

Article № 1. (01.2011)
«Dance on the floor» by system of Boris Prince.
A little bit of history.

Boris is Prince borned in Petersburg 1.07.1900 to the year, Russian-French figure of ballet: dancer, choreographer and teacher. Student of Kas'yana Goleyzovskogo and Michael Mordkina. Studied in Petersburg (Leningrad) theatrical (specialized) school, college 1914-17 years. Left from revolutionary Russia in 1917 to Bulgaria, after in 1924 to Paris.

U s shone. Dyagileva in the "Russian seasons" and with de Bazilem and Rene Blyumom in "Russian ballet". It was the favourite partner of Olga Spesivcevoy.

B. Knyazev begins to teach in a studio Vaker. His lessons are requiring payment, but he with whom got, does not work. If in someone did not see talent, sent this man at once - did not squander time even.

In 1937 Boris is Prince is a connoisseur of classic school, opens own ballet school *of «Pleyel'»* in Paris with the wife by Olga Spesivcevoy – Russian прима-балериной, but pedagogical activity not for Olga, they part after a while.

In 1953 Boris is Prince opens ballet school in Lausanne. "Grandee-Opera" teaches in parisian, in Athens and Rome, heads International Academy of dance in Geneva.

From his students:

Zizi Zhanmer is the French ballet-dancer, etoile.

Rolan of Peter is the French artist, ballet-master, teacher.

Ivett Shovire is the French artiste, ballet-master, teacher.

Bridget Bardo is the French film actress and photomodel, activist of motion of defence right animals.

Maurice Bezhar is the French dancer and choreographer, theatrical and opera producer, one of the largest choreographers of the second half of XX age and many other.

Once teaching in Switzerland, in a studio, where a machine-tool was not, Boris is Prince offered to the dancers to lie down on the floor - so he and "Par thought of and terre", which is today done by all. A new method is traditional exercises, executed at a machine-tool, he «put» on the floor. This innovation was highly estimated by the prominent figures of world ballet of that time. A corps without efforts remains direct during all of training, the muscles of the back and flexible (softness, mildness, gentleness) feet develop perfectly, a stoop and even defects of bones is corrected, here a body finds beauty and grace. Of genius invention!

Boris died Prince on October, 7.10.1975 in Paris.

Project of orchestra offered to you gymnastically, *«Dance on the floor»* of Boris Prince, it is a limbering-up for beginners, which is the mean of preparation of to classic dance. It is the system without a machine-tool, exercises are executed lying on the back, with a next reiteration in position, lying on a stomach.

It is founded on two positions: *en dedans* (socks and knees facings friend a friend) and *en dehors* (unfolded outside). The first a prince, who evened these

positions in rights. He began to require in daily exercise, do every motion and *en dedans*, and *en dehors*.

During employments these the exercises can be attained:

- correct preparation to dances;
- correction of physical defects (plenitude, stoop, curvature of the spine, rachitis, crooked feet, flat [splay] foot, (pes) planus, platypodia;
- to attain flexibility and flexible (softness) of total-body.

Recommendations:

It is not necessary to execute all of exercises simultaneously, they must be memorized (to master) gradually, weekly to teach for 10 exercises, daily repeating them in the flow of hour.

Programnyy project counted on 2 years of teaching:

- A. A group of 1th of teaching is from children 6 - 8 years, composition of group 12 - 16 students. Basic target, plan of 1th of teaching it is:
- raising of feet, corps, head, hands;
 - in a process, mastering of basic motions of gymnastics is on the floor, development of elementary skills of co-ordination of motions.

The basic requirements of classic dance are studied: turnout, carriage, flexibility, musicality (musicalness). On the program of 1 th year studies are taken 36 hours. Employments take a place 1 time per a week for to 1 hour.

- B. Group of 2th of teaching is from children 8 - 9 years, composition of group is 12 - 16 students. Basic target, plan of 2th of teaching it is:
- development of force of feet;
 - studies of new motions.

It is a year of prosecution of development of flexibility and elasticity of total-body. Employments of 2th of teaching are notably complicated by comparison to 1th. In this age children show sufficient good organization already, their motions become more precisely and expressive. On the program of 2th of teaching taken 72 hours. Employments take a place 2 times per a week for to 1 hour.

