

There are 3 things people can stare at for a long time: how the water flows, how the fire burns and how another people work. I don't really know whether it is true or not, but I definitely know that from the early childhood I could spend so many hours watching how the professional dancers perform.

Brilliant costumes, beautifully arched feet and hang on long legs, which measure the space scene with soaring grand jetes, an infinite number of fast pirouettes and fouettes, and all these mannered bows, curtsies and graceful body movements in different port de bras were so fascinated by my opinion, that in spite of my youth, I could easily stand the long ballets and great them standing with loud ovation as long as the heavy curtain (scenes) dropped and covered the smiling artists.

Of course, even then, a little girl standing in the hall has decided her future. Choreography has become the pulse of my life and every year I climbed higher and higher up on its treacherous slopes. Many years later I became a student of University of Culture and the Arts and soon I was to get my first teaching practice at the ballet school. Like now, I remember my shaking knees when I first stepped on the huge concrete stairs city ballet school. Huge ballet classes with old mirrors, dark of sweat wooden tools and gray shiny parquet floor. It seemed that everything inside was filled with centuries-old art atmosphere, the great and beautiful. It seems to me that even the most insensitive person would experience awe, looking at how carefully and accurately the young girls perform exercises! So my first lesson began.

## **Exercise 1**

### **Description of the exercise:**

To warm up the feet and ankle muscles, tendons and joints, exercise is performed, which alternates between a reduced position of the foot (in the choreography called this state - Flex) and the extended foot (position - Point).

### **Recommended combination:**

*Starting position:* Sitted on the floor, feet together and with your knees straight and feet stretched out, back straight (to get the feeling that your spine is pulled up), hands on the waist, the fingers are brought together. One uses only the feet, hands and body remain fixed.

Exercise is carried out on 8 accounts.

*On 1:* Feet muscles reduce bringing the fingers towards the body. It is important to keep knees straight.

*On 2:* Fingers move towards the floor, feet stretch. It is important to ensure that your knees remain straight. Pull the feet and toes as hard as you can, as if trying to touch the floor with your fingers.

*On 3:* the fingers are brought up.

*On 4:* the fingers are pulled closer to the floor as much as possible.

Repeat this twice.

### **Common mistakes during performing this exercise:**

- 1) bending knees while stretching.
- 2) The relaxed spine, which creates the effect of hunched back.

## **Exercise 2**

### **Description of the exercise:**

The second exercise, warming up the foot and Styling elasticity of muscles, ankle tendons and joints, also includes an abbreviated (flex-position) and extended (point-position) of the feet, as well as contributes to the development of feet out position in the femoral, knee and ankle joints. This exercise is used as the parallel position of legs (when 2 feet and heels touching and toes are in the same position - stretched or contracted) and out position of legs (or feet when stretched or shortened, the heels touching and toes separated into different sides).

### **Recommended combination:**

Starting position: Sitted on the floor, back is flat and spine is pulled up, neck stretched, shoulders dropped, hands on the waist, the fingers are brought together, the abdomen retracted, the legs together, extended forward, knees straight, feet stretched out with fingers to the floor, parallel to the legs position.

Exercise is carried out on 8 accounts.

*On 1:* Retain original position.

*On 2:* Body and hands remain stationary, and the legs are disclosed in out position (heels together, toes apart), and the little fingers trying to reach out to the floor, and knees are elongated. When in the out position, you should try to open the legs not only with the feet but also on the hip joints, so out position opens the entire leg from hips to toes.

*On 3:* Return the legs to its original starting position. The parallel position of the legs, feet and knees are extended.

*On 4:* Repeat opening leg in out position as on 2.

*On 5:* Body and hands remain fixed and tightened, knees extended and feet are reduced in a parallel position of the feet (flex-position).

*On 6:* Keeping Flex-position, feet move to the out position. The knees are straight, body and arms fixed. The legs are disclosed in out position from the hip, trying to touch the floor with little fingers.

*On 7:* Keeping out position of the legs, feet from flex-position move to the point-position. Body and hands position does not change, the knees are extended.

*On 8:* Keeping an elongated feet position (point-position), feet from out position return to parallel.

