



Progressing Ballet Technique

Woo Jung Jung-Laenger

*Completed an intensive 6 hour workshop on the Progressing Ballet Technique program.
Produced by Marie Walton-Mahon.*

Conducted by Callie Roberts on the 2nd of April 2017.

The learner has achieved

- An understanding of the activation of muscle memory to activate "turn out"
- An understanding of activation of muscle memory to enhance 'adage movements'
- An understanding of activation of muscle memory to accelerate 'allegro'
- An understanding of activation of muscle memory to activate "batterie"
- An understanding of activation of muscle memory for controlled landings
- An understanding of the correct muscle groups that assist each movement
- An understanding of how to transfer muscle memory into the ballet class

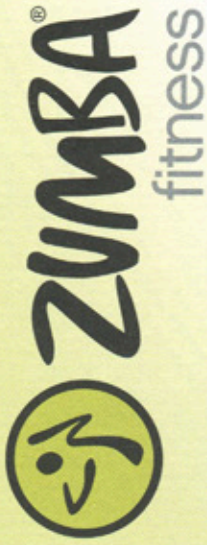
Callie Roberts

I Marie Walton-Mahon authorise Callie Roberts to give this workshop on my behalf.

Marie Walton-Mahon

Marie Walton-Mahon ARAD RAD RTS

Diploma of Dance Teaching and Management



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basic steps 1

Woo Jung Jung - Länger

OFFICIAL ZUMBA® INSTRUCTOR
BASIC STEPS LEVEL 1

"BETO" PEREZ
CREATIVE DIRECTOR

07/23/2012

DATE

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basic steps 2

Woo Jung Jung-Länger

OFFICIAL ZUMBA® INSTRUCTOR
BASIC STEPS LEVEL 2



10/06/2012

DATE

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Woo Jung Jung - Länger

OFFICIAL ZUMBATOMIC® INSTRUCTOR

June 16, 2013

DATE

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