THE VAGANOVA METHOD

The Vaganova method is a method of teaching classical ballet that was developed by Agrippina Vaganova (June 26, 1879 – November 5, 1951), a professional ballet dancer at the Imperial Russian Ballet (now Mariinsky Ballet Theatre) and later a teacher at the Leningrad Choreographic School, which now bears her name – the Vaganova Ballet Academy (St Petersburg, Russia). Madame Vaganova can be referred to as a distinguished professor of choreography without any doubt, due to the enormous contribution she has made to the practice of ballet not only in Russia, but world over.

This method was created about one hundred years ago in an effort to reform the old imperial style of ballet teaching practiced in Russia at that time. It fused the romantic style of the French ballet and dramatic soulfulness of the Russian character with the athletic virtuosity that characterizes the Italian school. The Vaganova Method's codified technical approach thus makes training emphasizing the simultaneous development of both technical proficiency and individual artistry, and a complete range of movemental expression that comes out of proper placement and a strong classical dance foundation. Pupils of Russian Vaganova method are characterised by a poetic spirituality, grace, a wealth of expressive plastic nuances and exceptional harmonious plasticity of movement, the expressiveness of the arms, the responsive suppleness and at the same time the "iron" aplomb of the body, and the noble and natural placement of the head on top of general excellence of technical and performing skills.

This scientifically proven method involves the systematic study of all ballet movements by breaking them down into their separate elements and is characterized by impeccable precision, attention to detail, ease of execution, emotion-evoking grace, and individual creativity. This significant method is characterised by rigorous planning of the teaching process required of coaching staff, the considerable complexity of the exercises, directed at the creation of a virtuoso technique, but mainly the aspiration to teach dancers a conscious approach to every movement. Vaganova's genius class structure is developed in such a way it most usually guarantees a 100% success in learning classical ballet. Early training creates the strongest foundation for further development and excellence in classical ballet producing harmonious coordination of the body and continuity of movement. This core of strength enables consistently precise, easy movement of the body, instils in the dancer an intuitive anticipation of how best to use every part of his or her body to evoke breathtaking results, right down to the hands and eyes.

The Vaganova method is considered to be very clean, with precise movements that express clean lines yet softness underneath.

In the Vaganova method the exercises for each level are not set like they are for the RAD or Cecchetti systems, and there is no syllabus that can be devised as the system is so in depth, yet so flexible, that it makes it impossible to quantify and compress into a single complete guide. Using Vaganova method, each teacher choreographs his or her own class according to the students' level of experience and skills, which provides great flexibility, yet enables progression through study levels.

Practicing ballet, in any method, has many advantages, but learning ballet using Vaganova method has proven to provide the following additional advantages as well:
1) Develops logical thinking, discipline, concentration and memory
2) Develops good coordination skills
3) Proven to significantly impact on correction and improvement of body shape and figure
4) Helps to correct conditions such curved spine and other spinal problems, slouched back, crooked legs, flat feet, and many other conditions
5) Facilitates gracious movement of the body and graceful walk

Maximo Dance Studio is the only dance school in Brisbane that provides authentic Vaganova teaching. For enrolment enquiries email contactus@maximodancestudio.com.au

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