

The Pointe Book: Shoes, Training, Technique By Janice Barringer, Sarah Schlesinger



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The pointe book : shoes, training & technique

Janice Barringer teaches, choreographs, and lectures in the United States, Canada, and China and is a columnist for Pointe and Dancer magazines. She has

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This guide provides a thorough examination of the pointe technique and pointe shoes. Dancers tired of their pointe shoes wearing out too quickly benefit from

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Pointe shoes are satin shoes that look very delicate... but they aren't. The tip of the shoe is a rigid "box" usually The Pointe Book: Shoes, Training, Technique

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Barringer, Janice and Schlesinger, Sarah, The Pointe Book: Shoes, Training and Technique, Princeton Book Company, Pennington 1991. Brinson, Peter and

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The Pointe Book, Revised Edition lays out the basics of teaching pointe, comparing proven teaching methods. All levels of pointe technique classes are sampled

The Pointe Book: Shoes, Training, Technique (3rd ed.)

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Barringer J., Schlesinger S.: A brief history of pointe dancing, in The Pointe Book: Shoes, Training & Technique. Princeton, NJ, Princeton Book Co, 1991, pp 1-7

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The Pointe Book offers a complete examination of the pointe technique and pointe shoes is provided in this guide. Dancers tired of their pointe shoes wearing

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The Pointe Book: Shoes, Training & Technique: Shoes Training and

Expanded and updated throughout, this guide provides a thorough examination of pointe shoes and pointe technique. Dancers quickly benefit from the most

The Pointe Book: Shoes, Training, and Technique

The Pointe Book: Shoes, Training, and Technique, Third Edition Janice Barringer and Sarah Schlesinger Hightstown, NJ: Princeton Book Company, 2012.

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