

제 52회 SOMATIC BALLET® PEDAGOGY WORKSHOP

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Date: July 29 (Fri.), 2022

Place: Studio 1(#62201), SungKyunKwan University

Theme: Why & How to 5th Position

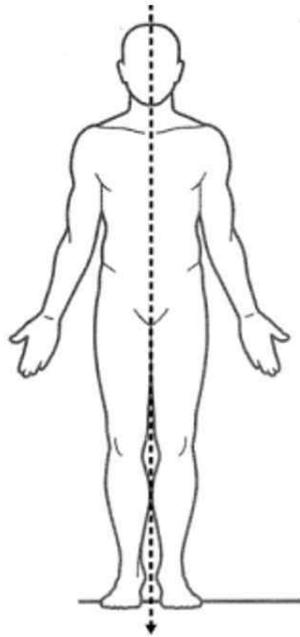
Goals: 1. Understanding Why 5th Position

- To reduce the movement of back & forth and side to side (앞, 뒤, 전, 후의 움직임을 줄이기 위하여)
- To minimize the foothold of the body (발판을 최소화하기 위하여)

2. Understanding How to 5th Position

Contents:

1. Sensing the Mid-line & Plumb-line of the body



Mid-line*1



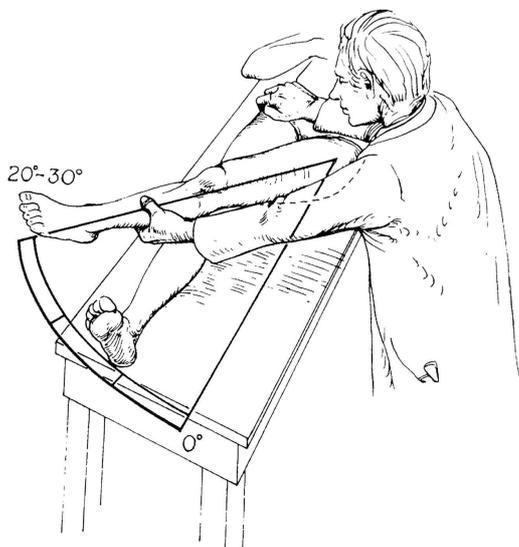
Plumb-line*2

2. Sensing the 'turn-out' in standing 1st Position

- in the hip joint: $45^{\circ} \sim 60^{\circ}$
- in the knee joint: 0° (서 있을 때에 무릎에서의 turn-out은 일어나지 않는다!)
- in the ankle joint : 10°

∴ Approximately $110^{\circ} \sim 140^{\circ}$ turn-out in standing 1st Position.
(180° turn-out does **Not** exist!)

3. Sensing 'Adduction' in the hip joint



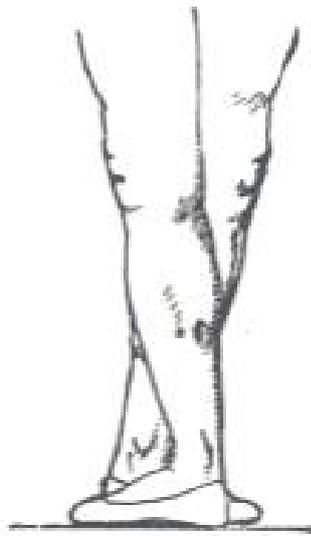
- 고관절에서 turn-out이 안된 상태
(ROM: $20^{\circ} \sim 30^{\circ}$)*3

- 고관절에서 turn-out이 된 상태
(ROM: **less than** 20°)

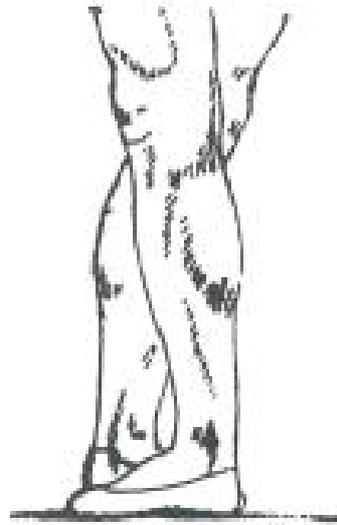
(∴ 고관절에서 turn-out이 되면 대퇴골 안쪽에 붙어있는 adductors가 바깥쪽으로 당겨지기 때문에 'Adduction'이 방해받게 된다. 따라서, 두발이 완전히 겹쳐진 '5번' Position은 **불가**하다.)

Note:

1. Do **Not** force 'turn-out'.
2. No need to do a full-crossed 5th Position which does **Not** exist.
3. Students need to find out what is best for their own bodies.
4. Do a gentle 5th Position until students are able to activate their turn-out.



5th Position*4



결함이 있는(defective) 5th Position*4
(=잘못된 5th Position)

(불가능한)

Reference:

- *1. *The analysis of movement*. (2016, June 24). Anesthesia Key. Retrieved May 28, 2022, from <https://aneskey.com/the-analysis-of-movement/#bb0150>
- *2. *neutral alignment*. (2017, February 9). ANDERSONVILLE PHYSICAL THERAPY. Retrieved May 28, 2022, from <https://andersonvillept.com/blog/find-whole-body-neutral/neutral-alignment-for-blog-post-57>
- *3. Hoppenfeld, S. (1999). **척추와 사지의 검진** (영문사편집부, 역). 서울: 영문출판사. (1976), p. 157.
- *4. Beaumont, C. and Idzikowski, S. (1975). *A Manual of the Theory & Practice of Classical Theatrical Dancing(Méthode Cecchetti)*. New York, NY: Dover Publications, Inc., Plate II.