

UBC

UNIVERSAL BALLET COMPETITION

美国环球芭蕾舞大赛

UBC

UNIVERSAL BALLET COMPETITION

INTERNATIONAL COMPETITION



SHANGHAI, CHINA
DECEMBER 12-14, 2025

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特别注意：

本规则和条例仅适用于环球芭蕾舞大赛（Universal Ballet Competition，简称 UBC）亚洲赛区（UBC-CHINA）的半决赛。

入围 2026 UBC 休斯顿总决赛者，须以 UBC 官方网站发布的包括参赛年龄、组别、以及大赛赛程、规则、收费标准等任何相关事宜为准，并参照执行。

为确保参赛者的总成绩不受影响，请仔细阅读以下规则和条例。大赛组委会保留扣除分数或取消任何不遵守规则和条例的参赛作品或选手资格的权利

参赛资格

UBC 欢迎来自世界各地的参赛者，因为我们是一个机会均等的大赛。舞者必须在 2025 年 1 月 1 日开始年龄介于 7 至 21 岁之间的业余选手和专业选手，有资格参赛。选手可以代表机构或专业学校参赛，也可以个人身份参赛。

年龄组别

每个参赛作品将被归入以下年龄组别之一。儿童组 (Pre-competitive division) 适用于 7-8 岁的舞者（如小于 7 岁选手需要参赛，则需要向组委会提出申请并审核）。儿童组舞者同样有资格获得 UBC 比赛和 UBC 工作坊的综合奖项和奖学金。

Pre-Competitive 儿童组	7-8岁 (2017.01.01-2018.12.31)
Primary Division 初级组	9-11岁 (2014.01.01-2016.12.31)
Junior Division 少年组	12-14岁 (2011.01.01-2013.12.31)
Senior Division 青年组	15-21岁 (2004.01.01-2010.12.31)

比赛等级

*必须选择选手的比赛等级

中级组 (Intermediate Level) 面向具有中等水准的舞者

· 建议参与标准：系统学习舞蹈2至4年，每周至少参加三节技术训练课程。中级组选手应仅具备少量赛事经验。该组别评比仅在本组别选手间进行，优胜者可获颁牌匾、奖章、特别奖项、奖学金及其他奖励。

竞赛组 (Competitive Level) 面向训练有素的资深舞者

· 建议参与标准：具有5年以上专业舞蹈训练经历，每周至少参加四至五节技术课程。竞赛组选手应拥有丰富赛事经验，并展现较前组别更高水准的技艺。优胜者可获颁奖杯、牌匾、奖牌、现金奖励、特别奖项及奖学金等。

组别 Age Division	年龄范围 Age Range	竞赛级别 Competition Levels	技术要求 Technical Requirements
Pre-Competitive 儿童组	7-8岁	仅限中级级别 Intermediate	禁止足尖表演
Primary Division 初级组	9-11岁	中级级/竞赛级可选 Intermediate or Competitive	禁止足尖表演 可选择报名古典芭蕾 或现代舞
Junior Division 少年组	12-14岁	竞赛级 Competitive	可选择报名古典芭蕾 或现代舞
Senior Division 青年组	15-21岁	竞赛级 Competitive	可选择报名古典芭蕾 或现代舞

参赛类别

古典芭蕾独舞 (Classical Ballet Solo)	少年组和青年组 (Junior and Senior) 选手必须参考剧目清单。赛前组和初级组 (Pre-Competitive & Primary) 选手可以选择清单外曲目，但必须表演符合其年龄和技能水平的编创“古典”作品。
现当代独舞 (Contemporary/Lyrical Solo)	原创编舞/抒情舞蹈
-群舞 (Ensemble) (4人或以上舞者) -双人舞 (Pas de Deux), 双人/三人舞 (Duo/Trio)	古典双人舞 (Pas de Deux - Classical) - 必须从剧目清单中选择。仅限慢板 (Adagio) 和终曲 (Coda)，终曲 (Coda) 不是必须的。变奏 (Variations) 不允许。双人舞组别仅向少年组和青年组选手开放。初级竞赛组 (Primary Competitive) 选手仅可表演无托举、地面动作 (A terre) 并穿软底芭蕾舞鞋的双人舞。

- 根据报名情况和UBC组委会的酌情决定权，双人舞 (Pas de Deux) 和双人/三人舞 (Duo/Trio) 可能会在单独的类别中进行评审。
- UBC总监将根据一个年龄组别内注册的男选手数量，决定该类别中男选手是与女选手同台竞技还是分开竞技。
- 如果在比赛开始前，某个群舞的选手数量减少至低于注册人数，该群舞仍可在原定给该组的时间限制内参赛。如果发生这种情况，请立即联系UBC组委会，以免被扣分。
- 独舞选手可以选择在古典芭蕾或现代舞中报名一个或多个独舞作品，或者两个类别都报。但是，该选手得分最高的独舞作品将被考虑授予奖项和名次资格。例如，一位独舞选手不会在同一类别中获得两个名次。一位选手也可以参加一个或多个群舞。
- 除巴兰钦的所有编舞作品外，其他芭蕾变奏均可参赛，如有剧目列表中没的变奏，可联系组委会进行报备和新增。

道具

选手可以在表演中使用道具，但是，禁止使用危险道具或可能损坏场地、伤害他人的道具，例如：火、尖锐物体、刀具、爆炸物等。道具必须由老师和/或家长及时（最多60秒）搬上/撤下舞台。表演结束后，必须清理干净舞台上的任何碎片，道具必须立即从舞台侧翼移除。道具不能放在大堂或任何妨碍通行的地方。

时间限制

独舞变奏 (Solo variations)	最长 2分30秒
双人舞 (Pas de Deux)	最长 6分00秒
双人/三人舞 (Duo/Trio)	最长 3分00秒
群舞 (4-7位舞者)	最长 4分00秒
群舞 (8位或以上舞者)	最长 5分00秒

