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Ballet Technique II

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Self Reflection Paper

Ballet is a style of dance I always dreamed of learning even as a small child. When I was a little girl, I would wear a tutu and pretend I was a ballerina. I actually fell in love with the Broadway musical CATS. I was so fascinated with their makeup, and how animalistic they looked and acted on stage. Moreover, I saw ballet as a style of dance that was aristocratic. I always felt ballet was regal, classy and made me think of royalty. Beyond what I thought or dreamt; I never knew what hard work it would take to bring my dreams into a reality. I can remember in the beginning of the semester when class first started thinking “wow, I’m out of shape”. I actually considered for a split second dropping out of the class and taking the beginner's course. I felt pain in places I didn't know I could. Despite my qualms, I decided to give myself a chance and see it through. Surprisingly enough, I had more pain in my ankles and my feet than anywhere else on my body. I struggled in the beginning learning the pattern changes and even the warmup. However, by the end of the semester I improved on many areas that I struggled with in the beginning and am proud of myself for persevering.

Originally my goals for ballet class were to be more flexible, get stronger and get in better shape. I was amazed at myself by how quickly I grew in my strength. It wasn't long before the pain in my feet and ankles subsided, and my endurance began to increase because of the work I put in. I even took time out of class, at home to work on my moves so that I could feel

good about my progression in class. I am also happy that because of this class I have learned a few French words which I didn't expect. I really enjoyed taking this class because it helped me stick to a morning routine. I made sure I took my supplements, had my smoothie and my tea in my water bottle for class. Having ballet and incorporating a morning routine made me stronger. It was like having ballet and strength training all in one. Overall, everything I did contributed to me getting in better shape. I am now able to move my body in ways I wasn't able to before. My posture is better, I am more limber and the stretching we did on the bar really helped with my flexibility. I can confidently say I met the goals I set out for this semester.

Additionally, I have seen improvements in other areas from taking ballet. I have learned to show myself more compassion. It can be tough learning a new style of dance around other dancers who already have many years of experience. I struggled with the idea of perfection. Nonetheless, I learned that it is still important to give myself time to grow at a pace that is realistic for my own abilities. This self-realization helped me focus on the things I did well, instead of the things I didn't which in turned helped improve my self-confidence. One area of my technique that I seek to adjust in the future is continuing to build my strength in my legs so that I can make those high jumps, lift my legs high and be able to stand on my tipped toes with one leg. All in all, this semester has been a great learning experience, and I am looking forward to what my body will do with continued practice in the future.