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[\[PDF \(536K\)\]](#) [\[References\]](#)**Inner Changes Observed: A Study of Beginners in Classical Ballet**[Mariko Suganuma](#)¹⁾, [Toshiyuki Kishi](#)²⁾ and [Eiichiro Nojima](#)²⁾

1) Graduate School of Human Sciences, Waseda University

2) Faculty of Human Sciences, Waseda University

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The purpose of this study was to examine the inner changes that occur in beginners of classical ballet. Participants of the study were asked to write an introspective report after each lesson, and we found three categories that proved to be useful for the examination of changes in consciousness at different stages of learning. In addition, we looked at participants' specific thoughts, to identify the characteristics of cognitive activities in the person presumably at the stage of objective self-observation in the acquisition of structured cognition of 'WAZA,' i.e., techniques. Results from the introspective reports showed that while a new level of consciousness developed with progress in learning, occurrence of previous levels slowly declined. Results also showed development of broader perspectives, extending beyond instruments and moving techniques, as well as subdivided cognitions of more specific body parts, which replaced original cognitions of a whole body image.

Keywords: [classical ballet](#), [structured cognition of 'WAZA'](#), [introspective reports](#)[\[PDF \(536K\)\]](#) [\[References\]](#)Download Meta of Article[\[Help\]](#)[RIS](#)[BibTeX](#)

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