

AAB

American Academy of Ballet

MIGNON FURMAN, *FOUNDING DIRECTOR*

TEACHERS
2016



SEMINAR *JULY 25-28*

PERFORMANCE AWARDS

CERTIFICATION COURSE *AUGUST 1-6*

at PURCHASE COLLEGE, STATE UNIVERSITY OF NEW YORK
PURCHASE, NEW YORK

A NOTE REPRINTED FROM A PREVIOUS TEACHERS' SEMINAR FROM OUR FOUNDING DIRECTOR MIGNON FURMAN



“I believe that teaching is a practical art that needs a practical approach — whether to a new class of five-year olds, or to teenagers with stars in their eyes who have other options for their energy.

**VERY OFTEN, TEACHERS NEED TO BE INSPIRED.
ASK YOURSELF:**

- **WHAT NEW IDEAS CAN I INCORPORATE IN MY TEACHING?**
- **DO MY CLASSES HAVE ENTHUSIASM AND ENERGY?**
- **ARE MY DANCERS UP TO STANDARD?**
- **ARE THEIR PARENTS SATISFIED WITH THEIR PROGRESS?**

The Teachers' Seminar will provide the answers. Included is the marvelous Performance Awards program. Teachers, dancers, and parents love it.

This note cannot describe the feeling of “being there,” the self-confidence that knowledge brings; and the inspiration that the Teachers' Seminar infuses into all those who attend.”

NOTE: THE NEW CERTIFICATION COURSE IS A QUALIFICATION TO TEACH THE PERFORMANCE AWARDS.

**“A SERIES OF STEPS IS A SERIES OF STEPS.
THAT IS NOT BALLET.
IT IS THE ARTIST WITHIN THE DANCER WHO GIVES HARMONY,
AND MOOD TO THE PICTURE DRAWN BY THE BODY.”**

—ANNA SEVERSKAYA, MY TEACHER IN LONDON

About Mignon Furman

Teacher, Choreographer, Educationist, Founder of the AAB

With nothing more than her talents, courage, and determination to give definition to her vision for ballet education, Mignon Furman started the American Academy of Ballet: It soon became the premier Summer School in America.

She also composed Performance Awards which is taught all over America, and is an international phenomenon, praised by teachers in America and in 10 other countries. Much of the success of the Performance Awards is due to her choreography: She was a superb choreographer. Her many compositions are free of cliché. They have logic, harmony, style, and ultimately, beauty.

Mignon also composed seven instructional videos for the teaching of classical ballet. She was a remarkable teacher. Her prodigious knowledge, and classical style gave her dancers the recognizable “Furman” look. She was also qualified to teach ballroom and Victorian dance.

Margot Fonteyn, with whom she was friendly, gave her invaluable advice, during several detailed discussions about the technical, and artistic aspects of the classical ballet. Mignon had the good fortune to benefit from the wisdom, and unique experience of a world-famous ballerina.

Coupled with her ballet skills was a tireless energy in organizing. She was a planner and administrator *par excellence*.

Before coming to New York, Mignon was the Director of the University of Cape Town Ballet School, with special responsibility for teacher-training. She formulated the program for the 80 trainee teachers, and 400 students at the Ballet School. She was nominated for the Distinguished Teacher Award from amongst the entire university's academic staff of 1,500 professors, and lecturers. She also formulated the syllabus for ballet in the public schools, and was the head-examiner for many years.



***We all at the AAB have the honor of keeping
Mignon's flags proudly flying.***

PERFORMANCE AWARDS

ARE YOU SEARCHING FOR A NEW PROGRAM THAT WILL ENTHUSE YOUR SCHOOL, IMPROVE YOUR DANCERS AND PLEASE THEIR PARENTS?

YOUR SEARCH IS OVER!

The Performance Awards were devised by Mignon Furman, the founder of the American Academy of Ballet.

Her charming choreography makes the program a delight to teach; a joy to dance; and a pleasure to watch.

TEACHERS, DANCERS AND PARENTS LOVE IT!

The program is in schools across America and in 10 other countries. It is part of the B.A. degree at Seminar Kibbutzim - the largest college for the training of teachers in Israel.

It is backed by CDs, DVDs, and notes. You will be amazed at the results. Technique and performance improve immensely; dancers are more enthusiastic; and parents are thrilled.

Starting at age 5, the program develops over 12 Levels of short compositions of increasing complexity that will challenge and encourage your dancers.

Each level has Port de Bras, Adage, Allegro and a solo dance. The higher levels include pirouettes and batterie. Choices throughout the program result in a total of 115 choreographic compositions.

