

Eric Franklin



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l'excellence dans toutes les formes de danse

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L'ÉDITION

Vol. 2

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Prparation Du Danseur Eric Franklin:

La préparation du danseur Martha A.. Myers, Eric N. Franklin, 2015 Eric Franklin véritable pionnier de la visualisation au service de l'entraînement physique nous explique dans ce nouveau livre comment améliorer notre technique et nos performances dans toutes les formes de danse en renforçant le centre de notre corps tout en perfectionnant notre coordination notre équilibre notre alignement et notre souplesse Cette méthode innovante pense pour libérer le corps et perfectionner les mouvements permet d'obtenir une meilleure élasticité sans tension des plis plus profonds des sauts plus hauts des tours plus précis ainsi qu'une extension et une ouverture amplifiées le tout pour un moindre effort Les techniques novatrices de ce livre ont fait leurs preuves et les exercices proposés aideront tous les danseurs maximiser leur préparation corps esprit Couplée à une bonne technique de visualisation le travail des muscles au travers de gestes et d'amplitudes de mouvements répondant aux exigences de la forme de danse pratiquée permet d'enrichir les capacités d'exécution Un ouvrage indispensable pour tous les danseurs et pour tous ceux qui travaillent dans le domaine de l'entraînement id o moteur **La préparation du danseur** Eric N. Franklin (danseur).), 2023 Eric Franklin sommité internationale dans le domaine des techniques de visualisation mentale pour l'entraînement de danse a mis au point une méthode d'entraînement utilisée dans de nombreuses compagnies et écoles de danse du monde entier Dans cette nouvelle édition de **La Préparation du danseur** l'auteur intègre les résultats des dernières recherches scientifiques sur la force la flexibilité et l'entraînement avec ses propres exercices spécifiques la danse Ce manuel divisé en deux volumes voir le plan de l'ouvrage ci-dessous offre donc un large éventail de matériel entièrement nouveau Plus de 100 exercices inédits pour entraîner toutes les parties du corps utiles tous les danseurs pour les différents genres formes et styles de danse Des photos et dessins entièrement en couleur avec plus de 100 nouvelles illustrations pour expliquer les exercices et leur exécution 1 nouveau chapitre pour un programme de formation complet De nouvelles ressources en ligne notamment 22 clips vidéo en anglais dans lesquels Franklin lui-même fait une démonstration de comment exécuter correctement des exercices décrits dans le texte 2 séries de 20 min d'exercices pour l'ensemble du corps avec des bandes élastiques pour augmenter la force et la préparation la danse 1 programme d'entraînement personnalisé pour fixer des objectifs chapitre par chapitre et suivre ses progrès **La Préparation du danseur** combine la visualisation la concentration et l'entraînement pour améliorer sa technique et ses performances en tant qu'athlète une stratégie de prévention des blessures En suivant les principes de la kinesthésie lors des exercices le danseur prendra conscience de chaque mouvement et remarquera les bénéfices immédiats sur le développement la force et la flexibilité de son corps **La préparation du danseur** Eric Franklin, 2022-01-20 **La préparation du danseur** Eric N. Franklin, 2017 Eric Franklin véritable pionnier de la visualisation au service de l'entraînement physique nous explique dans ce nouveau livre comment améliorer notre technique et nos performances dans toutes les formes de danse non seulement en stabilisant et renforçant le centre du corps mais en perfectionnant aussi la coordination l'équilibre l'alignement et la souplesse Cette méthode innovante

pense pour libérer le corps et perfectionner les mouvements permet d'obtenir une meilleure élévation sans tension des plis plus profonds des sauts plus hauts des tours plus précis un meilleur en dehors ainsi qu'une extension et une ouverture amplifiées le tout pour un moindre effort Les techniques novatrices de ce livre ont fait leurs preuves et les exercices proposés aideront tous les danseurs maximiser leur préparation corps esprit Couplée une bonne technique de visualisation le travail des muscles est plus efficace et s'enrichit d'une expressivité nouvelle La préparation du danseur est un ouvrage indispensable pour tous les danseurs classiques ou modernes C'est également un outil didactique fondamental disposition des enseignants et de leurs élèves et un texte de référence pour tous ceux qui travaillent dans le domaine de l'entraînement idiomoteur

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