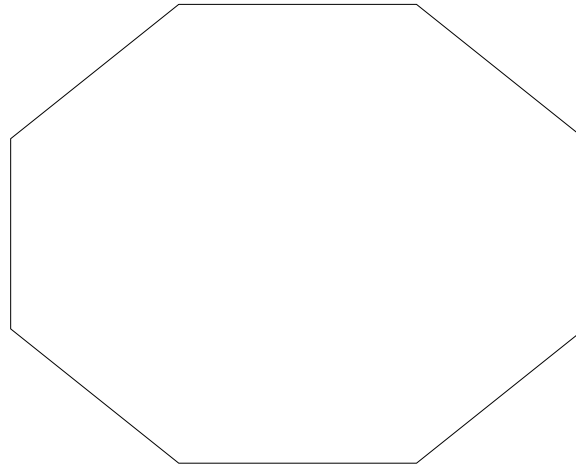


# Positions for the arms



# Positions for the feet



A ballerina needs good posture, and what takes many months to perfect, looks easy and graceful later. In whatever position the arms are held, they need to be loose at the joints and gracefully held.

A good posture for ballet also requires that the feet be slide from one position to the next without looking awkward, or even looking at the feet. Movement needs to flow into the next with ease.

Instructions:

Print both pages on light weight card stock. Fold page 1 in half. Cut out the hexagon and cut out the 2 circles and paste them together, back to back. Trim the edges if necessary. For better wear, laminate the wheel, or cover with clear contact. Find the centre, and attach to the marked side of the first page with a brad fastener. Make sure the wheel is the right way around, ie arm position pictures facing up, when the written side is about arm positions. Glue just around the top edge and bottom edge, to keep the page neat.