### **Common mistakes while performing this exercise:**

- 1) Bending the knees during the transition from a parallel position to out position, especially flex-position.
- 2) Relaxed back, curved in the thoracic and lumbar spine part.

### **Exercise 3**

#### **Description of the exercise:**

In order for the ankle joint to be elastic, and ankle muscles strong and flexible, they need to be developed with the next exercise.

*Note:* In the dance there is such a thing as the working and supporting leg. Working leg – this is the leg that performs some kind of movement. Supporting is the one on which is used to stand, it remains fixed, by fixing the same position as long as the movement occurs.

#### **Recommended combination:**

*Starting position:* Sitted on the floor with a flat back, spine and neck stretched up, shoulders lowered, one foot on the floor, with an extended knee and foot in out position and the second leg ankle above the first leg knee. The second leg is bent at the knee, with a highly elongated foot and is in out position.

While in the initial position, put your hands on the working leg (the one that is on top, with a bent knee). Put one hand on the bent knee and the other hand grasps the foot stretched and elongated fingers, so that the hands grasp the foot and hand was on top of fingers.

Exercise is carried out on 8 accounts. On each count, 8 times we repeat the pressing on the foot and knee. Pressing needs to be performed at the same time on one knee and outstretched foot, trying to lower them to the floor. The back remains leveled throughout the exercise. In carrying out this exercise, you need to carefully monitor the working leg to keep the foot highly elongated. The exercise will be ineffective if performed incorrect, ankle joint and muscle completely will not develop.

#### **Common mistakes when performing this exercise:**

- 1) The relaxed bent back in the thoracic and lumbar spine.
- 2) Relaxed the working leg, its foot does not maintain power in the extended position. When pressed, it goes into semi-reduced foot and the ankle does not work.

## **Exercise 4**

### **Description of the exercise:**

The following exercise is designed to develop a good instep and flexible fingers.

*Note:* Each person has different natural capabilities, different elasticity of muscles and joints, different structure of the body and bones. Many of the dancers have a well-flexed foot, but fingers don't. Artificially, with hands, pressing the fingers, of course, they bend easily, but they often lack the muscle strength and elasticity of the phalanges in order to maintain the same bent state. Therefore, the fingers must be well developed, so that they acquire the power and flexibility

### **Recommended combination:**

*Starting position:* Sitted o heels with a flat back and stretched neck, arms straight and dropped along the body. The feet are extended and in parallel positions.

Exercise is carried out on 16 ( $2 \times 8$ ) counts.

*On 1-4:* Puching down with hands on the floor, from the initial position while sitting on heels, one slowly on 4 counts, pushing the buttocks on the feet, lifts the knees up, trying to keep the back straight. The body weight falls on the toes and instep, which contributes to the development of them.

*On 5-8 & 1-4:* fix this situation, at 8 counts sitted on the feet with knees raised up.

*On 5-8:* Slowly, on 4 counts, begin to fall down on knees, going back to its original position. The back is flat and elongated during the entire exercise.

### **Common mistakes while performing this exercise:**

- 1) The back is rounded in the lumbar and thoracic, which gives the effect of hunched back.
- 2) Control that the feet are clearly parallel and straight, forming a straight line with the foot and distribute body weight so that one fell on all the toes evenly, otherwise the feet mowe in opposite directions, which leads to abnormal development and extension of other muscle groups.
- 3) Knees lift up, trying to squeeze them to the chest. At too low fixation of knees, feet develop poorly.

## **Exercise 5**

### **Description of the exercise:**

Exercise develops flexibility and mobility of the hip joints, as well as developing the out leg position from the hip.

### **Recommended combination:**

Starting position: Lying on the elbows, with back and neck outstretched, legs extended at the knees and feet. Legs are in parallel position.

Exercise is carried out on 8 counts.

*On 1-2:* strongly stretch the feet, knees and back. The left leg remains stationary. Right leg, bring the left leg parallel to the floor with your thumb leading, keeping your right leg on the floor and bending the knee. Knee raised up, finger of the right leg – on the floor beside the left knee. (This situation is called a passé on parallel position).