Dictionary of ballet terms:

- Exercise - action, operation.
- En dedans - turn (leg, foot, fingers) inward.
- En dehors - turn (leg, foot, fingers) outside.
- Tendu - to stretch (legs, foot, fingers, body).
- Leve - lifting - motion of foot from position «leve » in position releve. «releve» prepares a foot to the releve.
- Flex - a term of modern choreography is brief position of foot.
- Passe - flight, passage-way, bendings of one or two knees.
- Deve loppe - motion which opens out a leg opens a leg which «works» slowly, while it will not be prolate
- Pliert - bend.
- Battemen - to heave (blow) up a leg.

De cote	- motion aside.
Battement avant	- to heave up a leg forward.
Battement an arriere	- to heave up a leg back
Petit battement	- to heave up a leg on the half of height;
Grand battement	- to heave up a leg on a maxheight;
Pointers tendu	- to heave up a leg, foot of to stretch;
Degage a'la seconde	- to unbend and fish out a leg in a knee;
Rond de jambe	- motion of leg on a circle;
Adajio Port	- slow motions (for development);
de breu	- motion of hands or transition of hands from one position in other.

I position of feet has four positions (lying on the back):

- pointers tendu en dedans - feet are prolate, instep and fingers are prolate, feet are prolate (not reversed);
- pointers tendu en dehors - feet are prolate, instep and fingers are prolate, the feet of feet are unfolded outside (reversed);
- flex leve en dedans - the feet of feet are brief (not reversed);
- flex leve en dehors - the feet of feet are brief and unfolded outside (reversed).

II position of feet has two groups for four positions (lying on the back):

First group - II ordinary position.

- pointers tendu en dedans - (ordinary position): legs are spread the aside half, the feet of feet are prolate (not reversed);
- pointers tendu en dehors - (ordinary position): legs are spread the aside half, the feet of feet are prolate (reversed);
- flex leve en dedans - (ordinary position): feet aside half, the feet of feet are brief (not reversed);
- flex leve en dehors - (ordinary position): feet aside half, the feet of feet are brief and unfolded outside (reversed);

Second group – II wide position.

- tendu en dedans - (wide position): feet are maximally exposed in sides, the feet of feet are prolate (not reversed);
- tendu en dehors - (wide position): feet are maximally exposed in sides, the feet of feet are prolate and unfolded (reversed);

flex leve en dedans - (wide position): feet toward wide, the feet of feet are brief (not reversed);

flex leve en dehors - (wide position): feet toward wide, the feet of feet are brief and unfolded outside (reversed);

Position of hands:

I position - hands are prolate along a body, hands downward;

II position is hands in sides at the level of shoulder;

III position - hands above a head form a circle.

1.Exercise for development of shin of foot:

Exercise A:

Initial position:

lying on the back,

feet - I position *pointers tendu en dedans*;

hands - II position;

on «1» *flex* - to shorten getting up, feet do not move;

on «2» to fish out a foot in initial position;

To repeat: for 16 times on the back and on a stomach.

Exercise B:

Initial position:

lying on the back,

feet –II position common *pointers tendu en dehors*;

hands - II position;

on «1» *flex* - to shorten getting up, feet do not move;

on «2» to fish out a foot in initial position;

To repeat: for 16 times on the back and on a stomach.

Exercise C:

Initial position:

lying on the back,

feet – II position common *pointers tendu en dedans*;

hands - II position;

on «1» to turn feet *en dehors*;

on «2» to turn feet *en dedans*;

To repeat: for 16 times on the back and on a stomach.

Exercise D:

Initial position:

lying on the back,

feet – I position common *flex leve en dedans* ;

hands - I position;

on «1» to turn feet *flex leve en dehors* ;

on «2» to turn feet *flex leve en dedans* ;

To repeat: for 16 times on the back.

Exercise E:

Initial position:

lying on the back,

feet – II position common *pointers tendu en dehors*;

hands - I position;

on «1» to turn feet in *pointers tendu en dedans*;

on «2» to turn in initial position;

on «3» feet are immobile, to translate the feet of feet in *flex leve en dehors*;

on «4» releve to return feet in initial position.

To repeat: for 16 times on the back and on a stomach.

