

Palucca University of Dance Dresden
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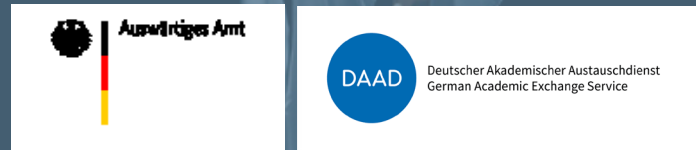
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Das Alumniprogramm AA 2023/24 wird gefördert von:



EXPERT ARTICLE

by Rachel Jackson (MADT 2021)
MA., SAC Dipl. (Child Psychology [Kinderpsychologie]), RAD RTS., LISTD Dipl.



Let's Discuss... ©

Teaching the Beginnings of Classical Ballet!
Specializing on teaching the age range of 8–11

In this article, I am specializing on the age range of 8–11 years (middle childhood and preadolescence). During this period specialist dance skills must be introduced and further developed but at the same time being very aware of sports specialization [1]. Let's have a closer look at some of the physical developments of this age group.

Physical Developments:

- Increase of dexterity in fine motor skills allowing children to learn complex skills
- Increase of strength through physical activities
- Gross motor skills, coordination, stamina and muscle control intensifies through physical activity
- Growth is slow and steady therefore allowing strength, dexterity, flexibility and stamina to improve
- Growth rates will occur at different stages/ages.
- There is an increased urge for them to move, to run, to challenge each other

You can have a class of 9 years old where one has a size 39 shoe and is two heads taller than their peers, in comparison you can have an 11-year-old which still passes into an 8-year-olds clothes. So, being able to adapt when working together with children in this age group can be very challenging at times. Often, it can be mistaken that the tall girl should be more mature than their peers, or one tends to treat a smaller person with the "young child voice".

After securing the feeling of a movement in a natural or parallel position (as spoken about in the previous articles), turnout can be applied and strengthened. For example, why try and start to teach a technical sauté to a young dancer if they have weak bounces in a parallel position. If the lessons from the previous years have built up the way for classical ballet technique, then the young dancers will develop and improve at a quick pace and they will be motivated to want to learn the next progression. Here are a few examples of how movements in younger years progresses to classical ballet terminology using the addition of turnout:

- Walking with stretched feet in a natural turnout develops on to beautifully controlled classical walks
- Point and close already teaches a child to point in line, develops onto battement tendu
- Bounces in parallel develop onto sautés
- Hops develop onto temps levé
- Jumping from one foot and landing on two feet in a parallel position is the beginnings of an assemblé

An extra tip: Regardless of what stage of development one is at, if problems are occurring in a classical class, then take a few steps back and return to the natural form of movement and see where the problem lays – strength, coordination, misunderstanding of the form of the movement. For example: a gargouillade is an embellished pas de chat movement. The pas de chat is a turned-out pony galop. Consequently, if the pony galops are not rhythmically correct with well picked up feet, then the pas de chat will be heavy and the quality will be hard to achieve because the pony galop has been ingrained incorrectly into the brain.

This age range cannot be explained in 500 words, it is so complex and one of the most important developmental stages for laying down the groundwork for a strong classical technique. Use the energy and motivation children naturally have in this age range to your advantage, they want to soak up as much as possible, be imaginative!

Contact: info@dancepedagogy.com | www.dancepedagogy.com

[1] <https://dance-teacher.com/its-time-to-rethink-hyperspecialization-for-young-dancers/>



The summer break is over and once more our students and pupils are getting underway with their activities. We cordially wish to welcome our new secondary school class O1 who have started this year.



And again, this year, the new semester will be filled with numerous events. In November, the University will be hosting an Open Door Day for interested students. Following this, we will present our annual Palucca Tanz Studio. Please don't forget that there is an alumni discount for tickets for this event on 1 and 2 December. Information on ticket sales will be provided in due time. In cooperation with the Semperoper Dresden, our students will be performing in the production of "Hänsel und Gretel" in the fall. Tickets are available directly through the Semperoper.

In the near future, you will be receiving a letter "Save the Date - Alumni Meeting" with the request that you let us know whether you will be taking part in this event. If you wish to look at the documents in our archives, also please let us know in a timely manner. And I would like to take this moment to thank you for sharing this information with other alumni. They are welcome to get into contact with me - also by post or telephone. In this edition we present the third article in our expert series "Let's talk about..." by our alumna Rachel Jackson Weingärtner. Her focus here is on the first steps in ballet training.