*On 3-4:* Leaving fingers of right foot pressed to the floor near the left knee, put the bent right leg down to the floor to the side in the out position and simultaneously unfold the left leg to the out position from the hip. (This situation is passé on the out position).

*On 5-6:* Return your right leg parallel to the previous position, as in 1-2.

*On 7-8:* Drop your right foot along the left leg, according to a parallel position, stretching out the right leg at the knee and returning to its original initial position.

The same exercise is carried out with the other leg.

### **Common mistakes when performing this exercise:**

- 1) Slack relaxed back in the thoracic and lumbar spine.
- 2) Ensure that the hip of the non-working leg is not up from the floor as the working leg is put down to the floor in the out position.
- 3) At the end of exercise (7-8) to try even harder to pull the feet, rather than weaken them.

## **Exercise 6**

### **The exercise description:**

The given exercise develops the feet turnout in knee and ankle joints.

### **Recommended combination:**

Starting position: sitting on the floor, the back is straight, left foot is extended forward in the turnout, the left hand with a straight elbow rests on the floor near the left hip. The right foot is bent at knee and in the turnout near the knee of the left foot, the right foot is in flex-position. The right hand grabs the reduced foot so that the elbow was under a knee of the working foot, and the palms lay above the feet closer to fingers.

Exercise is carried out into 8 counts.

*On 1-4:* Leaving the back straight and extended and the left foot motionless in turnout, on 4 counts we start to extend the right foot upward, trying to straighten the knee completely. The foot remains in flex-position and the hand tries to turn it as much as possible.

*On 5-8:* On 4 counts we slowly lower a foot, coming back to the starting position.

### **Widespread errors at performance of the given exercise:**

- 1) the bent back with the weakened waist and chest department;
- 2) the wrong grasp of foot with the hand. It is important to grab the foot in order for the certain muscles, sheaves and joints were developed.

## **Exercise 7**

### **Description of the exercise:**

The following exercise helps to develop flexibility of the foot and lifting your fingers.

Recommended combination:

**Starting position:** Sitting on the floor, with a flat back, left leg extended forward with outstretched foot in out position, the left hand rests on the floor in front of the thigh. His right leg bent at the knee and in out position is referenced to the knee left leg, a foot in point-position. His right hand clasps the outstretched foot so that the elbow was below the knee, and hand encircled an elongated foot from the bottom and the fingers encircled strongly elongated toes.

Exercise is carried out on 8 accounts.

*On 1-4:* Sitting in the original position, with a flat back, we start counting at 4, feet pulled up the knee of the working leg while trying to straighten up completely, and the toes rest on the strong clasp of the fingers and thus be developed. The stronger and higher one gets to raise the working leg more with the knee extend, the pressure on the foot work is the greater and harder and it begins to develop.

*On 5-8:* For the next four accounts we slowly begin to lower the working leg, bending the knee, returning to its original position.

### **Common mistakes when performing this exercise:**

- 1) The bending back with a relaxed waist and thoracic spine.
- 3) the need to raise the leg well in front of you, go ahead. One of the errors is to output legs to the side that does not give a good result from this exercise.

## **Exercise 8**

### **Description of the exercise:**

To stretch the pelvic muscles and ligaments of the hip joint, it is useful to perform this exercise. Also, it pulls the muscles of the legs well after intensive training, when the muscle is overstretched and hammered.

### **Recommended combination:**

Starting position: Sitted on the floor between the legs bent at the knees, the knees are kept together, feet in flex-position. Back is straight, hands on the waist.

Exercise is carried out in 16 counts (read 2 times 8.)

*On 1-4:* For the first four counts, one slowly bends backwards, knees do not spread, and hands - are placed on the floor to the sides at shoulder level.

*On 5-8 and 1-4:* fix the position, trying to push down the waist as low as possible, as if to squeeze each vertebra to the floor. Breathe smoothly.

*On 5-8:* On the 4 counts, one helps with hands and tenses abdominal muscles, slowly rises back up to the initial position, sitted between the bent legs.

### **Common mistakes when performing this exercise:**

Often, students strongly arch the lower back in the position, it is incorrect. One needs to try as hard as possible to lower the waist to the floor, press it against the floor.

