



S t r e t c h Your Knowledge of STRETCHING

Stretching is one of the most common terms you'll hear as a dancer. But do you actually understand and know how to apply safe and effective stretching for dance?

You will discover how to safely stretch and learn more about the types of stretching, when and how to maintain or improve your flexibility. While each dancer will have favourite stretches, and each dance teacher will recommend specific stretches in class, it is important to apply safe practice and focus on the types of stretching, the timing and order to accomplish your flexibility goals. There is a time and place for stretching and if you follow an effective stretching routine on a regular basis you may achieve great results to assist your dancing in the future.

Principles of Stretching

- Warm-up aerobically prior to stretching (whole body movement to warm up muscles).
- Stretch before (using controlled dynamic stretches) and after dancing (using controlled static stretches).
- Stretch in a controlled motion and breathe.
- Stretch to the point of tension but never pain.

We stretch to gain flexibility and prevent injuries. Stretching comes into the Dance syllabus in a number of places: Safe Dance Practice, Body Maintenance, Prevention of Injury, Warm-up and Cool down.

models from Tanya Pearson Classical Coaching Academy