包含慢板 (Adagio) 和终曲 (Coda)。如果您表演终曲 (Coda)，请在申请表中注明。

音乐

UBC使用业内最新的尖端 (state of the art) 软件。每位选手将需要提供自己的音乐（使用MP3文件），并需要在注册系统中上传其音乐。

- 所有音乐必须以选手期望的速度录制，并在音乐开头正确剪辑 (cued properly)。比赛现场无法对音乐进行任何调整。工作室负责人/选手必须随时准备好备份U盘 (backup USB)。

授权协议

通过签署《环球芭蕾舞大赛授权协议》，所有注册选手授予环球芭蕾舞大赛 (UBC) 及其代表权利，允许他们在地方或国家电视台、宣传视频、营销材料、互联网或任何其他视觉媒体上发布其照片/视频，UBC认为此举有助于推广其比赛。此外，免除UBC的所有代表、工作人员的责任，不对他们在参与或出席任何与所有UBC活动相关的活动时遭受的任何及所有损害或伤害索赔负责。由UBC以及UBC委托的任何独立代表拍摄的所有照片/视频均成为UBC的财产。UBC保留在比赛现场和在线出售所述照片/视频供购买或下载的权利。

附加信息

环球芭蕾舞大赛 (UBC) 以及承办活动的场馆不承担任何出席或参与比赛者所遭受的任何人身伤害或财产损失的责任。UBC 保留在必要时调整比赛地点/日期/时间，或在必要时将比赛延长为多日的权利。所有对原始提交报名的更改必须以书面形式提出；不接受口头要求。原始报名的更改必须在比赛活动开始前七天收到。UBC保留在任何时候认为必要时更改、删除或增补任何规则、条例或政策的权利。UBC保留因报名人数不足、天气原因或其他不可预见情况取消任何活动的权利。如果因恶劣天气或不可预见情况发生，且UBC取消活动且未重新安排，将退款（注册费不予退还）或下一年度抵用额度。如果活动重新安排，则不予退款。

奖项

UBC采用最先进的技术进行评审和分数统计。比赛现场将有三位具备专业资质的评委。当舞者在舞台上比赛时，每位评委将同时、独立地通过我们先进的软件录制口头的点评 (critiques)、评论 (comments) 和鼓励性话语 (encouraging remarks)。计分员将宣布舞者所获奖项的等级（铜奖 Bronze、银奖 Silver、金奖 Gold、高级金奖 High Gold 或 UBC白金奖 UBC Platinum）。

- 每个工作室将在比赛结束后7天内通过电子邮件收到其学生表演的免费视频，视频中包含每位评委的点评。这些视频对舞者来说极其宝贵，因为他们可以通过专家的建议和积极的评价来学习和成长。工作室负责人和老师非常重视这些视频，并将其广泛用作教学工具
- 每位选手将获得满分300分的分数。任何被评委认为在UBC比赛中不恰当的舞蹈动作、服装或音乐，将导致被取消资格。

等级 (Level)	中级组 (Intermediate Level)	竞赛组 (Competitive Level)
UBC白金奖 (UBC Platinum)	276-300	282-300
高级金奖 (High Gold)	265-275	270-281
金奖 (Gold)	255-264	260-269
高级银奖 (High Silver)	244-254	250-259
银奖 (Silver)	228-243	235-249

奖项设置 Awards

每位选手将根据评分获得对应奖牌。此外，各年龄组内各类别最高分选手将获“高分奖”。UBC 有权根据报名人数调整奖项数量。

评委将为优秀选手颁发现金奖、礼品券、暑期密集训练奖学金、职业合同、工作室学费奖学金、舞蹈服饰、舞蹈鞋、摄影机会或其他特别奖（由评委酌情决定）。

UBC 大奖 (Grand UBC Award)：少年组与青年组各设一名，由UBC评委评选为该组别内在古典芭蕾与现代舞类别中均超越其他选手的舞者。参选者需同时报名古典芭蕾独舞与现代 / 抒情独舞。若选手仅报名参加古典芭蕾独舞或现代/抒情独舞，仍可参与其单项类别的奖牌评选。

总决赛 (UBC Grand Prix Finals)

竞技组独舞、双人舞及中级 / 竞技组三人舞 / 组合，若在 UBC 区域赛中获“高金”或“UBC 白金”评级，即可晋级总决赛。

UBC每场赛事都会提供价值超过30万美元的奖学金

SCHOLARSHIP SPONSORS



UBC大师课

而UBC大师课正是评估选手，并考察是否发放奖学金或舞团合同的关键环节。UBC大师课（对7岁以上的独舞选手是必须参加的，对群舞选手是可选的）由大师级教师授课，将为评委和舞团总监提供在工作室环境下观察每位舞者的机会，以便在提供奖学金或合同时做出明智的决定。评委和舞台总监在工作坊和舞台上寻找的标准是：技巧 (technique)、艺术表现力 (artistry)、可塑性 (“teachability”) 和潜力 (potential)。

- 女生着装要求：黑色紧身衣 (Black leotard)，粉色或肉色芭蕾连裤袜 (pink or flesh-toned ballet tights) 和芭蕾舞鞋 (ballet slippers)。
- 男生着装要求：黑色紧身裤 (Black tights)，白色T恤 (white t-shirt)，黑色或白色芭蕾舞鞋 (black or white ballet shoes)。

A group of ballerinas in white tutus performing a classical ballet on a stage. The scene is captured from a high angle, showing the dancers in various poses, some with arms raised and others in more dynamic, low-to-the-ground positions. The lighting is soft and focused on the dancers, creating a classic and elegant atmosphere.

