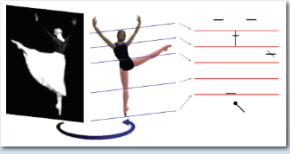


RYMANS'  
Benesh for Ballet  
Book 1



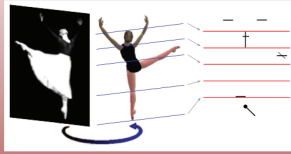
Basic Ballet Positions  
in  
Word Definitions  
DanceForms Images  
and  
Benesh Movement Notation

Rhonda Ryman-Kane  
Robyn Hughes Ryman

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RYMANS'  
Benesh for Ballet  
Book 2

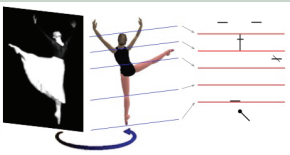


Jumps Without Travel  
in  
Word Definitions  
DanceForms Animations  
and  
Benesh Movement Notation

Rhonda Ryman-Kane  
Robyn Hughes Ryman

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RYMANS'  
Benesh for Ballet  
Book 3



Centre Work and Repeated Sequences  
in  
Word Definitions  
DanceForms Animations  
and  
Benesh Movement Notation

Rhonda Ryman-Kane  
Robyn Hughes Ryman

We all know what music scores look like. Have you ever wondered what dance scores look like, or if they even exist? There are in fact several dance notation systems and one of the most popular for ballet is Benesh Movement Notation (BMN). Like most languages, it is easier to read than it is to write. Reading basic ballet positions and movements is relatively simple.

Rymans' *Benesh for Ballet* series teaches you how to read BMN through words, images, animations, and notated examples. Using interactive features, readers can add Highlights, take Notes, make Study Cards, and complete Reviews to learn BMN theory while brushing up on ballet vocabulary and pedagogy.

This is the third book in this series. *Book 1* introduces the fundamental concepts of BMN. You'll learn to read basic ballet positions from three "schools" of ballet: English, Italian, and Russian. *Book 2* presents the five basic categories of jumps so you can explore allegro steps and sequences without travel, timed to music. In *Book 3* new BMN theory will prepare you to read notated examples of centre work and repeated sequences. You'll explore how a basic dance phrase can be repeated in a variety of ways: the same, other side, alternating sides, or reverse. By reading phrases repeated with slight differences, you'll learn to recognize the structure of a basic phrase and understand how it can be varied, which explains the term "ballet variation."

YouTube Video: "How to Navigate Benesh for Ballet: Book 1"  
<https://www.youtube.com/watch?v=jP0ESU3Agf8>  
Facebook Page: <https://www.facebook.com/BeneshForBallet>