2.Exercises for a head and hands:

Exercise A:

Initial position:

lying on the back,

feet - I position *pointers tendu en dehors*;

hands - I position;

head – straight.

on «1» to turn a head to the right;

on «2» head - straight;

on «3» to turn a head on left;

on «4» head - straight;

To repeat: for 16 times only on the back.

Exercise B:

Initial position:

lying on the back,

feet - I position *pointers tendu en dehors*;

hands - I position;

head – straight.

on «1» to turn a head on a right, *de breu* hands – II position;

on «2» head – straight.

on «3» to turn a head on lion, *de breu* hands – II position;

on «4» head – straight.

To repeat: for 16 times only on the back.

Exercise C:

Initial position:

lying on a stomach,

feet - I position *pointers tendu en dehors*;

hands - I position;

head – straight.

on «1» head in right;

on «2» initial position;
on «3» head on left;
on «4» initial position;
To repeat: for 16 times only on a stomach.

Exercise D:

Initial position:
lying on a stomach,
legs feet - I position *pointers tendu en dehors*;
hands - I position;
head – straight.
on «1» to turn a head on a right, *de breu* hands – II position;
on «2» head – straight.
on «3» to turn a head on lion, *de breu* hands – II position;
on «4» head – straight.
To repeat: for 16 times only on a stomach.

3.Exercise for development of feet - thigh and gettings up feet (joints):

Exercise A:

Initial position:
lying on the back,
feet - I position *pointers tendu en dedans*;
hands - II position;
on «1» to open out feet and mortars in location (position) *en dehors*;
on «2» initial position;
To repeat: for 16 times on the back and on a stomach.

Exercise B:

Initial position:
lying on a stomach,
legs feet - I position *pointers tendu en dehors*;
hands - II position;
head – straight.
on «1» *passee* by a right foot, preserve *en dehors*.
on «2» to go back into initial position;
on «3» *flex leve en dehors*;
on «4» *pointers tendu en dehors*;
on «5-8 » to repeat from the left leg;
To repeat: for 16 times only on a stomach.

Exercise C «frog»:

Initial position:

lying on a stomach,
legs feet - I position *pointers tendu en dehors*;
hands - II position;
head – straight.
on «1» *passee* by two feet *en dehors*;
on «2» to return *pointers tendu en dehors*;
on «3» *flex leve en dehors*;
on «4» to return *pointers tendu en dehors*;
To repeat: for 16 times only on a stomach.

Exercise D:

Initial position:
lying on the back,
legs feet - I position *pointers tendu en dehors*;
hands - II position;
head – straight.
on «1» *passee* by a right foot, not tearing away a leg from a floor;
on «2» to heave up a right foot in before *tendu* corner 90°;
on «3» to take a right foot as possible farther to the right and to lay on a floor;
on «4» to turn a right foot in initial position *pointers tendus en dehors*;
on «5» *flex leve en dehors*;
on «6» *pointers tendu en dehors*;
on «7» *flex leve en dehors*;
on «8» *pointers tendu en dehors*;
To repeat: 16 times only on the back and 1 time on a stomach.
Gradually to increase the amount of reiterations to 32 in every position.

Exercise E.

Initial position:
lying on the back,
legs feet - I position *pointers tendu en dehors*;
hands - II position;
head – straight.
on «1» *battement avant* right ногу on 90°, saving *tendus en dehors*;
on «2» to go back into initial position;

on «3-4» to repeat from the left leg
To repeat for 32 times:
– on a spin *battement en avant* (in a feather);
– on a stomach *battement en arriera* (back, backwards).

Exercise F:

Initial position:
lying on the back,

legs feet - I position *pointers tendu en dehors* with arcuated knees *plierte* tiptoes touch;

hands - II position;

head – straight.

on «1» to heave up feet, saving initial position;

on «2» to go back into ascending position;

It is one exercise of most difficult: open *plierte* out arcuated knees, *pointers tendu en dehors*.

Exercise is executed 16 times, lying on the back and 16 times, lying on a stomach.