CLASSICAL REPERTOIRE
古典剧目

芭蕾舞	作曲家 / 编舞家	变奏
浮士德	朱尔斯·佩罗 贾科莫·帕尼扎 迈克尔·安德鲁·科斯塔	所有的变奏曲
冈扎诺的花卉节	赫尔斯泰德 / 布农维尔	双人舞以及所有的变奏曲
吉赛尔	亚当 / 佩罗, 科拉利	吉赛尔的变奏曲, 第一幕的农民双人舞, 第二幕的双人舞变奏曲
毕业舞会	安塔尔·多拉蒂 约翰·施特劳斯二世 大卫·利希内	小鼓手变奏曲及女孩们的变奏曲
古典大双人舞	奥柏 / 戈索夫斯基	双人舞及变奏曲
百万丑角	德里戈 / 佩蒂帕	双人舞及变奏曲
舞姬	明库斯 / 佩蒂帕	第三幕的三位幽灵(影子)变奏曲、甘扎蒂变奏曲、双人舞及变奏曲、铜偶(变奏曲)、妮基娅双人舞(请注意:妮基娅变奏曲不接受参赛,除非时长在两分三十秒以内。)
艾斯米拉达	普尼 / 佩蒂帕	双人舞及变奏曲
关不住的女儿	赫特尔 / 尼金斯卡, 罗曼诺夫	双人舞及变奏曲

芭蕾舞	作曲家 / 编舞家	变奏
仙女	勒文斯基奥德 / 布农维尔	双人舞及变奏曲
军中卖花女	普尼 / 圣 - 莱昂与切里托	所有的变奏曲
海盗	亚当, 德里戈 / 佩蒂帕	奴隶之舞及变奏曲、后宫佳丽变奏曲、有灵花园(或动态花园)、第三幕双人舞及变奏曲
仙女们/肖邦组曲	肖邦 / 福金	男子马祖卡舞和女子马祖卡舞第七号圆舞曲和第十一号圆舞曲前奏曲
劳伦西亚	亚历山大·克莱因 瓦赫坦·恰布基阿尼	劳伦西亚与弗朗多索的变奏曲
拿波里	保利 / 布农维尔	六人舞及变奏曲
帕基塔	明库斯 / 佩蒂帕	双人舞及任意变奏曲(请注意:帕基塔主角舞段不接受参赛,除非时长在2分30秒以内)
四人舞	普尼 / 佩罗, 多林	四人舞(在群舞规定时间范围内)双人舞及变奏
法老的女儿	普尼 / 佩罗	双人舞、结尾段(尾声)和变奏

芭蕾舞

作曲家 / 编舞家

变奏

雷蒙达

格拉祖诺夫 / 彼季帕

所有的变奏曲

威尼斯狂欢节

普尼 / 彼季帕

双人舞及变奏

天鹅湖

柴可夫斯基 / 彼季帕
伊凡诺夫

三人舞及变奏、奥杰塔
的变奏第二幕黑天鹅双
人舞及变奏

花神的苏醒

德里戈 / 彼季帕

所有的变奏

巴黎的火焰

阿萨菲耶夫 / 维伊诺年

双人舞和变奏

胡桃夹子

柴可夫斯基 / 佩皮塔

双人舞和变奏曲

睡美人

柴可夫斯基 / 彼季帕

仙女们的变奏曲、第一幕
第二幕和第三幕中奥罗
拉(公主)的变奏曲。蓝鸟
双人舞及变奏曲、婚礼双
人舞及变奏曲

瓦尔普吉斯之夜

古诺 / 拉夫罗夫斯基
罗西尼 / 布农维尔

双人舞及变奏曲

魔符

施尼茨霍费尔/德里戈/彼季帕

所有的变奏曲

芭蕾舞	作曲家 / 编舞家	变奏
卡门组曲	比才 / 阿尔韦托·阿隆索	双人舞, 所有的变奏部分
葛蓓莉娅	德利布 / 圣 - 莱昂	双人舞, 所有的变奏部分
狄安娜与阿克泰翁	普尼 / 瓦冈诺娃	双人舞, 所有的变奏部分
堂吉诃德	明库斯 / 佩罗	所有变奏, 包括第一幕、第二幕和第三幕的变奏, 基特里 (Kitri) 的所有变奏以及林中仙女女王 (的变奏)。第三幕的双人舞
仙女娃娃	德里戈 / 莱加特	(音乐、舞蹈等的) 变奏曲
Ballet	Composer/Choreographer	Variations
Carmen Suite	Bizet/Alberto Alonso	Pas de Deux, all variations
Coppelia	Delibes/St. Leon	Pas de Deux, all variations
Diana & Acteon	Pugni/Vaganova	Pas de Deux and Variations
Don Quixote	Minkus/Petipa	All variations, Act I, Act II and Act III Variations, All Kitri' s Variations and Queen of the Dryads. Pas de Duex Act III
Fairy Doll	Drigo/Legat	Variation

Ballet	Composer/Choreographer	Variations
Faust	Jules Perrot , Giacomo Panizza Michael Andrew Costa	All Variations
lower Festival at Genzano	Helsted/Bournonville	Pas de Deux and all Variations
Giselle	Adam/Perrot, Coralli	Variation of Giselle Act I Peasant Pas de Deux, Pas de Deux Variation from Act II
Graduation Ball	Antal Dorati, Johann Strauss II, David Lichine	Drummer Boy variation & Girls Variation
Grand Pas Classique	Auber/Gsovsky	Pas de Deux and Variations
Harlequinade	Drigo/Petipa	Pas de Deux and Variations
La Bayadere	Minkus/Petipa	Three Shade Variatons Act III; Gamzatti Variation Pas de Deux and Variations Bronze Idol, Nikia Pas de Deux (Please note:Nikia Vairiation is not accepted for competition unless under 2:30 minutes.)
La Esmeralda	Pugni/Petipa	Pas de Deux and Variations
La Fille Mal Gardee	Hertel/Nijinska, Romanoff	Pas de Deux and Variations

