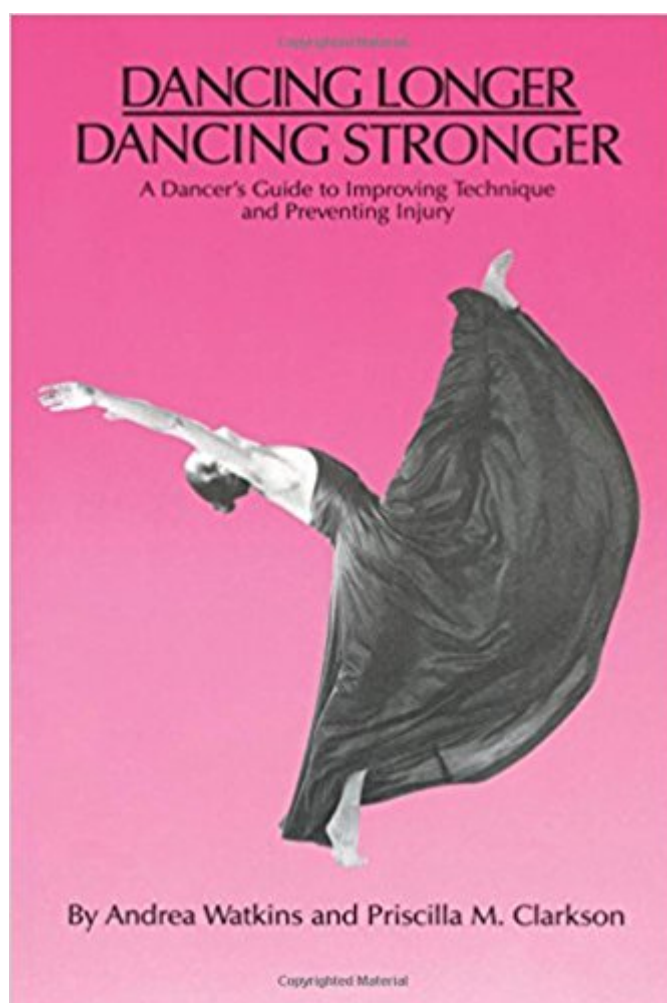


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# Dancing Longer, Dancing Stronger: A Dancer's Guide To Improving Technique And Preventing Injury



## Synopsis

Featuring ballet, jazz, modern, and aerobic, this book includes exercises to complement in-class work or to enhance performance.

## Book Information

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## Customer Reviews

Geared toward dancers, this volume is designed to be used in correlation with, not as a substitute for, instruction. Body conditioning will improve technique and decrease injury, state the authors, both dance instructors at the University of Massachusetts, Amherst. The student may follow an overall conditioning program, or select strength and/or flexibility exercises for specific parts of the body. Donald F. Featherstone and Rona Allen's *Dancing Without Danger* (Barnes, 1970) and, to a lesser degree, Gretchen Ward Warren and Susan Cook's *Classical Ballet Technique* (LJ 1/90) also promote proper technique to avoid injury, but both are limited to ballet; Daniel Nagrin's *How To Dance Forever* (LJ 9/1/88) is a very personal and unscientific approach to the subject. Instructors and students both will find this well-researched and clearly written volume most useful.

Recommended for college libraries with dance programs.- Joan Stahl, National Museum of American Art, Washington, Copyright 1990 Reed Business Information, Inc.

Andrea Watkins was a professor for 30 years at the University of Massachusetts; Amherst, where she taught numerous dance courses. She has contributed to various journals, including *Medical Problems of Performing Artists* and *Research Quarterly for Exercise and Sport*.

Priscilla Clarkson is the coauthor of *Exercise and the Female*; *A Life Span Approach and Science of Dance Training*.

When I first got this book, I loved it. However, when I started to learn more about human anatomy & physiology, and exercise science, I began to realize that the approach to strength-conditioning presented in this book is not as useful as I originally thought it to be, with my main complaint being that the exercises aren't as useful as what the book would like you to believe. There are much better, more natural movements that work the same muscle groups presented in the book. There has been more general research done on exercise physiology and dance since this book was written. Although I have yet to find a book that does a good job at taking exercise physiology and applying it to the subject of dancing, I would recommend reading general exercise physiology (text) books, *Anatomy of Movement* by Blandine Calais-Germain, and *"The Dancer's Way: the New York City Ballet Guide to Mind, Body, and Nutrition"* by Linda H. Hamilton. I DO NOT recommend *"The Dancer's Body Book"* by Allegra Kent as much of the nutritional dietary information in it is inaccurate and IMO promotes eating disorders.

*Dancing Longer, Dancing Stronger* is for anyone who desires to understand their body and how to make it work more effectively. Along with detailed anatomical descriptions of all the bones and muscles in the body and how they interact, are exercises for both strengthening and lengthening each muscle set. You don't have to devote a fortune in expensive equipment or a large amount of time doing repetitive, boring movement. Suggestions in the Question and Answer sections help you define your structural weaknesses and suggest exercises within the program for overcoming them. Plus you never have to count past 8! Each exercise is done to one of four 8 count rhythms with most exercises being either 4 or 8 repetitions each. As a figure skater, this book has provided me with the best off-ice training I've found to date. Even my coach wants a copy!

This book is the most comprehensive guide to the physiology of dancing. It answers important questions about what is normal and what can cause problems. It also deals with correcting technique problems and preventing injuries by proper strengthening exercises. It covers the entire body from head to toe. In my opinion every dance teacher should read this book so they can responsibly develop young dancers. This book should be reprinted --- anyone who dances should read it and keep it handy as a valuable resource.

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