## **Exercise 9**

### **Description of the exercise:**

This exercise develops good out leg position from the hip by raising the power of thigh muscles. This exercise is also called the "frog".

### **Recommended combination:**

Starting position: Lying on stomach, hands are in front of the body, bent at the elbows, forming a straight line from shoulders and resting on the floor with elbows and palms at the same time. The legs are extended behind the knees, the turned away from the hips in out position and feet are in point-position. Stomach touches the floor, and ribs are raised, back is arched backwards.

Exercise is carried out on 8 counts.

*On 1:* Starting from the initial position. Keeping belly and hips from the floor and bending the knees, on the floor one moves them to the back. Feet merge with toes and fingers, knees are pressed to the floor and separated in different directions. The body and the hands remain still.

*On 2:* The feet remain stationary. One pulls hands out and approaches closer to the body, thereby rises the body, it promotes the development of flexibility of the spine and increases pressure on the muscles of the groin and therefor stretches them.

*On 3:* While dropping hands and bending the elbows, one comes back to previous position (as *on 1*).

*On 4:* The body remains motionless, legs stretched back into position and take the out original starting position.

For the next four accounts exercise is repeated.

It is recommended to repeat it several times.

### **Common mistakes when performing this exercise:**

1) You must monitor closely the situation with the body. Body should not be too low and lean forward giving too much pressure on hands. The body position shall keep at the expense of strained back muscles.

2) While bending the knees and bringing them closer to the body, one should watch closely that thighs and abdomen are pressed tight to the floor.

## **Exercise 10**

### **Description of the exercise:**

This exercise develops flexibility of the feet and toes in order to lift the foot so it is curved and beautiful.

### **Recommended combination:**

Starting position: Sitted on the left leg bent at the knee in a parallel position, with an elongated foot. The right leg is in put position, perpendicular to the left leg, and standing on the floor. The back is flat, elongated upward, the hands rest on the floor, one stands on the floor with hands on either side of the left knee.

Exercise is carried out on 8 counts.

*On 1-2:* While leaning on hands and keeping back straight, we raise the body with the left foot and shift weight to your working right leg, which is picked up on metatarsals. 2 counts for 2 times one presses on the foot in this position by developing this metatarsal position.

*On 3-4:* In the following two counts, one also pushes the two pulsating movements on the same foot, but changes the position on metatarsals to the position on the fingers, developing fingers' elasticity. Back remains still, the weight is shifted to working leg and hands.

*On 5-6:* On 2 counts one returns the foot to its original position, slightly lifting the heel off the floor, due to the shift of weight toward the knee of the working leg. Right hand pushes on the heel, trying to hold it doen on the floor, and the weight at the same time is being further shifted to the right knee, in order not give one to put the heel on the floor. Thus, we stretch the Achilles tendon.

*On 7-8:* Go back to the original position, hands placed on the floor in front of body.

This exercise is repeated several times for one leg and a few times for the second one.

### **Common mistakes when performing this exercise:**

- 1) You must take great care to keep the foot when picked up at metatarsals or fingers, formed a straight line with the whole foot, as often a shift happens in the ankle towards the little finger, which leads to the development of sloping foot.
- 2) Care should be taken in order to put the foot straight at any position in order to evenly distribute your body weight on all the fingers at the same time to prevent any obstruction on the thumb or finger.

## **Exercise 11**

### **Description of the exercise:**

This exercise develops muscle strength of the inner thigh, and also develops the out leg position from thigh and develops the lower abdomen muscle strength.

### **Recommended combination:**

Starting position: Lying on the elbows, back straight, legs extended at the knees in out position, the feet in point-position.

Exercise is carried out on 8 counts.

Body during the entire exercise remains motionless, looking fit, with a flat back.

*On 1:* While leaving the body motionless, slightly raise legs stretched out at the knees and the feet up above the floor and spread them a little to sides, while keeping in the air in out position. Hold the legs with the lower abdominal muscles while keeping the back straight.

