbook to track your progress through the online course and how often you go through the exercises.

We have not included a rigid timetable of when to do each exercise, as this will vary based on your current strength and control, and how long you have been en pointe. However, even if you have been en pointe for years, we recommend working slowly through each stage, spending at least 4 weeks integrating the work into your regular practice. We have included a sample monthly tracker to show how you may integrate it into your training.

Keep notes as you go through each exercise about what you feel. Some of the exercises seem simple in the beginning, but taking your time to develop all of the nuances will make a huge difference to your pointe work long term. Your aim is to master every element of these exercises, so make sure to review the instructions frequently to get each one perfect.

Take your time with each stage, and let us know how you go!

*Vicki & Lisa*

# MONTHLY TRACKER - EXAMPLE

April 2020

	WEEK 1 APRIL 6-12	WEEK 2 APRIL 13-19	WEEK 3 APRIL 20-26	WEEK 4 APRIL 27 - MAY 3
MON	Watched the intro video and the core ex			Did Pointe Prep exercises ;)
TUES	Did Core ex before ballet - 90 min ballet class	Did Core & Turnout before ballet - 90 min ballet class	Did Turnout and VMO before ballet - 90 min ballet class	Did Core, turnout and foot ex - 90 min ballet class
WED	Went for a swim ;)	Watched the Foot and Ankle videos	Watched the Proprioception videos	Did pointe prep exercises ;)
THURS	Did Core ex before ballet - 90 min ballet class	Did Turnout and Foot before ballet - 90 min ballet class	Did Foot and VMO ex before ballet - 90 min ballet class	Did Core, turnout and foot ex - 90 min ballet class
FRIDAY	Watched the Turnout videos	Watched the VMO videos		Did Stage One exercises ;)
SATURDAY	Dance con 45 mions 2 hrs ballet 2 hours contemp	Dance con 45 mions 2 hrs ballet 2 hours contemp	Dance con 45 mions 2 hrs ballet 2 hours contemp	Dance con 45 mions 2 hrs ballet 2 hours contemp
SUNDAY		Yoga class Foot Massage ;)	Watched the My First Pointe shoes videos - and got new shoes!	Yoga class Foot Massage ;)



## MUSCLE ACTIVATION EXERCISES

**INSTRUCTIONS:** Make sure you go through each exercise carefully with the videos to ensure you are doing them correctly. If you have any questions, ask your teacher or parent to help out. Check off each check box as you watch the video.

- INTRODUCTORY VIDEO
- CORE STABILITY EXERCISES
- TURNOUT EXERCISES
- FOOT AND ANKLE STRENGTH
- VMO AND INNER THIGHS
- BALANCE AND PROPRIOCEPTION

NOTES:

# MUSCLE ACTIVATION *Progress Chart*

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

EXERCISE	S	M	T	W	T	F	S
CAT STRETCHES							
FINDING NEUTRAL SPINE							
BUG LEGS							
4 POINT SITBACKS							
SIDE LIFTS							
TURNOUT IN STANDING							
TURNOUT IN RETIRÉ							
FLOOR BARRE TENDU							
PLIÉ WITH TRANSFERS							
PIRIFORMIS STRETCH							

EXERCISE	S	M	T	W	T	F	S
TOE SWAPPING							
DOMING							
TENDU IN STANDING							
SINGLE LEG RISES							
FDL STRETCH							
POINT THROUGH DEMI POINTE WITH VMO							
CUSHION SQUEEZES WITH LEG EXTENSION							
PLIÉ ON DEMI-POINTE							
DEMI-POINTE BALANCE IN PIROUETTE POSITION							
DEMI-POINTE BALANCE IN 5TH POSITION							

NOTES:



# MY FIRST POINTE SHOES!

**INSTRUCTIONS:** Make sure you go through each exercise carefully with the videos to ensure you are doing them correctly. If you have any questions, ask your teacher or parent to help out. Check off each check box as you watch the video.

- INTRODUCTORY VIDEO
- CHOOSING THE RIGHT SHOE
- PARTS OF A POINTE SHOE
- FITTING POINTE SHOES
- BREAKING IN POINTE SHOES
- RIBBON PLACEMENT
- TYING THE RIBBONS
- MAKING POINTE SHOES LAST

NOTES:



## PREPARATORY EXERCISES

**INSTRUCTIONS:** Make sure you go through each exercise carefully with the videos to ensure you are doing them correctly. If you have any questions, ask your teacher or parent to help out. Check off each check box as you watch the video.

- INTRODUCTORY VIDEO
- TRIPOD FOOT
- SINGLE LEG BALANCES
- SINGLE KNEE BENDS
- SEATED RISES
- PRANCES AT THE BARRE
- SINGLE LEG ROLL THROUGH
- TENDUS IN POINTE SHOES

NOTES:





## STAGE ONE EXERCISES

**INSTRUCTIONS:** Make sure you go through each exercise carefully with the videos to ensure you are doing them correctly. If you have any questions, ask your teacher or parent to help out. Check off each check box as you watch the video.

