

Progressive Ballet Technique (PBT)

Mankato Ballet Company is excited to offer Progressive Ballet Technique (PBT) to our curriculum this fall. This program is a fantastic way to strengthen the muscles dancers need to use for class and pointe work. It is also helpful for injury prevention.

What is PBT?

Progressing Ballet Technique is an innovative program developed by Marie Walton-Mahon for students to understand the depth of training muscle memory in achieving their personal best in classical ballet. PBT encourages the use of muscle memory to improve students understanding of core stability, weight placement and alignment for many decades.

It is difficult for students to feel what muscles initiate the correct alignment in ballet training, however, as the fit ball is continually mobile under the students' body, it gives the students a sense of posture and weight –placement whilst feeling each correct muscle group.

What do I need to bring to class?

Dancers should purchase and bring the following items to class.



Exercise Ball

Gaiam Brand is recommended. When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor.

Height Recommended ball size

Under 4'8"/142cm	45 cm ball
4'8" to 5'3"/142-160cm	55 cm ball
5'4" to 5'10"/160-178cm	65 cm ball
5'10" to 6'4"/178-193cm	75 cm ball



Resistance Band

Medium strength, 9 feet long

Note: the color of the strength changes depending on the supplier.

Also known as a TheraBand

Bring your own. MBC Has a few on hand to borrow.



Tennis Ball

Provided by MBC



Yoga Mat

Provided by MBC