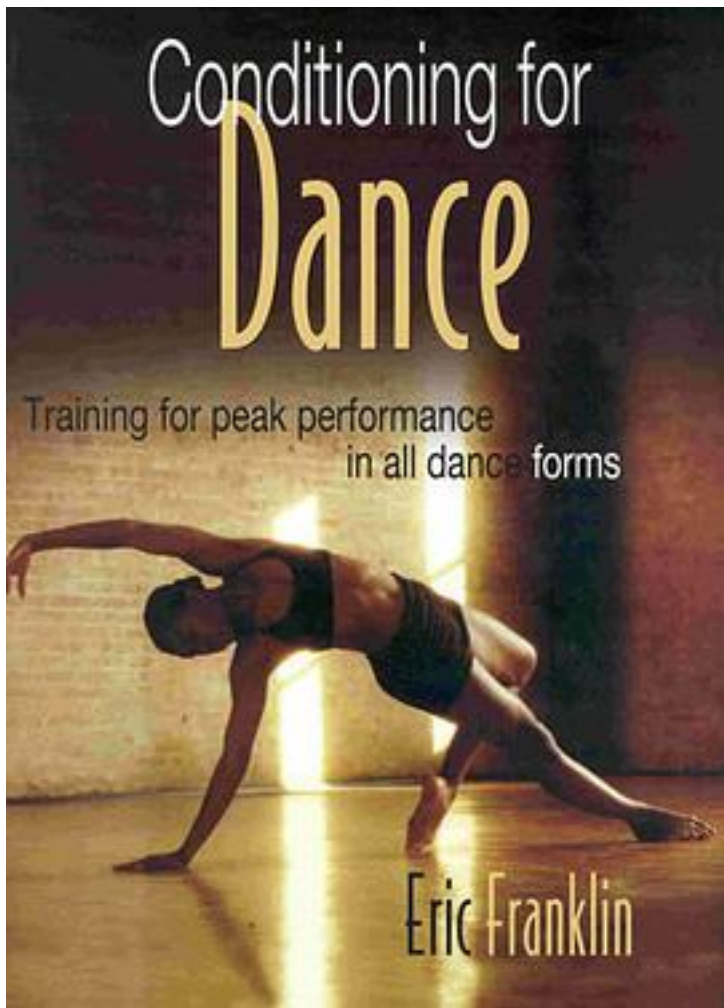


Conditioning for Dance



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著者:Franklin, Eric

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This volume features 102 imagery exercises paired with dance-specific exercises to

help maximize body-mind conditioning and develop more fluid mobility, balance, and tension release. The book culminates with a 20-minute, full-body barre workout routine designed to help dancers warm up, condition, and refine their dance technique. You'll learn how to execute lifelong dance skills that give power without the risk of injuries. By working the muscles through movements and ranges of motion that approximate the demands of your chosen dance form, you directly enrich your performance capabilities. And as you strengthen the body's core, stretch to gain just the right amount of flexibility, and incorporate the power of the mind, you unleash your full artistic and physical potential.

作者介绍:

艾瑞克·富蘭克林 (Eric Franklin)
擁有超過二十五年的舞者與編舞經歷。除了擁有紐約大學藝術學院的美術學士 (BFA) 與蘇黎世大學的文學士 (BA) 學位之外，他亦研究與受教於一些世界頂尖的動作意象與身體訓練專家，並且在其紐約的職業舞者生涯中，親自運用過這樣的訓練。

富蘭克林的著作還包含舞蹈意象與動態體位排列 (Dynamic Alignment Through Imagery, 1996)、舞蹈技巧與表演的意象 (Dance Imagery for Technique and Performance, 1996)、放鬆你的頸部，解放你的肩膀 (Relax Your Neck, Liberate Your Shoulders, 2002) 與骨盆的力量 (Pelvic Power, 2003)。他也是1984年獲得紐約市立圖書館獎的暢銷書：霹靂舞 (Breakdance, 1984) 的作者之一，並曾經以德語出版過幾本著作。他現為國際舞蹈醫學與科學協會的會員與位於瑞士烏斯特的富蘭克林學校 (Institute for Franklin-Method) 的創辦人與負責人。

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标签

评论

工具书。不适合阅读。

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