Ballet	Composer/Choreographer	Variations
La Sylphide	Lovenskjold/Bournonville	Pas de Deux and Variations
La Vivandiere	Pugni/Saint-Léon & Cerrito	All Variations
Le Corsaire	Adam, Drigo/Petipa	Pas d' Esclave and Variations Odalisques Variations, Jardin Anime Act III Pas de Deux and Variations
Les Sylphides /Chopiniana	Chopin/Fokine	Male and Female Mazurkas Waltz # 7 and Waltz # 11, Prelude
Laurencia	Alexander Krein Vakhtang Chabukiani	Variations of Laurencia & Frondoso
Napoli	Paulli/Bournonville	Pas de Six and Variations
Paquita	Minkus/Petipa	Pas de Deux and Any Variation (Please note: Paquita Etoile, is not accepted for competition unless under 2:30 minutes)
Pas De Quatre	Pugni/Perrot, Dolin	Pas De Quatre (within in time limit for Ensembles) Pas de Deux and Variations
Pharaoh' s Daughter	Pugni/Petipa	Pas de Deux, Coda and Variations

Ballet	Composer/Choreographer	Variations
La Sylphide	Lovenskjold/Bournonville	Pas de Deux and Variations
La Vivandiere	Pugni/Saint-Léon & Cerrito	All Variations
Le Corsaire	Adam, Drigo/Petipa	Pas d' Esclave and Variations Odalisques Variations, Jardin Anime Act III Pas de Deux and Variations
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Pas De Quatre	Pugni/Perrot, Dolin	Pas De Quatre (within in time limit for Ensembles) Pas de Deux and Variations
Pharaoh' s Daughter	Pugni/Petipa	Pas de Deux, Coda and Variations

Ballet	Composer/Choreographer	Variations
Raymonda	Glazunov/Petipa	All Variation
Satanella	Pugni/Petipa	Pas de Deux and Variations
Swan Lake	Tchaikovsky/Petipa, Ivanov	Pas de Trois and Variations Odette's Variation, Act II Black Swan Pas de Deux and Variations
The Awakening of Flora	Drigo/Petipa	All Variation
The Flames of Paris	Asafiev/Vainonen	Pas de Deux and Variations
The Nutcracker	Tchaikovsky/Petipa	Pas de Deux and Variations
The Sleeping Beauty	Tchaikovsky/Petipa	Variations of Fairies, Aurora's Variations from Act I, Act II and Act III. Blue Bird Pas de Deux and Variations, Wedding Pas de Deux and Variations
Walpurgis Nacht William Tell	Gounod/Lavrovsky Rossini /Bournonville	Pas de Deux and Variations Pas de Deux and Variations
The Talisman	Schnietzhoeffler/Drigo/Petipa	All variations

20th & 21st Century Choreography 20世纪和21世纪编舞

UBC大赛特设资深竞赛组舞者单元（仅限Senior组15-21岁选手参赛），旨在为其融入职业舞团生涯铺路，并引荐其研习20至21世纪编舞大师作品。作为首个且唯一将享誉全球的编舞家引入资深竞赛组并在本赛事独家竞技的平台，UBC深感自豪。这些编舞家曾为世界各大舞团创作，如今与我们志同道合，致力于将当代舞蹈作品引入竞赛舞台。

我们荣幸宣布本季UBC特邀编舞家阵容：瓦尔·卡尼帕罗利（旧金山芭蕾舞团驻团编舞）、罗伯特·乔弗里（乔弗里芭蕾舞团创始人）、杰拉尔德·阿尔皮诺（美国舞蹈传奇）、乔丹·莫里斯（加拿大皇家芭蕾舞团首席编导），更多大师名单将于后续揭晓。

详情请见UBC官网20世纪和21世纪编舞目录

<https://universalballetcompetition.com/20th-21st-century-repertoire/>



赛事报名与咨询

Registration and Inquiries

中国区赛事报名详情请关注 SALA飒莱国际舞蹈展演官方平台及UBC-Asia官方平台, 让我们共同见证芭蕾艺术跨越国界的光芒!
【UBC赛事官网<https://universalballetcompetition.com/>】

For detailed information regarding the registration for the UBC competitions in China, please follow the official platforms of SALA International Dance Showcase and the official platform of UBC-Asia. Let's jointly witness the radiance of ballet art transcending national boundaries!

UBC-Asia Semi-Finals收费标准

类型	报名费用	单位	备注
注册费 Registration Fee	200RMB	人	为确保预留参赛名额，以及选手信息录入系统及管理，需立即缴纳 不可退还 的注册费作为报名费用
独舞 (1人) Solo	1700RMB	人	包含参赛费用 体服1件+UBC包袋 奖牌等工本费用
双三人舞 (2-3人) Pas de Deux /Duo/Trios	1100RMB	人	
群舞 (4人及以上) Ensemble(above 4 Dancers)	700RMB	人	
大师课 MasterClasses	1280RMB	人	独舞选手必须参加，群舞者可自行决定。报名群舞想上大师课的选手必须在另外注册环节登记
免费服务 For Free			免费视频直播
服务可选	费用	单位	含服务项
摄影摄像 Photography Video	300RMB	节目	节目纯享视频1条，及5张照片

报名截止日期：2025年7月14日-2025年10月31日

- 1. 咨询报名：**咨询UBC-Aisa官方微信号
- 2. 机构注册：**由于UBC现场应用全线上无纸化流程，因此需要机构特别注意信息的填写正确与否。点击链接注册机构：
<https://jsj.top/f/h9zdy1>（必须要提供所有完整信息，否则有可能报名不成功）注册后务必记得收藏填写的账号和登陆密码。
- 3. 节目信息搜集：**机构或个人提交节目信息表（务必确保所填信息的真实准确，注意：选手的邮箱是必须要正确填写的）。
- 4. 信息提报：**组委会审核后将所有信息上传至UBC官方报名系统，5个工作日内将会反馈报名结果。
- 5. 音乐上传：**由于UBC现场应用全线上无纸化流程，请务必在赛前**30天之前**提交音乐节目音乐至组委会，如超过期限提交，则视为提交失败。
- 6. 特别说明：**组委会将负责所有参赛机构与选手的统计、档案管理、中英翻译、疑问咨询等工作。

A Non-refundable Deposit should be made for the registration fees (¥ 200 per dancer) at the time the entries are added into the system in order to confirm your space.