The dancers dance before an audience. The awarding of medals and certificates to EACH dancer after the performance does wonders for their self-esteem and determination to achieve personal best.



Level 3



Level 1



Level 3



Level 12

- INCREASE ENROLLMENTS!
- PROVEN TO ENHANCE TECHNIQUE AND PERFORMANCE!
- LOVED BY PARENTS, DANCERS – AND TEACHERS!
- INCLUDE EVERY FEATURE OF CLASSICAL BALLET!
- READY-MADE PROGRAM OF COMBINATIONS AND MUSIC!
- DANCER- AND TEACHER-FRIENDLY!

AT THE CERTIFICATION COURSE:

- YOU WILL HAVE INSTRUCTION IN THE COMPLETE 12 LEVELS, THE 115 CHOREOGRAPHIC COMPOSITIONS, AND THE 7 TRAINING PROGRAMS.
- YOU WILL TEACH THE PROGRAM TO DANCERS OF THE RELEVANT AGE.
- YOU WILL BE AWARDED A DIPLOMA OR A CERTIFICATE.

AT THE TEACHERS' SEMINAR:

- YOU WILL HAVE INSTRUCTION IN THE PROGRAM.
- OBSERVE THE COACHING CLASSES FOR THE DANCERS.
- ATTEND A PERFORMANCE AWARDS SESSION.

For further information about this unique program, please call or email the office. [See contact information on the back page.](#)



Medal line-up: One of the two Performance Awards at Summer School 2015.

MIGNON FURMAN'S "STEPS" PROGRAMS

CDS, DVDS, NOTES AND PROPS

**"EVERYTHING MOVES FORWARD.
THEREFORE I RECOMMEND:
KEEP IN TOUCH WITH YOUR ART"**

**—AGRIPPINA VAGANOVA,
"BASIC PRINCIPLES OF CLASSICAL BALLET" (1934)**

From her many years of teaching of children, students, trainee teachers at university level, and teachers at Summer School, Mignon Furman devised a system of teaching that gives you a program: age by age, class by class.

No need to bother about music — it has been arranged by Mignon's music collaborator.

Don't think "What shall I teach today?"

"Steps" is a gradated program that organizes your teaching.

FIRST STEPS (ages 5 - 8)

SECOND STEPS (ages 6 - 9)

THIRD STEPS (ages 7 - 10)

JUNIOR STEPS (ages 8 - 12)

BETWEEN TOT AND TEEN (ages 8 - 10)

NOW I AM A TEEN (ages 11 - 13)

POINTE TO POINTE (Beginning & Intermediate)



First Steps



Now I Am a Teen

THIRD STEPS

An extract of the DVD contents. Notice the attention to detail in the training process.

Barre Exercises

1. Exercise for the feet and for Demi Pointe
2. Exercise for Demi Plies
3. Exercise for Battement Tendu
4. Exercise for Battement Tendu a la Seconde
5. Exercise for the placing of the foot at the back, a preparation for Petit Jetes
6. Exercise for Petit Jetes

Floor Work

7. Exercise for the Legs and Back
8. Exercise for Turn-Out

Center

9. Walking on Demi Pointe
10. Exercise for Galops Sideways
11. Exercise for Petit Jetes
12. Step and Hop from Side to Side
13. Little Runs into the 4 Corners and Spring Points "Like a Bird"
14. Polka Step
15. End Story - "The Injured Bird"
16. Reverence

DVDs, CDs and notes will be on sale at the Teachers' Seminar.

FACULTY



KARIN AVERTY

Winner of the Grand Prix at Varna. Was a Principal Dancer with the Paris Opera Ballet. Awarded the National Merit Order by the French Prime Minister.



VLADIMIR STADNIK

Graduate of the Vaganova Academy in Russia. Danced as a soloist in Russia, W. Europe, and the USA. A graduate of the University of Culture, St. Petersburg, and of the State Conservatory Rimsky Korsakov. Now Assistant Professor of Dance at Ball State University, Indiana.



CRAIG SALSTEIN

Soloist with American Ballet Theater, and Artistic Director of the Intermezzo Dance Company.



McCREE O'KELLEY

Danced with the Atlanta Ballet and Metropolitan Opera Ballet. Toured internationally in the Broadway production of Cats. Now, Professor of Dance at Kennesaw State University.



GIL ISOART

Was a Principal Dancer with the Paris Opera Ballet. Winner of numerous prizes, and awards. Now teaches, and is rehearsal coach at the Paris Opera Ballet and at the Bolshoi Ballet, Moscow.



