



## ES0160 – BALANCE EUROPEAN

### POINTE SHOE - BLOCH ELITE RANGE

TARGET MARKET:  
**PROFESSIONAL/SERIOUS STUDENT**

AVAILABLE IN SIZES: **2 - 8**

WIDTHS: **X, XX, XXX**

COLOURS: **PINK**



#### CHANGES FROM BALANCE ES0150

A VERY SIMILAR PERFORMING SHOE TO THE BALANCE ES0150 BUT WITH A NARROWER INTERNAL SPACE. THIS SUITS DANCERS WHO PREFER A SECURE FIT AROUND THE TOES. THE EXTERIOR OF THE SHOE HAS A MORE STREAMLINED APPEARANCE WITHOUT LOSING THE WIDTH OF THE PLATFORM WHICH MAKES THIS SHOE PERFECT FOR BALANCE ON AND OFF POINTE.

**BLOCH**<sup>®</sup>  
blochworld.com

**THIS IS THE SHOE THAT MAKES THE DANCER FEEL LIKE THEY SHOULD STAY ON POINTE ALL DAY! SUCH AN UNFAIR ADVANTAGE OVER OTHER SHOES THAT WEARING THESE IS "ALMOST CHEATING".**

#### FIT

THE SHAPE CLOSELY MIMICS THE NATURAL CONTOURS OF THE FOOT SIGNIFICANTLY IMPROVING INJURY PREVENTION FOR THE DANCER. THE LOW PROFILE FEATURE OF THE SHOE INCREASES THE AMOUNT OF SURFACE AREA THAT IS IN DIRECT CONTACT WITH THE FOOT, IMPROVING WEIGHT DISTRIBUTION AND REDUCING PRESSURE ON INDIVIDUAL METATARSALS. THE INSOLE SHAPE CONFORMS TO THE ARCH, PROVIDING A HIGHER LEVEL OF SUPPORT FOR THE ANKLE JOINT AND SURROUNDING TENDONS.

#### FUNCTION

THE WIDE TOE PROVIDES A LARGER BALANCING PLATFORM WHICH ALSO ENHANCES SUPPORT FOR THE ANKLE TRANSFERRING THROUGH TO THE KNEE AND HIP JOINTS. THE WIDE PLATFORM ENHANCES STABILITY AND REDUCES LATERAL AND MEDIAL MOVEMENT WHEN ON POINTE. THE IMPROVED FIT OF THE BALANCE POINTE ALLOWS THE SHOE TO MOVE IN LINE WITH THE DANCER, INCREASING THE DANCER'S CONTROL OF THE SHOE. THE DANCER CAN BE SURE THE SHOE WILL WORK WITH THEM, COMPLEMENTING THEIR TECHNIQUE.

#### COSMETICS

##### KEY FEATURES ADDED TO ENHANCE DANCER AESTHETIC:

- LOW PROFILE FOR THE PERFECT CONTINUATION OF THE LEG LINE
- HEEL SEAM CUSHION WHICH REDUCES MATERIAL CREASING AND MAINTAINS THE PERFECT LINE OF THE FOOT WHEN ON POINTE.
- ELASTIC BINDING FOR IMPROVED FIT
- REDESIGNED SIDE SEAM FOR REDUCED CREASING
- LOW CUT SIDES FOR REDUCED BAGGINESS
- THIN, LOW BULK, SOFT BINDING
- THIN OUTSOLE

REQUIRES THE DANCER TO FOLLOW BREAK-IN TECHNIQUE A.