Registration Fee: ¥ 200 per dancer

Masterclass ¥ 1280.00 per dancer (compulsory for all dancers doing solos, optional for group dancers. Group Dancers wishing to attend master classes must mention in blank).

Solos ¥ 1700/dancer

Duo/Trios ¥ 1100/dancer

Pas de Deux ¥ 1100.00 /dancer

Ensembles ¥ 700/dancer

UBC

UNIVERSAL BALLET COMPETITION

每年为选手提供

超过300万美元奖学金

JOFFREY
BALLET SCHOOL
FOUNDED BY ROBERT JOFFREY IN 1953

ABT AMERICAN
BALLET
THEATRE

RWB CANADA'S ROYAL
WINNIPEG BALLET
ARNDT LARSEN ARTISTIC DIRECTOR

 DANCE THEATRE OF HARLEM

PNB PACIFIC
NORTHWEST
BALLET

B Ballet
Hispanico

KANSAS
CITY
BALET

CC
BALLET
NORTHERN
COLORADO

GA
GRAND ART BALLET
DANCE STUDIO

CE
COMPLEXIONS
JULIE LITVIN

PHILADELPHIA
Ballet
ANDEL CORELLA - ARTISTIC DIRECTOR

ORLANDO BALLET

cincinnati
BALLET

FREDERICK GUINNEY LAWSON
Ballet West
Academy
FRANK BRONKHORST
ARTISTIC DIRECTOR
PARK CITY CAMPUS

Duncan Cooper
WORKSHOP

AKB
ALONZO KING LINES BALLET



阿隆佐·金 LINES 芭蕾舞团(AKLB)



阿隆佐·金 LINES 芭蕾舞团 (AKLB) 是一家扎根于美国旧金山湾区的当代芭蕾舞团。该舞团由著名编舞家阿隆佐·金创办，并于1982年在旧金山州立大学麦肯纳剧院首度亮相。历经四十余载的发展，舞团已茁壮成长为一个蜚声国际的当代芭蕾舞团，并发展成为旧金山重要的舞蹈中心、教育机构及多元艺术中心。

The Alonzo King LINES Ballet (AKLB) is an American contemporary ballet company based in the San Francisco Bay Area. The ballet company was founded by choreographer Alonzo King and made its debut at the McKenna Theatre of San Francisco State University in 1982. For more than 40 years, it has become a world-renowned contemporary ballet company, a dance center, an educational center, and an art center in San Francisco.



西班牙芭蕾舞团舞蹈学校



逾半世纪以来，西班牙芭蕾舞团舞蹈学校始终是舞蹈教育的标杆，点燃了一代代青年舞者的艺术热忱。五十四载的艺术积淀，不仅深刻诠释了舞蹈重塑生命的力量，更持续塑造着广阔艺术天地的新图景。

For more than fifty years, the Dance School of the Spanish Ballet Company has been a paragon of dance education, igniting the passion for dance among countless young artists. With a history of 54 years the school stands as a testament to the transformative power of dance in shaping individual lives and the broader artistic landscape.

Duncan Cooper WORKSHOP



邓肯·库珀舞蹈工作坊

邓肯·库珀先生出生于科罗拉多州丹佛市，现居旧金山。因年少时长期生活于纽约及湾区，他自认是跨越东西海岸的“双栖人”。其职业生涯曾深度携手两大顶尖舞团——旧金山芭蕾舞团与哈莱姆舞蹈剧院，更在后者担纲首席舞者长达九载。随团全球巡演的生涯，令他足迹遍及世界舞台。

Mr. Duncan Cooper was born in Denver, Colorado, and currently resides in San Francisco. However, having spent a considerable amount of time growing up in both New York and the Bay Area, he considers himself a native of both the East and West Coasts. In his career, he has collaborated with two large companies, namely the San Francisco Ballet and the Harlem Dance Theatre where he served as the principal dancer for nine years. His tours with these companies have taken him all over the world.

ABT AMERICAN BALLET THEATRE



美国国家芭蕾舞团

美国芭蕾舞剧院（American Ballet Theatre，简称ABT）1939年创立于纽约，被誉为美国芭蕾舞艺术活态丰碑，全球舞者心驰神往的圣殿级艺术摇篮。作为常驻纽约的核心舞团，ABT始终保持全美唯一年度巡演体系的顶级文化机构地位，年度观演人次逾三十万。

The American Ballet Theatre (ABT for short), founded in New York the United States in 1939, is a national treasure-level ballet performance troupe in the United States and a "palace-level dance troupe" that ballet enthusiasts all over the world yearn for. Based in New York, ABT is the only mainstream cultural institution in the United States that maintains a national tour every year, attracting an average of 300,000 audience members annually.