GINA CHIAVELLI

Was Adjunct Professor of Dance at Fordham University, and SUNY New Paltz. Now Director of Pinewood School of Dance, and a judge for Performance Awards.



TOVA TSOBERY

A graduate of the Jerusalem Academy. Also trained at the Bat Dor, with a teacher who was trained by Mignon Furman. Is a Performance Awards judge.



LOUISE TAITZ

Trained at the Royal Ballet School, London. Now, Director of her own school in Chicago, and a judge for the Performance Awards.



ANALIESE UMAMA

BFA graduate of Purchase College SUNY. Rehearsal assistant to Mignon Furman. Now teaches in New York. A judge for Performance Awards.



DEAN VOLLICK

Has danced with several companies in the USA and Canada. A graduate of the Teacher Training Program of the National Ballet School (Toronto). Now teaches at the Boston Conservatory.



Certification Course August 1-6 *To Teach Mignon Furman's Performance Awards*

Achieve a Teaching Qualification!

Q: What is the Performance Awards Certification?

You will learn the choreography for the 12 Levels of the program, and Mignon Furman's 7 introductory "Steps" training programs. A diploma or a certificate will be awarded.

Q: I already have my own curriculum.

The beauty of the Performance Awards is that they form part of your regular classes. The choreography of Mignon Furman is charming; her choice of music is delightful; - **a composite teaching system that is loved by teachers, dancers, and their parents.**

Q: Why should I attend this course?

A diploma on the wall instills confidence in parents. More than 100 teachers in America and in other countries have been teaching the Performance Awards for 10 years. **You will have a ready-made and progressive program that will infuse new enthusiasm into your school.**

For the fee, see the enrollment forms.

SCHEDULE FOR THE PERFORMANCE AWARDS

Thursday August 4 - Saturday August 6

9:30am - 11:15am	Participate in a class given by a faculty teacher, or observe our summer school dancers in class.
11:30am - 12:45pm	Instruction in "Steps", and Performance Awards for Levels 9 to 12 (ages 15-18)
12:45pm - 2:00pm	Lunch in our dining hall.
2:00pm - 5:45pm	Instruction continues. Classes by our faculty teachers on pointe, pirouettes, petit allegro, and other aspects of the technique of classical ballet. Practical teaching of Performance Awards to children of the relevant age.
5:45pm	Dinner in our dining hall.

Monday August 1 - Wednesday August 3

9:30am - 11:15am	Participate in a class given by a faculty teacher, or observe our summer school dancers in class.
11:30am - 12:45pm	Instruction in "Steps", and Performance Awards for Levels 1 to 8 (ages 6-14)
12:45pm - 2:00pm	Lunch in our dining hall.
2:00pm - 5:45pm	Instruction continues. Classes by our faculty teachers on pointe, pirouettes, petit allegro, and other aspects of the technique of classical ballet.
5:45pm	Dinner in our dining hall.

Note: The schedule is flexible, depending on the progress that is made in accomplishing each segment of the programs.

WHY YOU SHOULD ATTEND

- * LEARN NEW DANCES
- * REFRESH YOUR TEACHING
- * BE INSPIRED
- * MEET OTHER TEACHERS
- * ASK QUESTIONS

• THE YOUNG CHILD

Six programs for the most important people in most schools. *See page 6.*

"STEPS" DAY BY DAY!

• OBSERVE THE BEST

Distinguished teachers teach the dancers. Note the combinations, the images that inspire the dancers.

LEARN BY WATCHING!

• PERFORMANCE AWARDS

Initiated by Mignon Furman, they will bring new energy into your school. *See page 4.*

LOVED BY ALL!

• MAKE CONTACT

Do not teach in isolation, unaware of new ballet developments. Teachers need other teachers for the sharing of knowledge. Every profession is updated.

UPDATE!

• SUMMER BREAK

Give yourself a break! Get away from your daily routine. Learn and enjoy! A low rate at the Hilton Hotel has been arranged. For scholarships. *See enrollment form.*

ENJOY!

**"BALLET IS THE ART OF THE DISSATISFIED.
NEVER BE SELF-SATISFIED WITH YOUR ACHIEVEMENTS."**

—MARGOT FONTEYN (IN CONVERSATION)



The Hilton Westchester Hotel

SCHEDULES FOR THE TEACHERS' SEMINAR

*Schedules, faculty and time subject to change if necessary.
For the fee, see the Enrollment Form.