*On 2:* Slightly increasing the level of the feet above the floor, reduce the outstretched legs (heel to heel) and cross their legs in 5<sup>th</sup> position in the air (5<sup>th</sup> position – when the legs are crossed in out position so that the heel of the right leg is opposite to the fingers of the left leg and vice versa). The feet are in the point-position.

*On 3:* Again spread the legs a little apart in out position and raise their level slightly above the floor.

*On 4:* Bring the legs together in 5<sup>th</sup> position, increasing the level of the feet above the floor. In this position, your feet should be in maximum high position for this exercise, forming an angle with the floor at about 75 degrees.

For the next four counts, repeat the same movements – spreading and crossing of legs in the 5<sup>th</sup> position, just fulfill them a little lower to the floor. To complete the exercise, put down the legs on the floor in out position fixing this position.

### **Common mistakes while performing this exercise:**

1) Many students, while performing this exercise, try to lay a hand under the reeds and pull your body off the floor, moving the weight to the elbows and strongly rounded back. The purpose of this exercise is in the development of the out leg position and inner thigh muscle strength, so attention here is focused not on lifting the hips up, but on the fact that feet are maximally stretched at the knees and feet and that they permanently retain out position throughout the exercise.

2) It is necessary to closely monitor the back to be strongly pulled up and spine and lower back are not relaxed and not bent.

## **Exercise 12**

### **Description of the exercise:**

This exercise develops the out leg position from the hips and helps to develop inside thigh muscle strength.

### **Recommended combination:**

Starting position: Lie on your back, hands spread at shoulder level, head is on the floor, legs extended at the knees in out position, feet – in point-position.

Exercise is carried out on 8 counts.

*On 1-2:* Keeping the body motionless and feet in out position, lift the right leg up to the level of 90 degrees, perpendicular to the floor, left leg remains on the floor in out position. Lifting the leg up should be led by the heel, that is, while keeping the maximum out position.

*On 3-4:* While keeping feet in out position on 2 counts put the right foot on the floor in the direction parallel to the outstretched hands. In this position, try to keep the legs in maximum out position. The left leg remains stationary.

*On 5-8:* For the next four accounts, slowly, using muscles of the inner thigh, close bring the right leg parallel to the left leaving them stay in out position. *Note:* While performing this exercise, you should try to work the muscles of inner thighs. It will provide the future development of the legs and improve the legs out position from the hip. In order to understand where the inner thigh muscles are, stand in a position with parallel legs so that feet are under your hips (in modern dance, this position is alike with the 2<sup>nd</sup> – the same as the classical the 2<sup>nd</sup> position, but not in the out position the feet are parallel). In this position, place your hands on the inside of your thighs, which are located between the groin and knees.

Exercise repeated several times with the left and right legs.

### **Common mistakes when performing this exercise:**

One of the most common mistakes is to lift the relaxed leg muscles of the upper thigh, at the same time, bending the knees to ease the problem and do not strain your leg muscles. It is important to understand that in this case, the exercise does not give good results, moreover, lifting leg muscles of the upper thigh pumps those muscles, which subsequently lead to muscle relief ugly feet – “golife”, which is very difficult and sometimes impossible to correct by using thigh muscles pulling exercises. Leg muscles should always be the most strongly elongated and out positioned to work correctly.

## **Exercise 13**

### **Description of the exercise:**

This exercise develops the popliteal muscles and tendon, as well as stretches the back muscles and spine.

### **Recommended combination:**

Starting position: Sitted on the left leg bent at the knee so that your buttocks are on the heel of the left leg, right leg with a bent knee is at full foot next to left knee. The back is flat, elongated neck, right knee pressed against the chest, arms rest on the floor on both sides of the legs in front.

Exercise is carried out on 8 counts.

*On 1-2:* Save the original position.

*On 3-4:* Keeping your hands on the floor, straighten your legs, pulling knees completely, and lift the body upward. The feet do not change their position, placed in parallel position one after another, the whole left foot placed on the floor, on which initially you were sitting. The back is pulled along the legs, body tried to squeeze to the front leg, as if press the nose to the knee. Body weight moves more on the leg that is behind.

