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# The Pointe Book: Shoes, Training, Technique



## Synopsis

A complete examination of the pointe technique and pointe shoes is provided in this guide. Dancers tired of their pointe shoes wearing out too quickly benefit from a thorough explanation of the shoemaking process, and the book includes tips that show how to best fit, care for, and custom order toe shoes. Interviews with ballet stars reveal their highly evolved but proven methods of caring for pointe shoes, while the basics of the pointe technique, different methods, and its history are also discussed. With a handy reference on pointe-related injuries and their remedies, this new edition also offers the latest information on contemporary designs, materials, products, and suppliers. A sampling of pointe technique schools around the country offers an authoritative syllabus for teachers and students alike.

## Book Information

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Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

This is one of the few books written that not only cover all aspects of pointework, but is easy to read. It's a wonderful gift for a girl who is contemplating going on pointe, as well as one who is already up on pointe, as well as their parents! Both my daughter and I have spent hours reading and then consulting with this book. It's incredibly thorough, with chapters on the history of pointe, pointe shoe making process, fitting process, size charts, preparing and caring for pointe shoes, accessories, the shoe master, profiles of pointe shoe makers and sellers, characteristics of a pointe shoe, basics of

teaching pointe, profiles of pointe training methods, sample classes, injuries and remedies and interviews with dancers about their pointe experience. The profiles of the different schools and their sample pointe classes were very helpful and interesting. My daughter loved comparing her classes to the ones listed in the book. There are so many subtleties about going on pointe, and this book did a wonderful job of addressing them all. It's a definite must-have for any dancer!

This is an excellent resource for anyone interested in pointe whether you are a student, teacher, parent, or observer. It is extremely thorough and covers many aspects of pointe from the history, development of the shoes, companies who currently make them, how to sew and tie the ribbons, and strength exercises. The chapters include: A history of pointe, the foot and pointe shoemaking process, the fitting process, shoe size charts, preparing and caring for shoes, shoe accessories, the shoe master, profiles of the pointe shoemakers and sellers, pointe shoe characteristics, the basics of teaching pointe, profiles of pointe training methods, a sample pointe class, pointe related injuries and remedies, conversations on pointe, and whether point will be relevant in the 21st century (YES!) An Excellent Book! Highly recommend.

A great book for dance teachers and pointe students. I own the 1st and 2nd editions of this book and find that it has so much information for pointe students to help them with the care of their shoes and feet. The dance teacher will find the sample classes from highly respected dance schools very helpful.

This is hands down the best resource for dancers who are starting pointe, on pointe, or teaching pointe. Get the most current issue of the book possible because it lists current pointe shoes with information on box shape, vamp length, shank strength, where the shoe breaks on the arch, shoes for narrow/wide feet etc. The book defines the parts of the pointe shoe along with advice on achieving the proper fit and sewing the ribbons and elastics correctly. There is also information in the book on how major ballet schools approach teaching pointe along with sample exercises. A particularly helpful section is on pointe related injuries that not only explains treatment but also prevention. Every ballet studio should have a copy of this book available to dancers. My only complaint about this book is that it arrived with large gouge on the side of the front cover. It could have arrived covered in duct tape and I still would have kept the book for the content alone.

This is a great book but, more of a text book than what I really wanted. It's got everything a dancer

would want to know about going on pointe but is a bit too complete and comprehensive for casual reading. If you are looking for an all-inclusive textbook, than this is perfect. If you are looking for a light read, than this is going to be too much for you.

I already had this book, but could not find it. I really love the book as a great reference! Didn't mind ordering another so I could have one in each studio. Finally found the other one! Thanks so much Janice for writing such an excellent book!

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