# BREAK IN INSTRUCTIONS FOR POINTE SHOES

**TO GET THE BEST OUT OF A BLOCH POINTE SHOE, PLEASE ADHERE TO THE BELOW TECHNIQUES FOR "BREAKING IN" THE SHOE. TECHNIQUE A AND TECHNIQUE B ARE VERY SIMILAR; THEY DIFFER DUE TO TWO DIFFERENT PASTE TYPES AND TWO DIFFERENT CONSTRUCTION TECHNIQUES.**

## **BREAK IN TECHNIQUE A**

A LITTLE EXTRA TIME NEEDS TO BE TAKEN TO BREAK IN THESE SHOE TYPES. THEY ARE MADE WITH A HARDER PASTE THAN TECHNIQUE B AND ARE THEREFORE SUSCEPTIBLE TO "SNAPPING" IF TREATED ROUGHLY AT FIRST. ONCE BROKEN CORRECTLY THEY HAVE A LONG LIFE SPAN.

DOING BARRE IS THE BEST WAY TO BREAK IN A POINTE SHOE. WE UNDERSTAND HOWEVER THAT YOU CAN'T STAND AT THE BARRE WITH A NEW PAIR OF POINTE SHOES AND EXPECT TO DO A TENDU, SO THE SHOE NEEDS TO BE PREPARED FOR BARRE BY GENTLY SOFTENING THE SHANK AND BOX BY HAND. CONCENTRATE ON THE DEMI-POINTE AREA OF THE SHANK BEING CAREFUL NOT TO CRUSH THE BOX. THEN WORK YOUR WAY UP TO THE HEEL GENTLY MASSAGING THE SHANK UNTIL IT IS AT A POINT WHERE TENDU AND RELEVÉ TO DEMI-POINTE IS COMFORTABLE. SOFTENING THE BOX IS NOT ALWAYS NECESSARY AND IS LEFT UP TO THE INDIVIDUAL. IF SOFTENING IS NECESSARY THEN CONCENTRATE ON GENTLY SOFTENING THE SIDES OF THE BOX. LOTS OF DANCERS STAND ON THE TOP OF THE BOX IN ORDER TO SOFTEN AND WIDEN IT. WE ADVISE THAT STANDING ON THE BOX OR SQUASHING THE BOX CAN PERMANENTLY DAMAGE THE SHOE, SO PLEASE DO SO AT YOUR OWN RISK. IF YOU MUST STAND ON THE BOX, YOU NEED TO CONCENTRATE THE PRESSURE ON EITHER SIDE OF THE BOX CENTRE. THIS IS IMPORTANT BECAUSE THE TOP CENTRE OF THE BOX IS THE WEAKEST POINT AND PRONE TO THE MOST DAMAGE IF STOOD ON. ONCE THE SHOES ARE READY FOR BARRE, 1 TO 2 HOURS BARRE WILL BE A SUFFICIENT TIME TO SHAPE THEM TO YOUR FOOT. AT THIS POINT THE SHOES WILL BE EVENLY SOFTENED WITH NO WEAK POINTS RESULTED FROM INCORRECT BREAKING TECHNIQUE.

## **BREAK IN TECHNIQUE B**

THESE SHOES ARE MADE FROM A PASTE THAT IS DESIGNED TO SOFTEN WHEN MOISTURE IS APPLIED. THE TECHNIQUE HERE IS SIMPLE TO UNDERSTAND. FOLLOW BREAK IN TECHNIQUE A. AFTER 1 TO 2 HOURS BARRE THE SHOE WILL BECOME MOIST AND SHAPE ITSELF TO THE DANCERS FOOT. ONCE THE SHOE DRIES IT WILL HAVE SET IN THE SHAPE OF THE DANCERS FOOT. AT THIS POINT IT IS POSSIBLE TO APPLY SHELLAC TO THE INSIDE OF THE BLOCK AND SHANK. THIS WILL NOT ONLY HARDEN THE SHOE IN ITS CURRENT SHAPE, BUT ALSO STOP ANY MORE MOISTURE ENTERING THE SHOE (SEE SHELLAC SECTION IN FAQ). SO WE ARE LEFT WITH A STRONG SHOE, MOLDED IN THE SHAPE OF THE INDIVIDUAL DANCERS FOOT ON THE INSIDE, WHILST LEAVING A QUIET EXTERIOR.