*On 5-6:* Leaning on the arms, move the body weight from one leg, which is behind to the leg which is in front. The legs heel which is behind moves upward. The front leg stands at full foot. Knees are extremely elongated, the body tries to squeeze the leg, which is in front.

*On 7-8:* Bring the back leg close to the one in front forming the 6<sup>th</sup> position, hands flat embracing knees, trying to squeeze as much as possible body to the feet, nose to knees.

### **Common mistakes while performing this exercise:**

One of the most common mistakes is bending the knees in all positions while standing. Due to the fact that there is unpleasant pain on stretching hamstrings and tendons, students often try to avoid them and bend knees and press body to the feet. In this case, this exercise has no efficiency, because it is primarily aimed at stretching hamstrings and tendons. Therefore, you should try to tolerate the pain and try to perform all 4 exercises honestly.

## **Exercise 14**

### **Description of the exercise:**

This exercise stretches the muscles of the legs inner thighs, forming a large dance step, as well as developing the mobility of the hip joints.

### **Recommended combination:**

Starting position: The right foot is ahead at full foot, with your knees bent at 90 degrees, hands rest on the floor next to right foot, left foot – back, stands on the toe with straight knee extended, elongated body. The feet are in parallel positions.

### **Exercise is carried out on 8 accounts.**

*On 1-4:* fixing the initial position on 4 counts we perform four springy motions, slightly lifting the pelvis up and immediately lowering it down as far as we can, using the elasticity of the muscles inner thighs. 4 times we have springs in a parallel position.

*On 5-8:* On five, we turn the hip in out position are from the original parallel position so that the right leg, without changing its position, remains standing on the floor, and left leg in out position, resting on the heel and foot stretched out in point-position. In this situation, we also carry four springy motions making sure that the body has not fallen to the floor.

### **Common mistakes when performing this exercise:**

- 1) Carrying out this exercise, it is important to ensure that the knee of the leg that is behind, does not bend and the foot at a turn in out position is strongly stretched.
- 2) One should always try to keep your back straight, not bending it in the lumbar or thoracic spine.
- 3) In the out position never let you body fall to the floor, and to keep it in balance and perform springy motions.

This exercise is repeated with two legs and used in the first part of the lesson, as it warms up hip joints and muscles and promotes their elasticity.

## **Exercise 15**

The exercise description:

This exercise develops popliteal muscles and sheaves, and also develops back muscles and muscles of an internal part of a hip.

### **Recommended combination:**

Starting position: Sitted on the floor in semisplit position. The right foot is extended forward in out position, left – behind, in a halfbent condition, both feet are in point position, hands – on either side of the body.

Exercise is carried out into 8 counts.

*On 1-2:* fixing a starting position, we take a deep breath, extending back and neck even more strongly upwards.

*On 3-6:* with an exhalation, we fall downwards, to the right foot, stretching the foot outwards in flex-position and grab it with hands, trying to reduce it even more strongly. The knee should be held extended as much as possible.

*On 7-8:* we slowly lift the body upwards, to the starting position, and the right foot is extended in point-position.

The same exercise it is repeated with one and other foot.

### **Widespread errors at performance of the given exercise:**

- 1) the most widespread error is bending of a knee of the leg which is in front, because of occurrence of an unpleasant nagging pain of popliteal muscles. These painful sensations need to be endured, as they promote working out of popliteal muscles and sinews.
- 2) at performance of the given exercise breath is important. The exercise should begin with inhaling and the body should be lowered while exhaling. During exhalation the muscles stretch more efficiently.

## **Exercise 16**

### **The exercise description:**

The given exercise develops the out position of coxofemoral joints, and also flexibility of the back.

### **Recommended combination:**

Starting position: Lying on the stomach, the thorax is raised, hands – ahead are bent in elbows. Feet – together in out position, feet in point-position.

Exercise is carried out into 8 counts.

*On 1-2:* Leaving the body and hands motionless and without raising the basin, on 2 counts we bring heels to body, bending them in knees.

*On 3-4:* Fixing the position of feet, resting on hands and approaching the body with palms, we straighten elbows and we lift the body as much as possible so that the basin didn't come off the floor, and we cave the back as much as possible.