Exercise G:

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» *passe* by a right foot;

on «2» *degage a'la seconde*, to unbend a right foot in a knee aside;

on «3-4» to drop a leg on a floor in initial position;

on «5» *passe* by the left leg;

on «6» *degage a'la seconde* to unbend the left leg in a knee aside;

on «7-8» to drop a leg on a floor in initial position;

on «1» *passe* by two feet;

on «2» *degage a'la seconde* to unbend feet in knees aside;

on «3-4» to drop feet on a floor in initial position;

on «5» *passe* by two feet;

on «6» *degage a'la seconde* to unbend feet in knees aside;

on «7-8» to drop feet on a floor in initial position;

To repeat: for 16 times, lying on the back and on a stomach. Farther to take to 32раз.

Exercise H. «Rond de jambe»

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

4 time on «1-3» - to heave up a direct right foot on 90°, to drop it from a right side and to return a leg sliding motion in initial position;

4 time on «1-3» - to repeat motion a right foot in retrograde

To repeat all of motion from the left leg.

4. Exercise for the muscles of the back and stomach.

Exercise A.

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» to sit down with the direct back, feet and feet, not to connect and not tear away from a floor;

on «2» slowly to lie down, going back into initial position;

on «3» to repeat - «1»;

on «4» to repeat - «2»;

on «5» to sit down with the direct back, feet II position of *pointers tendu en dehors* foot, not to connect and not tear away from a floor;

on «6» slowly to lie down, going back into initial position;

on «7» to repeat - «5»;

on «8» to repeat - «6»;

To repeat 16 times, lying on the back. Farther to lead to to 32 times.

Exercise B. «Battement en avant» with the simultaneous raising of corps.

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» *battement* by a right foot with the simultaneous raising of corps;

on «2» slow returning in initial position;

on «3» *battement* by the left leg with the simultaneous raising of corps;

on «4» slow returning in initial position;

To repeat 16 times from every leg. Last *battement* to do with a large delay in mid air.

Exercise C. «Battement en lier» with the simultaneous raising of corps.

Initial position:

lying on a stomach,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» *battement* by a right foot with the simultaneous raising of corps;

on «2» slow returning in initial position;

on «3» *battement* by the left leg with the simultaneous raising of corps

on «4» slow returning in initial position;

To repeat 16 times from every leg.

Last *battement* to do with a large delay in mid air.

Exercise D. «*Battement de cote*» pop-up there is a corps.

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» it is insignificant to heave up a right foot and in mid air to translate it from I in II position, simultaneously slowly lifting a corps - to sit down;

on «2» sliding a right foot on a floor, slowly to lie down in initial position

on «3» it is insignificant to heave up a левую leg and in mid air to translate it from I in II position, simultaneously slowly lifting a corps - to sit down;

on «4» sliding the left leg on a floor, slowly to lie down in initial position.

To repeat 16 times from every leg lying on the back.

Last *battement* to do with a large delay in mid air.

To repeat that exercise 16 times from every leg and in position - lying on a stomach, but hands are in II to th position.

Exercise E. «*Battement en avant*» with getting up of corps.

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» *battement en avant* by a right foot with the simultaneous raising of trunk to the leg, keeping balance here;

on «2» slowly to lie down in initial position;

on «3» *battement en avant* by the left leg with the simultaneous raising of trunk to the leg, keeping balance here;

on «4» slowly to lie down in initial position;

on «5» *battement en avant* by two feet with the simultaneous raising of corps and feet;

on «6» slowly to lie down in initial position;

on «7» repetition «5»;

on «8» slowly to lie down in initial position;

To repeat 16 times.

5. Exercises for development of вuпоротности and step.

Exercise A. «*Passe de cote et releve*»

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» passe not tearing away a leg a right foot from a floor;

on «2» to fish out a leg aside without motion in femoral part;

on «3» to bend a leg in a knee;

on «4» to translate a leg in initial position saving *tendu en dehors*;

on «5» *flex leve en dehors*;

on «6» *flex leve en dedans*;

on «7» *pointers tendu en dedans*;

on «8» will go back into initial position of *pointers tendu en dehors*;

To repeat:

– 8 one time lying a right and left foot on the back;

– 8 one time lying a right and left foot on a stomach.

On the second year of teaching gradually to lead to to 32 times on the back and on a stomach.

Exercise B. «Passe de cote et releve»

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» battement de cote (by a right foot as possible farther);

on «2» initial position;

on «3-4» from the left leg;

on «5» to translate feet in II position;

on «6» initial position;

on «7» to translate feet in II position;

on «8» initial position;

To repeat for 16 times by every leg, only 32 times, lying on the back and stomach.

