

## *Pre-Pointe*

PRE-POINTE CLASSES SHOULD FURTHER DEVELOP AND STRENGTHEN THE MUSCLES NECESSARY TO GO EN POINTE. CORRECT ALIGNMENT AND TECHNIQUE MUST BE EMPHASIZED.

CURRICULUM BY PIVOT DANCER VIA [EMBODIA](#).

EMAIL PAW ADMIN FOR LOGIN TO ACCESS VIDEO DEMONSTRATIONS.

- TOE CURLS
- AIRPLANE WITH SINGLE LEG SQUAT
- PIROUETTE PREPARATION TO SINGLE LEG RELEVÉ
- CALF RAISE WITH BAND PRETENSION
- RELEVÉ-PLIÉ IN SECOND POSITION
- HIP ABDUCTION INTO A BALL WITH SINGLE LEG HIP HINGE
- GRANDE PLIÉ IN SECOND POSITION
- CALF RAISE WITH CROSSED BAND
- SINGLE LEG RELEVÉ IN PARALLEL
- CALF RAISE WITH A BALL
- PIANO TOES
- TOE PENCIL PICK-UP
- TOE DISSOCIATION
- TOE SPLAYING
- PLANTAR FLEXION TO DEMI-POINTE AND POINTE INTO BAND
- ANKLE EVERSION AGAINST BAND
- FOOT DOMING WITH A QUARTER
- BIG TOE FLEXION INTO BAND
- 2ND AND 5TH TOE FLEXION INTO BAND
- HALF KNEELING DORSIFLEXION WITH TIBIAL ROTATIONS
- STANDING FOOT DOMING AGAINST BAND
- LUNGE POSITION GREAT TOE EXTENSION WORK
- ANKLE DORSIFLEXION SELF-MOBILIZATION WITH BELT
- CALF MUSCLES SELF-RELEASE WITH BALL
- ARCH OF FOOT RELEASE WITH BALL
- ANKLE INVERSION AGAINST BAND
- SOLEUS STRETCH
- GASTROCNEMIUS STRETCH
- SIT ON HEELS PLANTAR FLEXION STRETCH
- SIT ON HEELS TOE EXTENSION STRETCH
- TIBIAL ANTERIOR CROSSOVER STRETCH
- PENCIL TEST