- INTRODUCTORY VIDEO
- MINI RISES
- ROLLING THROUGH FEET
- ÉCHAPPÉS À LA SECONDE
- SHAPING THE FOOT
- RISE TO 5TH
- RELEVÉ 1 TO 1

NOTES:



# STAGE ONE

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

EXERCISE	S	M	T	W	T	F	S
MINI RISES							
ROLLING THROUGH FEET							
ÉCHAPPÉS À LA SECONDE							
SHAPING THE FOOT							
RISE TO 5TH							
RELEVÉ 1 TO 1							
CHOREOGRAPHED STRETCH							
SELF REFLECTION EXERCISE							

NOTES:

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# SELF REFELCTION

STAGE ONE

**QUESTION #1:** How often did you do the exercises in the program? Was it enough?

**QUESTION #2:** Which exercises were the hardest/easiest/ most beneficial for you?

**QUESTION #3:** Have you noticed any improvements in your class work?

**QUESTION #4:** Which of these exercises do you think you need to continue with?



## STAGE TWO EXERCISES

- INTRODUCTORY VIDEO
- MINI RISES
- ROLLING THROUGH FEET
- ÉCHAPPÉS Á LA SECONDE
- SHAPING THE FOOT
- RISE TO 5TH
- RELEVÉ 1 TO 1
- RELEVÉ DEVANT
- RELEVÉ DERRIÈRE
- TEMPS LIÉ
- ENCHAINMENT DE RELEVÉ - PART ONE
- ENCHAINMENT DE RELEVÉ - PART TWO

NOTES:

# STAGE TWO

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

EXERCISE	S	M	T	W	T	F	S
MINI RISES							
ROLLING THROUGH FEET							
ÉCHAPPÉS À LA SECONDE							
SHAPING THE FOOT							
RISE TO 5TH							
RELEVÉ 1 TO 1							
RELEVE DEVANT							
RELEVE DERIERRE							
TEMPS LIE							
ENCHAINMENT DE RELEVÉ - PART ONE							
ENCHAINMENT DE RELEVÉ - PART TWO							

# STAGE TWO

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

EXERCISE	S	M	T	W	T	F	S
MINI RISES							
ROLLING THROUGH FEET							
ÉCHAPPÉS À LA SECONDE							
SHAPING THE FOOT							
RISE TO 5TH							
RELEVÉ 1 TO 1							
RELEVE DEVANT							
RELEVE DERIERRE							
TEMPS LIE							
ENCHAINMENT DE RELEVÉ - PART ONE							
ENCHAINMENT DE RELEVÉ - PART TWO							

# STAGE TWO

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

EXERCISE	S	M	T	W	T	F	S
MINI RISES							
ROLLING THROUGH FEET							
ÉCHAPPÉS À LA SECONDE							
SHAPING THE FOOT							
RISE TO 5TH							
RELEVÉ 1 TO 1							
RELEVE DEVANT							
RELEVE DERIERRE							
TEMPS LIE							
ENCHAINMENT DE RELEVÉ - PART ONE							
ENCHAINMENT DE RELEVÉ - PART TWO							



# SELF REFELCTION

STAGE TWO

**QUESTION #1:** How often did you do the exercises in the program? Was it enough?

**QUESTION #2:** Which exercises were the hardest/easiest/ most beneficial for you?

**QUESTION #3:** Have you noticed any improvements in your class work?

**QUESTION #4:** Which of these exercises do you think you need to continue with?



## STAGE THREE EXERCISES

- INTRODUCTORY VIDEO
- MINI RISES
- ROLLING THROUGH FEET
- ÉCHAPPÉS Á LA SECONDE
- SHAPING THE FOOT
- RISE TO 5TH
- RELEVÉ 1 TO 1
- RELEVÉ PASSÉ
- SOUBRESAUTS SUR POINTES
- TEMPS LIÉ
- ENCHAINMENT DE RELEVÉ
- SOUTENU EN DEDANS EN TOURNANT
- POSÉ PIQUÉ EN DEDANS EN TOURNANT
- PIQUÉ EN DEHORS EN TOURNANT

NOTES:

# STAGE THREE

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

BARRE EXERCISES	S	M	T	W	T	F	S
MINI RISES							
ROLLING THROUGH FEET							
ÉCHAPPÉS À LA SECONDE							
SHAPING THE FOOT							
RISE TO 5TH							
RELEVÉ 1 TO 1							
RELEVE PASSE							
SOUBRESAUTS SUR POINTES							

NOTES:

# STAGE THREE

# Progress Chart

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

CENTRE EXERCISES	S	M	T	W	T	F	S
TEMPS LIE							
ENCHAINMENT DE RELEVÉ							
SOUTENU EN DEDANS EN TOURNANT							
POSÉ PIQUÉ EN DEDANS EN TOURNANT							
PIQUÉ EN DEHORS EN TOURNANT							
SELF REFLECTION EXERCISE							

NOTES:



# SELF REFELCTION

STAGE THREE

**QUESTION #1:** How often did you do the exercises in the program? Was it enough?

**QUESTION #2:** Which exercises were the hardest/easiest/ most beneficial for you?

**QUESTION #3:** Have you noticed any improvements in your class work?

**QUESTION #4:** Which of these exercises do you think you need to continue with?









## WHAT NEXT?

### MY POINTE PROGRAM

The natural progression after Stage Three of the My Beginner Pointe program is the My Pointe program. My Pointe DVD/CD is a unique program specifically designed for an advanced student to increase sensitivity, develop control and heighten awareness. The challenging 75 minute program meets the needs of students and teachers requiring supplementary pointe work. The My Pointe program includes detailed introductions, slow motion demonstrations and meticulous explanations by Vicki. The centre exercises progress to pirouettes, hops en pointe and further and more challenging turns en diagonale. 'My Pointe' includes an Audio CD to encourage practice at the correct tempo. This remarkable and distinctive program has the ability to adjust to the dancer's existing capabilities and develop with their progression. This is an absolute must have for all dancers en pointe!!

## HAVE QUESTIONS?

Get in touch!  
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