

제 54회 SOMATIC BALLET® PEDAGOGY WORKSHOP

Date: August 28 (Sun.), 2022, 9:00 AM

Place: Studio 1(#62201), SungKyunKwan University

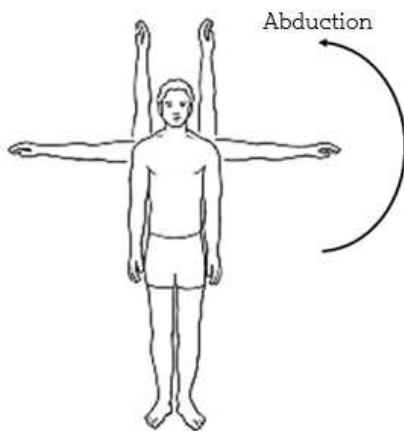
Theme: Dance with the Arms

Goal: Somatic Embodiment of 'Port de Bras' to express our emotions

Contents:

1. Movements in the Shoulder Joint^{*1}

① Abduction: from en bas to en haut through à la seconde



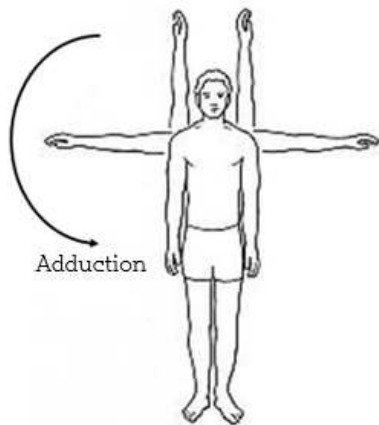
* Involved muscles
: supraspinatus, deltoid, serratus anterior,
coracobrachialis, &...

② Flexion: from en bas to en haut through en avant



* Involved muscles
: anterior deltoid, pectoralis major,
coracobrachialis, serratus anterior, &...

③ Adduction: from en haut to en bas through à la seconde



* Involved muscles
: latissimus dorsi, teres major,
pectoralis major, coracobrachialis,
triceps, &...

④ Extension: arms to the back low



* Involved muscles
: latissimus dorsi, teres major and minor,
deltoid(posterior), triceps, &...

⑤ Horizontal Abduction

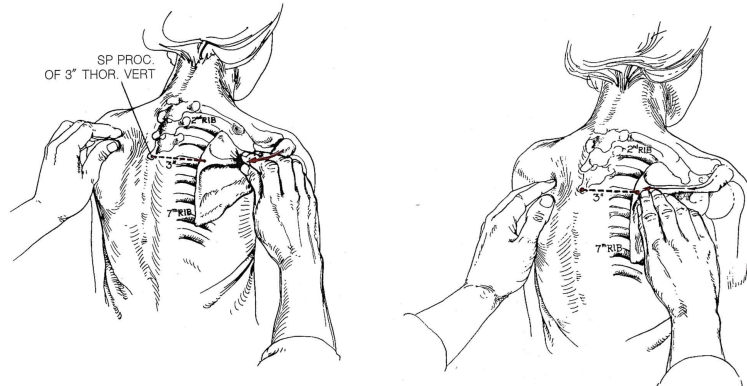


⑥ Horizontal Adduction



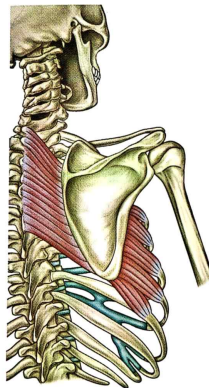
2. Stability and Mobility of the Scapular

① Where is the Scapular located? ^{*2}

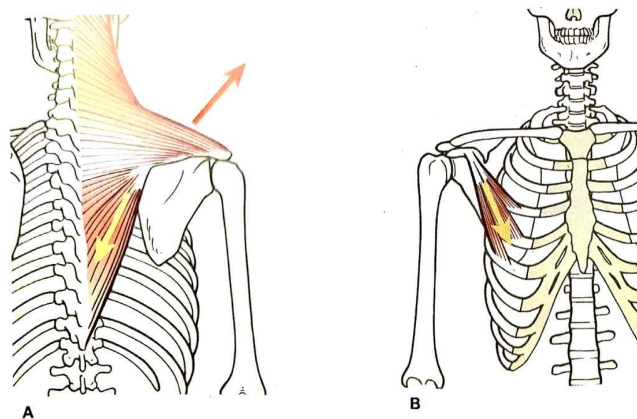


<견갑골은 두 번째 늑골부터 일곱 번째 늑골 위에 자리잡고 있으며, 견갑근은 **세 번째 흉추 극돌기**로부터 약 2~3 inch(5cm) 떨어진 반대편에 있다.>