Monday July 25

9:30am - 10:15am	•COMPETITIONS •CLASSICAL VARIATION
10:15am - 11:15am	THE PERFECT PIROUETTE •Preparing at the Barre •Preparatory Positions •Feet and Arms •The Impetus •The Finish •En Dehors •En Dedans •Attitude •Arabesque •Pique Turns •En Chainé •Fouette •En Ronde
11:15am - 12:45pm	FROM RUSSIA WITH LOVE •Trepak Choreography for The Russian Dance in <i>The Nutcracker</i> •Basic Novel and Authentic Steps from Russian Folk Dances
12:45pm - 2:00pm	LUNCH
2:00pm - 3:30pm	THE MAIN POINTS OF POINTE •Preparatory Exercises •The Shoe •Ankle and Knee •When to Start •Basic Pointe •Advanced Pointe
3:30pm - 5:00pm	TECHNIQUE CLINIC: THE 8 WAYS TO BALLET HEALTH •Sickle Foot Sickness and How to Cure It •Going Up? •Turning Off the Turn-In •Knaughty Knees! •Heels Love the Floor •Feet or Bananas? •Balancing Act •“Dance with Your Head”
5:00pm - 5:45pm	TEA FOR TWO •Beginning Pas de Deux for Young Dancers •Pas de Deux for Older Dancers
5:45pm - 6:30pm	DINNER
6:30pm - 7:45pm	OBSERVE PERFORMANCE AWARDS COACHING

Tuesday July 26

9:30am - 11:30am	OBSERVE THE DANCERS IN CLASS. CHOOSE THE TEACHER.
11:30am - 12:15pm	CLASSICAL VARIATION
12:15pm - 12:45pm	PETIT ALLEGRO: (CONTINUES AFTER LUNCH) The Teaching of: •Flic Flac •Ciseaux •Failli •Echappe •Glissade •Changement de Pieds •Fouette Sauté •Pas de Chat •Pas de Chat Russe •Emboite en Tournant •Sissone •Temps de Cuisse •Assemble •Pas de Basque •Saut de Basque •Ballonne •Ballotte •Petit Jete
12:45pm - 1:45pm	LUNCH
1:45pm - 3:00pm	PETIT ALLEGRO (CONTINUATION)
3:00pm - 4:15pm	ORDER AT THE BARRE •Preparation for Center Practice •The Function and Performance of Each Exercise •Stability •Stance •Poise •From Plié to Grand Battement

(Continued on next page.)

Tuesday July 26 (continued)

4:15pm - 5:30pm	PREPARATION FOR ALL BATTERIE •Changement Battu •Entrechat •Brise •Brise Volee •Jete Battu •Cabriole •Entrechat Cinq Vole •Echappe Battu •Fouette Saute Battu
5:30pm - 5:45pm	Q & A
5:45pm - 6:30pm	DINNER
6:30pm - 7:45pm	OBSERVE PERFORMANCE AWARDS COACHING

Wednesday July 27

9:30am - 11:30am	OBSERVE THE DANCERS IN CLASS. CHOOSE THE TEACHER.
11:30am - 12:45pm	AUTHENTIC SPANISH DANCE FOR THE NUTCRACKER
12:45pm - 1:45pm	LUNCH
1:45pm - 5:30pm	PERFORMANCE AWARDS LEVELS 1, 2, 3 & 4 (SEE BELOW)
5:30pm - 6:30pm	DINNER
6:30pm - 7:45pm	OBSERVE PERFORMANCE AWARDS COACHING

Thursday July 28

9:30am - 11:30am	PERFORMANCE AWARDS LEVELS 5 & 6 (SEE BELOW)
11:30am - 12:45pm	“STEPS” PROGRAM - 1ST & 2ND STEPS
12:45pm - 1:45pm	LUNCH
1:45pm - 3:45pm	PERFORMANCE AWARDS LEVELS 7 & 8 (SEE BELOW)
3:45pm - 5:45pm	“STEPS” PROGRAM - 3RD STEPS, JUNIOR & TEEN STEPS
5:45pm - 6:45pm	DINNER
6:45pm	PERFORMANCE AWARDS IN THE THEATER

Levels 9 to 12 are not included. They are available on DVDs, and at the Certification.

LEVEL	AGE	PROGRAM
1, 2 & 3	5 - 9	PORT DE BRAS, ALLEGRO, SOLO
4, 5 & 6	9 - 12	PLUS: ADAGE
7, 8 & 9	12 - 15	PLUS: PIROUETTES
10 & 11	15 - 17	PLUS: BATTERIE
12	16 & OVER	ALLEGRO, SOLO: CLASSICAL VARIATION, 3 CODAS

PERFORMANCE AWARDS

1000s of DANCERS!



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