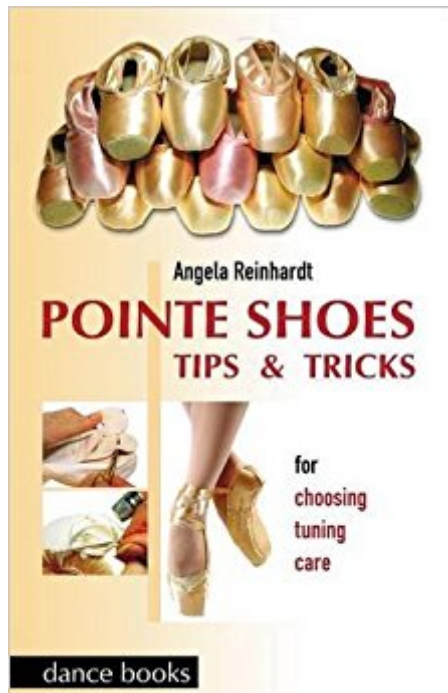




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# Pointe Shoes, Tips And Tricks: For Choosing, Tuning, Care (Ballet)



## Synopsis

Graceful technique and perfect execution are only possible with perfectly fitting pointe shoes. For the first time in print, ballerina Angela Reinhardt has put together over 100 tips and tricks for complete personal pointe shoe tuning, for beginners, students and professionals. Over 280 colour illustrations show how to modify shoes step-by-step, using scissors, needle and thread, hot water and elastic, to adapt them perfectly to the foot and to all types of floor surface, and to help them last as long as possible. As well as tips on choosing, modification and upkeep, this lovingly and meticulously prepared book contains worthwhile information on the history and manufacture of pointe shoes and valuable suggestions for foot fitness.

## Book Information

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## Customer Reviews

for the german issue: "Der passende Spitzenschuh" / ipinnow mailed to .de on 27th February 2006 the following: >Super! Dancing myself, I have seen and read many books on the subject of ballet, but this book I have virtually devoured. I believe that most of the tips are most helpful when buying shoes and then properly caring for them, and, of course, when it comes to dancing itself. It is a very practical book with many tips relating to pointe shoes, based on expertise and loving attention to the most important "tool" a dancer has got. Very recommendable, indeed!<

Ever since I was a ballet student, I have always been fascinated by the idea of being able to dance

on pointe, in hovering perfection. In order to be able to dance "perfectly". I spent a lot of time looking for the "perfect" shoe. I was constantly experimenting with different ways of tying, sewing and changing my shoes. I tried out different makes and styles of shoes. I wanted them to be less painful, wanted my feet to look more beautiful, to show off my instep to better advantage, to improve stability, to reduce the noise of the blocks - an endless list of wishes. I asked my teachers, I got together with other students to operate on my shoes. We literally dismembered the shoes until all the component parts lay before us in our attempts to find out at last the secret of the "perfect" pointe shoe. During my dancing career I adopted the tricks and methods of other ballerinas, and tried out many modifications together with the shoe-makers. I was still hoping that one day I might perhaps find the "perfect" shoe for me. I was never entirely satisfied; there was always something to cut, to sew or to improve. This book is meant to provide you with the craftsmanship which can help you adjust your shoes in the best possible ways to cope with varying conditions. I would also like to share with you some of my experience of precautions to safeguard your health, and offer some guidance for helping yourself. You're almost certain to find a couple of helpful suggestions. Yours, Angela Reinhardt

I was very satisfied with Pointe Shoes: Tips and Tricks. It was packed full of more information than I expected and thought possible in such a small book (it's a quarter inch thick, perfect size for a dance bag). There were sections on how to pick the right pair, info and history about pointe shoes, tips and tricks, and physical therapy exercises on how you can fix up and strengthen your feet. The main section of the book, the tips and tricks, is on how you can cut, sew, trim edit, change, and fix shoes to make them fit the foot exactly. Some of these tips I encourage you to use for your flat shoes too! Pointe Shoes Tips and Tricks is a fantastic resource that every intermediate/advanced pointe dancer and teacher should have!

Although I'm not a dancer, I truly enjoyed this book. It's very interesting with many alternative ways of adjusting pointe shoes. It even has a section for care and exercise of your feet.

Some outside the box thinking that your ballet teachers won't tell you.

Great book

This book is loaded with information on how to make your pointe shoes fit like custom made shoes.

So if you have ill fitting shoes you can't wear, this book will help you make them work for you.

The book contains a comprehensive list of new and old ideas for pointe shoes. Occasional typos and other errors were a bit distracting and confusing.

I recently got my first pointe shoes and was very excited with them, they were what I'd worked so long for. A little while later I received an gift card but was not sure what to use it on. After choosing and receiving this book, I was completely enthralled. There were a few things that I was hoping to read about that I did not find, but there were also more things than I expected, such as useful exercises and interesting history.

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