BALLET
NORTHERN
COLORADO



峡谷音乐会芭蕾舞团

峡谷音乐会芭蕾舞团 (Canyon Concert Ballet, CCB) 雄踞北科罗拉多州顶尖舞团之首, 以芭蕾美学为根基、社区共创为血脉, 构建多种课程谱系。作为科罗拉多州第二大舞蹈机构及非营利艺术组织, CCB始终践行“舞蹈无界”理念——从职业舞团到全域舞蹈学院, 现代舞、爵士舞与踢踏舞等多元项目向全民开放。年度剧目季完整呈现横跨古典至先锋的时空芭蕾对话, 极致释放舞者与编舞的艺术势能。诚邀您浸入这片跃动热土, 与我们共同编织舞蹈艺术的经纬, 推动北科州乃至更远疆域的文化升维。

The Canyon Concert Ballet (CCB) is the top dance company in Northern Colorado. They offer a variety of classes, with an emphasis on ballet education and community engagement. CCB is now the second largest dance organization in Colorado. As a non-profit organization, CCB is committed to making dance accessible to everyone. We provide a wide range of programs including modern dance, jazz dance, and tap dance, from our professional-level ballet company to our comprehensive dance school. Every year, the dance company presents a full performance season, featuring beloved classics and contemporary works, showcasing the talents of the company's dancers and choreographers. The Canyon Concert Ballet invites you to be a part of our vibrant and energetic dance community. Together, we create, inspire, and elevate the art of dance in Northern Colorado and beyond.



cincinnati
BALLET



辛辛那提芭蕾舞团

辛辛那提芭蕾舞团奥托·M·布迪格学院, 以舞蹈之力为基, 践行三重艺术使命: 丰润生命质地、淬炼卓越品格、熔铸社群纽带。我们以全球顶尖舞蹈教育体系辐射辛辛那提, 贯通职业晋升与终身热爱双轨路径。笃信舞蹈训练可激活个体多维潜能, 使其在人生诸域绽放艺术影响力。在全美认证导师引领下, 恪守“启智·淬技·铸魂”核心准则, 于滋养式教学场域中, 驱动全体学子抵达艺术生涯至高点。

The mission of the Otto M. Budig Academy of the Cincinnati Ballet is to enrich lives, inspire excellence, and foster community through the power of dance, serving the Cincinnati area with world-class dance education programs. Whether students aspire to dance as a career or pursue it as a personal passion, we believe that dance training can enable them to unlock their potential and demonstrate its impact in all aspects of their lives. Under the leadership of nationally recognized faculty members, our guiding principle is to teach, challenge, and inspire all students to achieve their highest goals in a nurturing and positive environment.



COMPLEXIONS当代芭蕾舞团

Complexions 当代芭蕾舞团由编舞大师怀特·罗登 (Dwight Rhoden) 和传奇舞蹈家戴斯蒙·理查德森 (Desmond Richardson) 于 1994 年共同创立。历经多年发展，舞团已成为美国最具成就的当代芭蕾舞团之一。罗登与理查德森独创了名为“NIQUE”的专利舞蹈训练体系，推动了当代芭蕾舞流派的创新，为当代舞蹈打造了全新的发展平台。

其高强度训练课程汇集了顶尖的现役/退役职业舞者（包括许多首席舞者）、权威舞蹈教育家和客座名师，为学员提供无与伦比的指导，助力他们成为全面发展的优秀舞者。在培训中，舞者们系统学习多种舞蹈技巧——包括古典芭蕾、现当代舞技术、现代舞、爵士舞、即兴创作、街舞以及特有的“NIQUE”当代芭蕾技巧——旨在最大程度地挖掘每位舞者的艺术潜力。

Complexions Contemporary Ballet was co-founded in 1994 by renowned choreographer Dwight Rhoden and legendary dancer Desmond Richardson. Through decades of artistic evolution, it has become one of America's most accomplished contemporary ballet companies. Rhoden and Richardson jointly developed the patented "NIQUE" dance methodology, innovating the contemporary ballet genre and creating a new platform for modern dance. Our intensive training programs bring together elite current/former professional dancers (including principal artists), top dance educators, and guest masters, providing unparalleled mentorship to cultivate versatile, well-rounded dancers. Trainees master multiple dance techniques—including classical ballet, contemporary technique, modern, jazz, improvisation, hip-hop, and our proprietary "NIQUE" contemporary ballet method—maximizing each dancer's artistic potential.



哈莱姆舞蹈剧院

哈莱姆舞蹈剧院学院为3-18岁学员提供阶梯式古典芭蕾与多元舞种课程，深耕跨文化舞者培养，构建安全包容的成长空间。我们以独家研发的DTH分级教学体系为核心，同步开放现代舞、爵士舞等拓展课程，全面激活青少年艺术潜能。在这里，每位学员身心双重安全皆获保障，并在专业引导下探索作为新生代艺术家的无限可能。

The Dance Theatre of Harlem School offers high-quality classical ballet and dance training for children and teenagers aged 3 to 18, ensuring that students from diverse backgrounds feel inspired and supported. In our building, students feel safe both physically and emotionally and are encouraged to explore their fullest potential as growing artists. The classical ballet curriculum follows the meticulously calibrated DTH syllabus, and students also have the option to study other disciplines to expand their developmental capabilities.

ORLANDO BALLET

奥兰多芭蕾舞团



奥兰多芭蕾舞团成立于 1974 年，是佛罗里达州中部唯一的全职职业芭蕾舞团。舞团在菲利普斯博士表演艺术中心与哈丽特·奥兰多芭蕾舞中心制作大型舞台剧目，涵盖永恒的经典杰作与创新的当代全球首演作品，达到最高水准的专业性与艺术卓越性。同时通过社区文化浸润计划、表演讲座示范、知名奥兰多芭蕾舞学校及奥兰多芭蕾舞团本部，持续深化舞蹈影响力。

The Orlando Ballet was founded in 1974 and is the only full-time professional ballet company in Central Florida. The Orlando Ballet produces major stage productions at the Dr. Phillips Center for the Performing Arts and the Harriet Orlando Ballet Centre, including timeless masterpieces and innovative contemporary world premieres, achieving the highest levels of professionalism and artistic excellence. The Orlando Ballet engages in community enrichment programs performance lecture demonstrations, the renowned Orlando Ballet School, and the Orlando Ballet Company.



