



ROYAL
BALLET
SCHOOL

WHAT IS COUNTER PULL?

Counter pull is an idea that helps us understand how to use the energy in our bodies.

COUNTER PULL 'opposite'
'a force travelling in a particular direction'

So, it's an opposite travelling force.



Stretch an elastic band with your fingers from each side. You will create an opposite travelling force.

This is counter pull!

BUT HOW DOES IT WORK FOR YOUR BODY?

Do you remember what you ate for breakfast today? That food makes energy which you can use for moving and dancing. Imagine that tasty breakfast turning into glowing, energized light low down in your belly.

Can you see it swirling there?

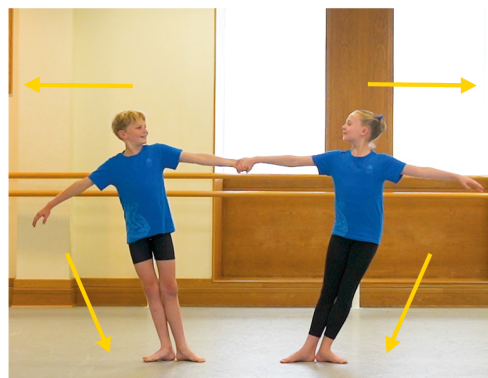
Now imagine that energy spreading equally in opposite directions all the way from your fingers to your toes. Can you see it travelling downwards, along the soles of your feet to the centre of the earth and sideways, up through the tips of your fingers?



Look at this picture of two dancers.

Can you see the lines of energy pulling in equal and opposite directions? Think about how it reaches out of their fingers and toes.

See how many you can find and trace them with your finger.



FIND YOUR COUNTER PULL

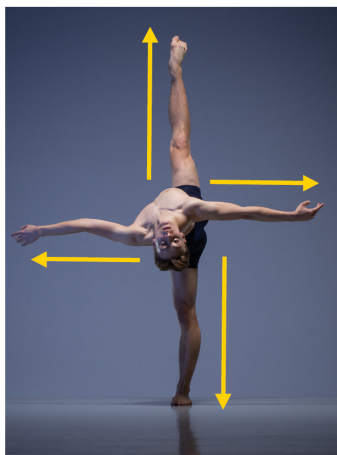
Stand with your feet together, close your eyes and feel the counter pull energy in action. Experiment with the amount of energy you use. Try 100% in all directions, now 50%, now 25%. Counter pull creates strong and graceful bodies.

Which % helps you feel both strong and graceful?

Having an image in our minds is helpful. Have a think about what that counter pull energy looks like for you. It might look like a sunflower growing with its roots down into the soil, leaves extending sideways and shoots stretching upwards towards the sun. Or a magnetic field radiating to all four directions of the globe: north, south, east and west.



Now you can imagine what your counter pull energy looks like, try drawing a picture!



IN BALLET

Counter pull is happening all the time we are dancing. Even in stillness, counter pull energy is always active inside.

Think of a ballet movement. When we plié our feet press down while our spine stretches up. When we port de bras to 1st the backs of our hands lengthen to the front of the room, while our upper back opens to the back of the room.

Can you see this dancer stretching? His energy pulls north, south, east and west using counter pull to keep him balanced.

WHAT HAVE YOU LEARNT?

Counter pull is an _____ travelling force. _____ spreads in different _____ through our _____ all the time when we _____.

**BODIES
OPPOSITE**

**DANCE
ENERGY**

DIRECTIONS