*On 5-6:* we lower the body in the previous position (as into count 1-2).

*On 7-8:* Keeping immovability of the body and hands, we extend both feet back in out position, knees – direct and extended, feet – in point-position.

### **Widespread errors at performance of the given exercise:**

1) In the given exercise it is necessary to keep the basin remained on the floor during transition from one position to another.

2) Feet in any position keep the out position and are extended in knees, not relaxed but on the contrary, are extended even more strongly.

## **Exercise 17**

### **The exercise description:**

In some exercises of the given lesson positions of feet demand the good developed elasticity of muscles and though children have soft muscles which are quickly developed and used, nevertheless the exercises do not work out good from the first time. Therefore, we will consider on an example of two positions as they can be developed by means of the partner.

**Position 1:** because of similarity of a pose, this position's name is also "frog-position". Position which needs to be performed: to lay down on the stomach, hands bent in elbows and rest against the floor, the body raised from a floor, legs are kept apart with knees brought in different sides on a floor and feet brought together with each other with both heels, and toes. In the given position if the muscles are undeveloped yet, the basin doesn't lay down on the floor completely. In such case, it is necessary to develop muscles with the partner. Having fixed the given position, the partner stays behind you on the knees so that his/her knees clasp your feet from two parties to fix them together, and presses your feet with the palm from above, trying to lower them on a floor. The partner puts another hand on your tailbone and also presses on your basin downwards a little. Such position is fixed throughout several counts (how many counts – you should solve by your own, depending on your painful feelings and your tolerance), then, the partner releases you. It is recommended to carry out some approaches successively for achievement of the best result.

**Position 2:** And this position's name is "butterfly". So, you should sit on a floor, with a straight back line, legs are bent in knees and brought apart in different sides, the heels are kept together and are close to the inguinal area, hands are lowered along your body and rest palms against the floor behind your feet near buttocks. If your muscles are not enough developed, in such position your feet won't lie completely on the floor. Your knees will be also raised over the floor. If you want to make them develop, your partner should stand on the knees behind you, put the palms above your knees and press a little on them downwards. So, we should fix this position for some counts, moderately with your patience at occurrence of painful sensations. Then, the partner moves hands to you, and instead of hands the partner uses knees and starts to press simultaneously on your knees downwards, and resting you against the back, tries to lower your case downwards. This position is fixed for some accounts too. Then, the partner releases hands and you gather the feet. It is recommended to carry out the given exercise for a few times for achievement of good result.

### **Widespread errors at performance of the given exercise:**

Errors at 1 and 2 position:

- 1) Too strong pressure of the partner upon your muscles. It is necessary to listen always to the sensations, especially in case you only have started to develop your muscles or do it for the first time.
- 2) It is necessary to try to weaken your muscles at pressure upon them. Very many pupils, at occurrence of painful sensations, strain muscles to counteract to pressure upon them. Such reaction is the psychological answer to painful sensations. But from pressure, muscles won't develop, but only can be damaged that will lead to microruptures of muscular fibres, therefore, it is necessary to try to relax and suffer the pain for some accounts.
- 3) Try to breathe correctly at performance of exercises on extension. Remember that muscles develop the best when being stretched on exhalation.

## **Exercise 18**

### **The exercise description:**

This exercise develops elasticity of an internal part of muscles of hips, the out feet position and also develops aplomb at balancing on one foot.

### **Recommended combination:**

Starting position: Standing on 1<sup>st</sup> out position of feet, hands – along the body.

Exercise is carried out into 8 counts.

*On 1-4:* On count 1 the right leg is bent at knee and raised forward, the knee – to the body, we grab the foot with both hands and we try to bring it as possible closer to the thorax, while keeping the back straight and extended and balancing, standing on the left foot. Foot of the right leg is in point-position. The left foot is necessary to stand in out positions. In the given position we carry out elastic movements on 4 counts 4 times, drawing a foot above and closer to the case.

*On 5-8:* Keeping the out position of the left foot, we take the right foot aside, in out position, leaving its bent at knee. The right knee is grabbed and the driven closer to the body by the right hand, and left is taken away on the waist. In the given position on 4 counts 4 times we carry out elastic movements, drawing a foot above and closer to the case.

