



About the American Ballet Theatre® National Training Curriculum



ABT's National Training Curriculum is a program for the development and training of young students that embraces sound ballet principles and incorporates elements of the French, Russian, and Italian schools of training. Under the direction of ABT Artistic Director Kevin McKenzie, ABT's National Training Curriculum was designed and written by Franco De Vita and Raymond Lukens in collaboration with ABT's [Artistic Advisors](#) and the [Medical Advisory Board](#), representing experts across many disciplines. ABT's National Training Curriculum aims to assist beginning through advanced teachers in training dance students to use their bodies correctly, focusing on kinetics and coordination, as well as anatomy and proper body alignment. Artistically, the National Training Curriculum strives to provide dance students with a rich knowledge of classical ballet technique and the ability to adapt to all styles and techniques of dance.

“As a national ballet company, ABT understands that it has a responsibility to take a leadership role in dance training and dance education in the United States,” said ABT Executive Director, Rachel Moore. “To this end, we have developed a new ballet curriculum and teacher training program that is both artistically sound and medically appropriate. Our goal is to provide teachers with the tools and information they need to provide the highest quality training to dance students of all ages and skill levels.”

The American Ballet Theatre National Training Curriculum is effective for both the average child and the gifted child. It has as its cornerstones the health, safety, and well-being of the child and challenges each student with developmentally appropriate milestones. The ABT National Training Curriculum is taught in all children's division classes at Knoxville Ballet School by Deb Young, who is certified in Primary Level through Level 5 of the ABT NTC. In May of 2010 American Ballet Theatre named Ms. Young an Affiliate Teacher. The Affiliate Teacher is a level of distinction for ABT Certified Teachers who successfully present their students for examinations. Knoxville Ballet School is proud to have twice hosted Jacqueline Kennedy Onassis School at ABT Principal and co-author of the NTC, Franco De Vita, to adjudicate examination classes.



Deb Young and Franco De Vita with NTC Level 2A students at Knoxville Ballet School

For more information about American Ballet Theatre and the National Training Curriculum, visit www.abt.org. For insight into the teacher training and affiliation process, click [here](#).