Wishing you an enjoyable and inspiring lecture,
Minh Huyen Pietruske

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Dance Week Hiddensee (Review)

The changeable weather underlined the artistic expression of various themes. Our student Chloé Meier reports here on:

„Hiddensee was such a special experience and I will hold on to that week for my whole life. It is such a magical place, and sharing the space with my friends and colleagues, creating together and trusting the process was so beautiful. It was like a few days out of time, away for the noisiness and speed of the world, something new and creative could emerge from us, and the contact with the audience was so fulfilling too. So grateful! «



Open Door Day - 4 November 2023

How does one actually become a dancer? How does the admissions process work at the Palucca University of Dance Dresden? And how long does it take to become a professional dancer? All of these questions and more will be answered on 4th November 2023 from 10:00 a.m. to 3:00 p.m. when Germany's only independent university for dance and its integrated secondary school open their doors and dance studios to interested visitors.

During the public training sessions in classical dance, contemporary dance and improvisation, you can look over our students' shoulders and get an insight into their lessons. In addition, a wide range of activities for children and young people between the ages of 4 and 15 years are offered, inviting them to dance themselves and try things out.

During tours of the university campus, visitors can expect not only exclusive insights into the dance studios and classrooms, but also into the costume department, the audio visual studio, the physiotherapy and the boarding school.

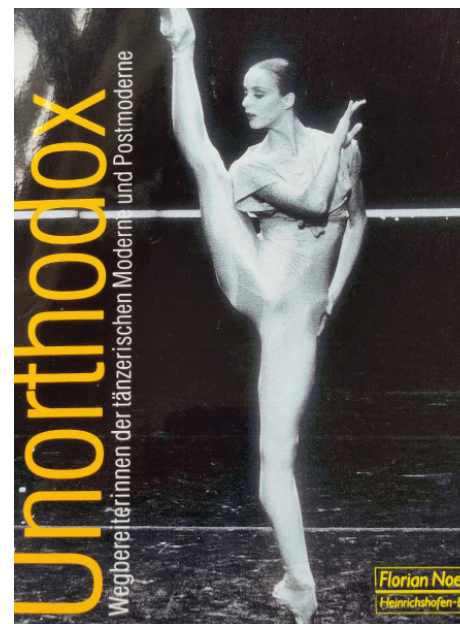
In addition, personal chats with the students, the programme leaders and the artistic staff will give very individual insights into everyday life at Palucca University of Dance Dresden. Information events on the admissions process, the courses on offer, accommodation in the boarding school, as well as secondary school and dance training round off the Open Door Day programme.

Date: 4 November 2023, 10 a.m. to 3 p.m.

Place: Palucca University of Dance Dresden, Basteiplatz 4, 01277 Dresden

Cornelia Stilling-Andreoli: Unorthodox – Wegbereiterinnen der tänzerischen Moderne und Postmoderne in Texten und Bildern (Unorthodox - Pioneers of modern and post-modern dance in text and illustrations. – Wilhelmshaven: Florian Noetzel Verlag, 2022, 240 pages and containing over 43 illustrations -in German.

The book is dedicated to five women in 20th and early 21st century dance history who brought completely new forms of movement to the stage and who have had a lasting impact on the development of modern dance. These are Maya Plisetskaya, Marcia Haydée, Gelsey Kirkland, Sylvie Guillem and Pina Bausch. Organised in capitals, the writer focuses on each of them - providing information on their backgrounds, development as dancers and the individual artistic characteristics of each of their dance styles and their choreographic work. The reader is carried away and experiences new perspectives on the turmoil and revival of ballet in the second half of the 20th Century by among other things such as numerous black and white photographs, primarily from the Stuttgart [Ballet] Company.



Come out and play. The city is yours. Die go plastic company hat eine eigene App veröffentlicht

After two years, the time has come: the go plastic company has released an app. The name: ASPHALTWELTEN. Based on the eponymous company project, the app invites the users to rediscover familiar urban spaces which, through playful challenges, are metamorphosed into creative playgrounds. Fountains are turned into stages, sidewalks and paths become a playground, and parks become a laboratory for creativity.



How does it work? It's simple: using video, photos, text, or speech a daily challenge can be met and documented with the tools in the app. Prior knowledge or skills are not necessary. A smart phone, curiosity and a bit of creativity are all you need. The ASPHALTWELTEN app was developed for iPhone and Android users, and it has been available for free download over Google Play or in the App Store since 5 July.

Just download, go out and get started. Like the app's motto: Come out and play. The city is yours.

www.goplasticcompany.de/asphaltwelten-app

Damian Gmür (MADT 2020)

After almost seven years as deputy director, house choreographer and training and rehearsal director at Tanz Theater Pforzheim, working under and working together with Guido Markowitz, I have decided to accept a new professional challenge. On 1 September 2023, I will move to the Frankfurt University of Music and Performing Arts (HfMDK), where I have been given a professorship for contemporary dance. I am looking forward to this professorial work in the studio as well as the possibilities in the field of research and the opportunity to continue as a choreographer.

www.damiangmuer.de