太平洋西北芭蕾舞学校



太平洋西北芭蕾舞学校创立于1974年，被公认为美国三大芭蕾舞教育机构之一。在艺术总监彼得·博阿尔（Peter Boal）领导下，学校为逾千名学生提供全日制专业课程体系，同时开设开放兴趣课程，每年吸引六百余名青少年与成人学员在支持性氛围中接受兴趣舞蹈教学。学校通过三大教学部门实施阶梯式学年进阶机制，持续提升学员专业水准。

The Pacific Northwest Ballet School was founded in 1974 and is recognized as one of the three major ballet training institutions in the United States. Under the guidance of Peter Boal, the school offers a complete professional curriculum for more than 1,000 students. The school's open classes attract 600 teenagers and adults who wish to receive recreational dance instruction in a supportive and encouraging environment. The Pacific Northwest Ballet School is divided into three departments, which are designed to challenge students through annual studies.



皇家温尼伯芭蕾舞学校



皇家温尼伯芭蕾舞学校创立于1939年，始终致力于培养新生代舞者，助力其实现舞台与人生的双重追求。在校长斯蒂芬·莱昂纳德（Stéphane Léonard）的引领下，学校北美声誉斐然，持续输送卓越舞蹈教育。校内顶级工作室及生活设施坐落于温尼伯历史城区核心，年服务学员逾千名。依托皇家温尼伯芭蕾舞团的附属资源，学员享有独特的舞台实践与艺术家指导机遇。

The Royal Winnipeg Ballet School was founded in 1939 and has long been committed to cultivating the next generation of dancers, helping them achieve their goals both on and off the stage. Under the guidance of the school principal, Stéphane Léonard, the school's reputation has been steadily rising in North America, offering exceptional dance education. The school's state-of-the-art studios and living facilities are located in the historic downtown area of Winnipeg, serving more than 1,000 students each year. The connection with the company provides students with unique performance and mentorship opportunities.



旧金山芭蕾舞团



旧金山芭蕾舞团创立于1933年（时为“旧金山歌剧院芭蕾舞团”），是美国历史最悠久的职业芭蕾舞团，由芭蕾巨匠阿道夫·博尔姆（Adolph Bolm）奠基。舞团现驻旧金山战争纪念歌剧院，艺术总监塔玛拉·罗霍（Tamara Rojo）自2022年12月执掌至今。作为世界级舞蹈名团，其年演出量逾百场，剧目纵贯古典与现代芭蕾，更与美国芭蕾舞剧院、纽约市芭蕾舞团并称“古典舞坛三巨头”，于世界舞台铸就美国芭蕾舞风范。

The San Francisco Ballet is the oldest ballet company in the United States. It was founded in 1933 and was then known as the San Francisco Opera Ballet, led by the ballet master Adolph Bolm. The company is currently located at the San Francisco War Memorial Opera House. Tamara Rojo has served as the director of the company since December 2022. It is one of the world's leading dance companies, performing more than 100 shows each year, with a repertoire that covers both classical and modern ballet. The San Francisco Ballet, together with the American Ballet Theatre and the New York City Ballet, is hailed as "the Big Three of the great classical dance companies that define the American style on the world stage today."



弗雷德里克·奎尼·劳森 芭蕾西部学院

弗雷德里克·奎尼·劳森芭蕾西部学院作为芭蕾西部的官方学校，是犹他州首屈一指的舞蹈培训机构，为准专业学员及渴望深度探索这门高雅艺术的学生提供最高标准的芭蕾教学。学院不仅与芭蕾西部职业舞团及艺术团队建立独特合作关系，更拥有卓越的师资队伍，致力于全面培育和激励学生——使其兼具卓越舞者的技艺与健康个体的素养。学员在培育性与积极性的环境中，通过结构化课程体系，针对性发掘个人优势与潜能。

The Frederick Quinney Lawson Ballet West Academy is the official school of Ballet West and the premier dance training institution in Utah. It provides the highest standard of ballet instruction for pre-professional students as well as those who wish to gain a deeper understanding of this beautiful and challenging art form. In addition to establishing a unique relationship with Ballet West's professional company and artistic staff, we also have an excellent teaching faculty. They are committed to nurturing and inspiring children to develop comprehensively, enabling them to become both accomplished dancers and healthy individuals. Students at the Academy experience a structured curriculum in a nurturing and positive environment targeting and exploring the individual strengths and abilities of each student.



GRAND ART BALLET
DANCE STUDIO

GRAND ART BALLET 舞蹈工作室

GRAND ART BALLET舞蹈工作室秉承跨文化芭蕾教育范式，深度整合俄罗斯瓦冈诺娃体系教学传统与西方芭蕾技术精髓；依托横跨14国（匈牙利、乌克兰、俄罗斯、美国、日本、德国、意大利、中国大陆等）的国际级师资智库——涵盖资深芭蕾大师、首席舞者及编舞家——构建多维经验传承网络。通过系统性萃取全球顶级舞蹈方法论（含瓦冈诺娃教学体系、巴兰钦新古典主义技术及切凯蒂意派教学体系），工作室为职业舞者培养提供跨体系进阶训练，同时为芭蕾爱好者开辟专业化艺术通识通道。

Combining the fine traditions of Russian ballet teaching methods with Western ballet techniques and experiences. At the same time, we have benefited from international experience and cooperation with many renowned ballet masters teachers, dancers and choreographers who enjoy a high reputation in the industry. We integrate the excellent traditions of Russian ballet education methods with Western ballet techniques and experiences. Meanwhile, we also make full use of our international experience and cooperation with various well-known and experienced ballet masters, teachers, dancers and choreographers. As professional dancers and teachers from different countries such as Hungary, Ukraine, Russia, Slovakia, the Czech Republic, Mainland China, Hong Kong, the United States, Japan, Austria, Germany and Italy, we have worked and collaborated with a large number of ballet dancers and professional teachers, and have collected diverse and important experiences and professional skills. This is of great help in cultivating the next generation of dancers and provides an excellent opportunity for ballet enthusiasts to enter the magical world of ballet and the art of dance.