② Scapular 'X' ^{*3}



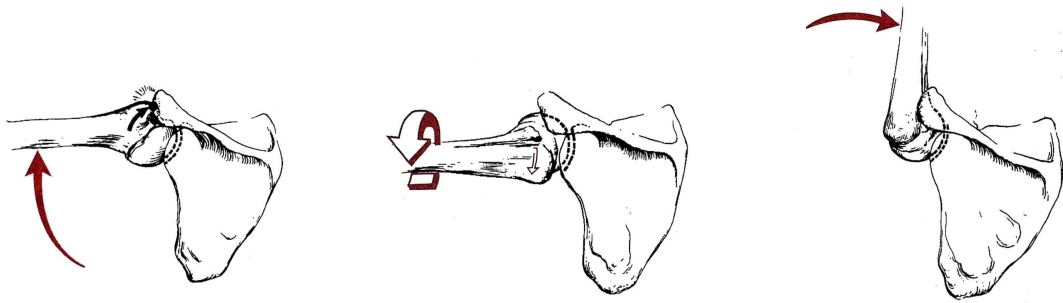
<rhomboid(능형근)와 serratus anterior(전거근)에 의해 형성된 'X'의 한 축>



<lower trapezius(승모근의 아래부분)와 pectoralis minor(소흉근)에 의해 형성된 'X'의 또 다른 한 축>

Note:^{*2}

1. 팔이 약 20-30°(demi à la seconde) 외전할 때까지 견갑골은 움직이지 않는다.
2. 팔이 약 120°까지 올라가게 되면 'humerus surgical neck'가 'acromion'에 부딪히게 된다. 그렇기 때문에 팔을 약 90°정도 올렸을 때, 어깨 관절을 외회전하여야 팔을 180°까지 올릴 수 있게 된다.



Reference:

- *1. Aurelie, S. (2018, Dec). *Mouvement d'abduction/adduction du bras*. ResearchGate.
https://www.researchgate.net/figure/Mouvement-dabduction-adduction-du-bras-27_fig2_333186142
Brent, B. (n.d.). *Subscapularis*. BROOKBUSH INSTITUTE. <https://brookbushinstitute.com/course/subscapularis>
James, H. (n.d.). *shoulder muscles*. chegg.
<https://www.chegg.com/flashcards/shoulder-muscles-origin-inser-inn-nerve-blood-sup-d12af123-4982-426d-8d6d-672de84ffb3f/deck>
- *2. Hoppenfeld, S. (1999). *척추와 사지의 검진* (영문사편집부, 역). 서울: 영문출판사. (1976).
- *3. Myers, T. (2001). *근막경선 해부학(3판) 자세 분석 및 치료*(Cyriax 정형의학연구회 외, 역). 서울: 엘스비어코리아. (2014)

제 55회 SOMATIC BALLET® PEDAGOGY WORKSHOP

On-line (Recorded)

Theme: History of Somatic Movement Education
(Third Generation - The Amalgams)

Goal: Understanding of Somatic Movement Education and
Therapy Today: A Growing Field

Contents:

- Gyrotonic
- Pilates Contrology
- NIA (Neuromuscular Integrative Aerobics)
- Dynamic Embodiment
- Franklin Method
- Global Somatics
- SomaSoul
- Somatic Expression
- Institute for Somatic Movement Studies (ISMS)
- Vocal Movement Integration (VMI)
- International Somatic Movement Education Therapy Association
(ISMETA)

Reference:

Eddy, M. (2017). Mindful Movement: The Evolution of the Somatic Arts and
Conscious Action: The Evolution of the Somatic Arts and Conscious Action.
UK: Intellect Ltd.