



# **Explanatory Notes of Ballet Technique: Embracing Bar Exercises, Port de Bras, Adagio and Allegro (Classic Reprint)**

*Josephine Mascagno*

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Excerpt from Explanatory Notes of Ballet Technique: Embracing Bar Exercises, Port De Bras, Adagio and Allegro

Technique teaches bodily control, rhythm in music, mental concentration, agility, grace (either soft or brilliant), muscular strength, and even respiratory control.

Correct toe dancing, the height of all artistic achievement, is only a natural result of the study of technical exercises, each one of which has its special function toward the accomplishment of toe dancing, which is merely the result of correct technical study.

An important factor in accomplishing this work is mental capacity. It seems surprising to many to learn that dancing is anything more than a physical exercise. There is a logical reason for every exercise or combination. The object of many of the more complicated combinations being solely for the purpose of quickening the working of the mind so that it keeps pace with the execution of the feet, in fact it must travel a little ahead, as each change must be registered in the mind before it can be executed.

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