PHILADELPHIA
Ballet
 ANOEL CORELLA · ARTISTIC DIRECTOR

费城芭蕾舞学校

费城芭蕾舞校承袭舞蹈泰斗乔治·巴兰钦之艺术血脉——这位俄罗斯圣彼得堡裔编舞巨匠移民美国后，毕生致力以教育延续芭蕾生命力。1963年，其嫡传弟子芭芭拉·韦斯伯格践行师志，创立宾夕法尼亚芭蕾舞团并构建职业舞团——舞校双向人才通道。今时校址设于费城中心城路易斯·E·卢瑞舞蹈中心，由费城芭蕾舞团艺术总监安吉尔·科雷拉执掌艺术方向。虽立校根基深植巴兰钦体系，现课程已超越单一样式，创新融合瓦冈诺娃学派精髓及多流派教学法，遵循人体机能与动作发展科学规律。

The origins of the Philadelphia Ballet School can be traced back to the renowned George Balanchine, who is one of the most celebrated choreographers in the history of dance. Hailing from Saint Petersburg, Russia, upon arriving in the United States Balanchine was passionately committed to nurturing ballet and ensuring its lasting vitality through education. One of his devoted disciples, Barbara Weisberger founded the Pennsylvania Ballet in 1963. Like Balanchine, she had an unwavering passion for teaching and dreamed of seamless collaboration between a professional dance company and an academy for aspiring dancers. Today, the school operates at the Louis E. Lurie Dance Center in Center City, Philadelphia, under the visionary leadership of Ángel Corella, the Artistic Director of the Philadelphia Ballet. Although the school's origins are deeply rooted in Balanchine's legacy, its current curriculum extends beyond a single style. We adopt a comprehensive approach drawing inspiration from the Vaganova method while incorporating other syllabi that are in harmony with the organic development of movement and function.



堪萨斯城芭蕾舞学校

堪萨斯城芭蕾舞学校（KCBS）系堪萨斯城芭蕾舞团官方指定教育机构，在院长奥利弗·蒂尔（Oliver Till）引领下，为专业预科学员提供全日制进阶课程。学校双校区分布于密苏里州堪萨斯城市中心及约翰逊县，拥有逾50名资深师资。其开放兴趣课程吸引大量青少年与成人学员，在支持性环境中修习休闲舞蹈艺术。秉承古典芭蕾传统精髓的综合教学法，赋能学生纵横艺术界与职业舞坛；通过严谨训练体系——涵盖自律塑造、自信培育、专注力及协作力淬炼——塑造终身受用素养。逾600名在校生以高标自我要求与卓越作品意识，奠定其中西部六州最大芭蕾教育基地地位。全部课程由顶级师资团队于尖端配置工作室执教，核心课程特设现场钢琴伴奏。

The Kansas City Ballet School (KCBS) is the official school of the Kansas City Ballet. Under the guidance of School Principal Oliver Till, the school offers a complete professional curriculum for its academy students. Located in downtown Kansas City and Johnson County, the school has more than 50 faculty members. The school's open classes attract teenagers and adults who wish to pursue recreational dance instruction in a supportive and encouraging environment. Our comprehensive approach is based on the traditions of classical ballet, preparing students for the broadest range of opportunities in the art world and the professional dance industry. Students develop skills associated with academic success, including self-discipline, self-confidence, and the ability to focus and collaborate. Our students recognize the importance of the process and the quality of their work, while setting high standards for themselves in all areas. Currently, the academy has more than 600 students and is one of the largest ballet schools in the region. All classes are taught by KCBS's highly acclaimed faculty in our state-of-the-art studios. We are extremely delighted to offer live piano accompaniment in many of our classes.



JOFFREY
BALLET SCHOOL
FOUNDED BY ROBERT JOFFREY IN 1953

乔弗里芭蕾舞学校

乔弗里芭蕾舞学校（1953年由罗伯特·乔弗里与杰拉尔德·阿尔皮诺创立）矢志锻造兼具艺术实力、多元技艺与开放思维的职业艺术家，使其在剧变社会中践行包容协作、持续成长。逾六十载发展历程中，学校始终领航美国舞蹈教育前沿，毕业生活跃于全球顶尖芭蕾舞团（如美国芭蕾舞剧院、荷兰国家芭蕾舞团）及先锋现代舞团。课程体系涵盖职业预科强化训练、课后进阶项目、多舞种暑期集训（芭蕾/现代/爵士/嘻哈），并设面向爱好者与专业人士的公开大师课，全面构筑舞蹈人才培养矩阵。

The mission of the Joffrey Ballet School is to cultivate passionate dance students into strong versatile, and open-minded professional artists, enabling them to work inclusively, collaborate actively, and develop smoothly in a rapidly changing and diverse society. The Joffrey Ballet School was founded in 1953 by Robert Joffrey and Gerald Arpino. Over its history of more than 60 years, the Joffrey Ballet School has been at the forefront of dance education in the United States. The school's graduates have gone on to dance with major ballet companies in the United States and abroad, as well as with numerous modern and contemporary dance companies. The Joffrey Ballet School's curriculum includes intensive pre-professional training, after-school programs, summer intensives in various dance genres, and open classes for enthusiasts and professionals.

UBC

UNIVERSAL BALLET COMPETITION

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