This exercise it is repeated few times for the right and left foot.

### **Widespread errors at performance of the given exercise:**

- 1) It is necessary to watch behind that the body remains straight and extended not to displace it neither in one, nor in other side for the working foot or from it.
- 2) In order to stand good on the feet, it is necessary besides the body, to extremely extend a basis foot in the knee. It is necessary to mentally check yourself, whether there are my feet in a tone, whether muscles are tightened.

## **Exercise 19**

### **The exercise description:**

The given exercise develops the out feet position from a hip and in an ankle joint, and also promotes working out of muscles and ankle sinews. This exercise is very useful for carrying out on warming up lesson as it well both warms up and develops muscles and sinews of feet.

### **Recommended combination:**

Starting position: Lying on elbows, the back straight, feet in out position are extended in knees and feet.

Exercise is carried out into 8 counts.

*On 1:* Keeping the out feet position, we lift the right foot, with the extended knee and foot in point-position upwards on 35 degrees.

*On 2:* Keeping a foot at height of 35 degrees from the floor and keeping its out positioning, we reduce the foot of a working leg in flex-position.

*On 3:* Keeping height of 35 degrees and the both feet out position, we extend foot of a working foot again in point-position, as on count 1.

*On 4:* Keeping the feet out position, we take a working right foot aside and we put it on the floor, keeping the same degree (35 degrees) in relation to a basis foot (the left foot). Feet – in point-position, knees are extended.

*On 5:* Keeping the previous position and the out feet position, we reduce the foot of a working leg in flex-position.

*On 6:* Keeping the out position and an immovability of feet, we extend foot of a working leg back in point-position.

*On 7-8:* On 2 counts, we lead the working foot to the basis foot by the floor. At reduction of a working foot, we pay attention that in out position the foot moving is carried out by muscles of an internal part of the hip with heel forward.

We fix the extended position of feet and it is repeated for the left foot.

### **Widespread errors at performance of the given exercise:**

1) At performance of the given exercise, pupils often concentrate their attention only on standing and forget that it is necessary to watch that the back is not sag.

2) In the given exercise the feet work only in out position, therefore, it is important always to think of how your muscles of an internal part of a hip work and important always to extend and turn out feet that correct muscles worked as much as possible.

## **Exercise 20**

### **The exercise description:**

The given exercise develops the out feet position in a coxofemoral joint, and also promotes development of force of muscles of the back.

### **Recommended combination:**

Starting position: Lying on a stomach, hands are ahead and are bent in elbows and rest against the, feet are extended in knees and feet, the body is a little raised.

Exercise is carried out into 8 counts.

*On 1-2:* Keeping *выворотное* position of feet, we lift the right foot upward on 35 degrees. Thus, a knee and foot remain in extended and *выворотном* position.

*On 3-4:* Leaving a foot at height of 35 degrees over the floor, we reduce foot in flex-position, trying as it is possible to develop its heel downwards. The knee remains strongly extended, and the case – motionless.

*On 5-6:* Keeping the out feet position, we extend foot of a working leg again in point-position.

*On 7-8:* Keeping the out positioning and elongation of feet, we close a working foot a heel downwards to a basic foot and it is fixed *выворотное* position of feet on a floor.

### **Widespread errors at performance of the given exercise:**

1) In this exercise at a raising of feet upward work slanting muscles of a back, therefore, it is necessary to extend extremely strongly feet and to hold the case in a tone.

2) At a raising of feet upward it is necessary to watch that the hip of a working foot always remains pressed to the floor. Such position allows to develop the out fee position in a coxofemoral joint.

3) It is necessary to watch carefully behind that knees and feet always were strongly extended because the weakened muscles don't bring any result in development of pupils. Moreover, they promote rating of wrong muscles therefore the relief of muscles changes that leads to ugly appearance of feet.

### **Result:**

It is necessary to approach to performance of any exercises meaningly and seriously. It is necessary to understand that if you want to become successful, it is necessary daily and to carry out all complex of exercises honestly. Only in this case, you will become successful.