Exercise C. «Passe de cote et releve»

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» в I position *pointers tendu en dedan*;

on «2» в I position *pointers tendu en dehors*;

on «3» to translate feet *pointers tendu en dehors* в II position (usual, ordinary);

on «4» to turn feet *pointers tendu en dedan* в II position (usual, ordinary);

on «5» to turn feet II position (usual, ordinary) *pointers tendu en dehors*;

on «6» to translate feet *pointers tendu en dehors* в II position (wide.);
on «7» to turn feet *pointers tendu en dedan* в II position (wide.);
on «8» to turn feet II position (wide.) *pointers tendu en dehors*;
on «1-8» by a reverse method to return feet in initial position I position *pointers tendu en dehors*;
During exercise feet return from a thigh.

To repeat for 16 times on the back and stomach.

6. Exercises for small of the back and feet.

Exercise A. «Port de breu»

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - I position;

head – straight.

on «1» to bend a trunk to the right as hard as possible, but not moving a leg, to turn a head to the right;

on «2» to go back into initial position

on «3» to bend a trunk to the left, to turn a head to the left;

on «4» to go back into initial position;

on «5» to take both legs to the right (as far as possibly), not moving overhead part of trunk and hands;

on «6» to go back into initial position;

on «7» to take both legs to the left;

on «8» to go back into initial position;

To repeat 8 times on the back, 8 times on on a stomach).

7. Exercises for a corps and small of the back

Exercise A. «Port de breu»

Initial position:

lying on the back,

feet - II position (wide) of *pointers tendu en dehors*;

hands - II position;

head – straight.

on «1» maximally to bend a corps to the right and to turn a head to the right;

on «2» to continue to revolve a trunk on a circle, maximally bending over to the feet;

on «3» to continue to revolve a trunk in direction from the left leg;

on «4» will go back into initial position;

on «5-8» in retrograde.

To repeat 16 times on the back.

In future execution is possible on a stomach.

Exercise B.

Initial position:

lying on the back,

feet - II position (wide) of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» to sit down with the direct back;

on «2» strongly to lean forward - «folded in half»;

on «3» to sit down with the direct back;

on «4» slowly to lie down in initial position.

During all of exercise knees are prolate,

muscles of feet – tense.

To repeat 16 times.

8. Exercises foot and feet.

Exercise A.

Initial position:

lying on the back,

feet are arcuated in the knees of *pointers tendu en dehors*, tiptoes touch;

hands - II position;

head – straight.

on «1» to expose feet in II position, saving *pointers tendu en dehors*;

on «2» will go back into initial position;

To repeat 16 times, lying on the back and stomach.

On the second year of teaching to lead to to 32 times.

9. Exercises for a elastic corps.

Exercise A.

Initial position:

lying on the back,

feet - I position of *pointers tendu en dehors*;

hands - III position;

head – straight.

on «1» to sit down with the direct back;

on «2» to bend a corps forward, to get tiptoes the fingers of hands;

on «3» to sit down with the direct back;

on «4» slowly to lie down in initial position;

on «5» to heave up both legs simultaneous forward and upwards on 90°;

on «6» to lead both legs for a head, to touch tiptoes to the floor;

on «7» will go back to position of «5»;

on «8» to go back into initial position.

To repeat 16 times, lying on the back.

On the second year of teaching to lead to to 32 times.
Implementation of motion is possible on a stomach.

Exercise of B.

Exercise is executed from position, upright to position, lying on the floor.
During all of exercise it is impossible to bend knees is the basic requirement.

Initial position:

upright, feet - II position (wide, widely) of *en dehors*;

hands - III position; head – straight.

on «1» maximally to incline a corps forward, not bending knees, take take for calve of feet, head between feet;

on «2» to put hands on the floor, to step hands forward, while a stomach will stay up on the floor (not to bend knees);

on «3» gradually to rise to position of «1»;

on «4» will go back into initial position;

To repeat 16 times.

Exercise C. «Adajio»

Initial position:

proof on knees;

hands - III position;

head – straight.

on «1» to lean forward, hands for itself as possible farther;

on «2» will go back into initial position;

on «3» to bend maximally back, hands forward-upwards;

on «4» will go back into initial position.

To repeat 16 times.