



NEWSLETTER 1, AUTUMN TERM

Welcome back to another term at the Maple Academy of Performing Arts!

I hope you all had a relaxing summer.

Term dates for the Autumn term are: Term begins: 9th Sept 2005
Half-term: 24th – 28th Oct
Term finishes: 17th Dec 2005

This year we will be organising a trip to see the Royal Ballet perform a Mixed Bill consisting of Polyphonia, Requiem and a new ballet on Saturday 8th April 2006, the ticket price is to be confirmed.

Jazz is a high energy dance style, incorporating isolated body movements and strong eye focus.

Rhythm and a change in dynamics are crucial for a good jazz dance.



Grab yourself a Maple Academy T-shirt!
Call the number below or ask Karen for more details.
Cost £5 sizes available: small, medium or large

If you would like a copy of the music used during lessons to practice with, please bring along a blank CD to your class and I will copy one for you.

Interesting website links

www.royalopera.org
www.brb.org.uk
www.englishyouthballet.co.uk
www.henrioguikedance.co.uk
www.rambert.org.uk
www.istd.org.uk

These words will be useful to any student thinking about taking an ISTD ballet exam

Petit - small
Grand - big/large
En croix - In the shape of a cross
A terre - On the ground
Chasses - To chase
Jetes - To throw

Ballet is the core of all dance.

It teaches posture, control and discipline. Poise will come and muscles will lengthen and strengthen.

While standing in the most basic position (feet in 1st position and arms in bras bas) you will see the technique required to master this style.

The spine must be as straight as possible, the turn-out from the hips as wide as possible with the arms making a continuous line.



Famous ballerina **Sylvie Guillem** (who we saw at last year's ballet outing) was born in Paris on 25th February 1965.

Her mother was a gymnastics teacher, and the young girl, who early showed a natural aptitude and great flexibility, willingly began training as a gymnast. Under the watchful eyes of her mother, she developed supple strength in her upper back and arms and an elasticity in her extensions.

It was on an exchange programme with the Paris Opéra Ballet School that her dreams changed.

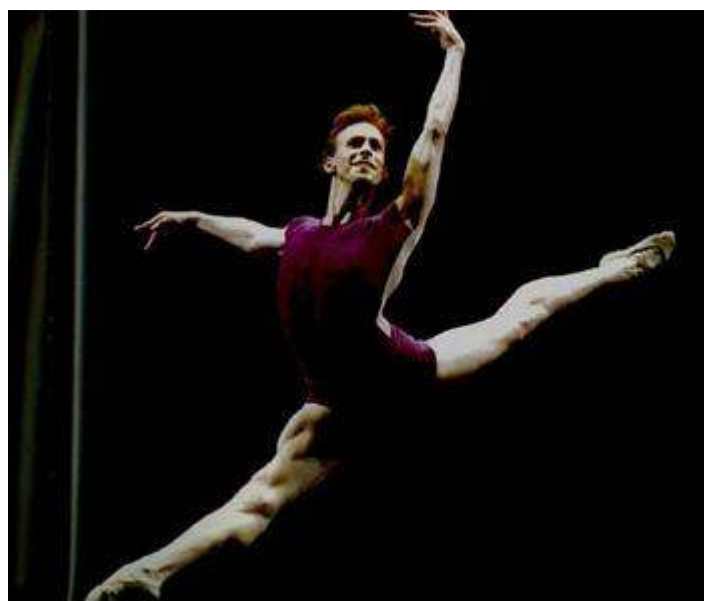
When she was 16, she joined the company in the corps de ballet.

On December 19th, 1984, Sylvie was again promoted to première danseuse, but only five days later became the youngest étoile (the French equivalent of the prima ballerina)

Famous male ballet dancer **Edward Watson** (who we also saw at last year's outing) was born in Bromley and started his training locally. He was a Junior Associate of the Royal Ballet School at the age of 8 before training at both the Lower School (White Lodge) and Upper School.

He joined the Royal Ballet in 1994 and has worked his way up through the ranks. He is now one of seven male principal dancers at the Royal Ballet, but only two of them are British.

A strong performer with a fiery temperament, he is admired for his supremacy in the modern repertoire and his extraordinary flexibility.



Karen Revill, Principal, The Maple Academy of Performing Arts

Tel: 01353 740 267 Mob: 07796 503 729

Email: dance@themapleacademy.com Web: www.themapleacademy.com