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# IBS Presents BALLET PRODIGY 2012 ■ The Global Virtual Ballet Competition

## Classical Outlook

### *Timely, Guiding Thoughts for the Young Ballet Dancer*



#### BALLET INSPIRATION

*The source of dance is joy.*

*Dancers are like angels in heaven.*

*Ballet is the world of the ideal.*

*Be yourself.*

*Not quantity, but quality.*

*Not what we do, but how we do it.*

*Not what we have, but what we do with it.*

*Being a dancer is the highest distinction.*

*Easy does it. | Easy disposition.*



#### CLASSICAL DISPOSITION

*The classical line is the longest possible line the human body can do.*

*Ballet is the science of the human body. On stage it becomes an art form.*

*Ballet is the harmony of the human body.*

*Ballet teaches the harmony of the human body.*

*Compare oneself to excellence. Not to another dancer.*

*The turnout makes possible for the human body to excel, —  
to loose gravity, to loose the grave — and become one with the angels.*

*Nothing can be hidden on the stage. It reveals absolutely everything.*

*When ballet is done right, it is the utmost therapy for the human body, and soul.  
When it is done wrong, it is the sorriest catastrophe. Destructive in every way.*

*Ballet does not cause injury. Doing something wrong causes injury.*

*Ballet is 50% rhythm, 50% placement. Music is 50% rhythm, 50% placement.*

*Don't think, just do it.*

*We train the intuition, not the intellect.*

*Facts you forget, but the feeling you never forget.*

*Not being perfect, but aiming for perfection.*

*Good habits. Bad habits. Good habits make a dancer. Bad habits make not a dancer.*

*Ballet exists in it's quality. Ballet does not exists otherwise. Otherwise there is no ballet.*

*Often it is said: Less is more. At the same time: More is less.  
That is: Less is more, and more is less. Think about it.*