



TangoForge

How to Train Alone

photos from
the Ballerina Project

Designing this guide, I considered various images of solitude.

I found that the images from The Ballerina Project best captured the aspiration, readiness, and yearning I suspect many Tango dancers feel as we wait through The Distance, and whenever we train alone.

Contents

Discipline

Strength

Balance

Flexibility

Speed

Musicality

Partner Practice



Discipline

The most difficult part of solo home practice is starting your sessions.

To resolve this, find the training time that feels easy. For me it's 30 minutes. Set a timer so you know when you've achieved your goal.

Then design the start with an easy ritual, so that once you do this part, you're committed. For me it's taking my amino acids. They kick in after 30 minutes, so then I'm committed to start.

Another option is to train remotely with a friend. Even if you are doing different workouts, making a date will help you both to keep the commitment.



Strength

Tango dancers need control more than power, so do at least one strength-building exercise each session. The important muscles are: quadriceps, peroneals, piriformis, transverse abdominus, triceps, shoulder external rotators, and obliques.

Enroll in the TangoForge Exercise Center or use our free video series, "Muscle Fashion Imagination".



Balance

It's not a character trait, it's a skill. Solo training is very simple. Put on some music and take different sizes of steps in different directions.

As you arrive to each new base leg, **POSITION** the front of its rib cage over the knuckle of its big toe, and then **STABILIZE** its muscle chain by contracting its quadriceps muscle.

To check, challenge, and play with your balance do voleos, extensions, pivots, and adornos with your free leg before moving into the next step.

Be sure to maintain the **POSITION** during all movements. It may help to place a finger on the rib cage to remind and guide.



Flexibility

The three areas where flexibility is important for tango dancers are shoulders, hips, spine, and ankles.

Stretching is an excellent strategy for showing yourself that pain subsides and that you can go beyond what you know. Choose passive stretches and let gravity pull your body deeper into the stretch.

Use our free collection of [Recommended Stretches](#) or buy the excellent [Gravity Yoga](#) series from Yoga Body.



Speed

Most sloppy dancing is just dancers moving beyond their own speed limit. Dancing faster is mostly about being able to establish your balance on your new base leg directly.

Use the balance exercise, but skip the fancy moves with the free leg. Instead vary the speed and size of your steps, checking to be sure that even in tiny fast steps, you have arrived to the correct position every time, rapidly organizing the structure of your base leg's bones.



Musicality

To develop and improve musicality, dance with 3 meters of wall and music you love.

Improvise with lateral movements moving back and forth along the wall. You can use the following Elements:

- ochos
- molinete lineal
- circular and linear voleos
- rebote cadera
- change of foot
- crosses

For reminders of the variations of all the Elements, see our free video series, “Elements of Argentine Tango”.





Partner Practice

When practicing with a partner follow these guidelines:

Agree to an agenda before starting. Assure one another that it's ok to ask for repeating moves many times.

Don't give more than two pieces of feedback per session.

Treat this person with the care you would treat your most important client.

Always share the responsibility for problems.

And: Don't wait for a partner!
See our [Action Plan for Building Partners](#)

This is IT

Whenever you are training, alone or with a partner, keep in mind that this dance is your life dance.

It's partly preparation for something you hope for in the future.

It's also you, your body, music, movement, and possibly a wonderful friend. Now. Alive. Dancing.

Don't disregard or devalue this moment. Actively notice its charms and gifts.

Be grateful for what you can do. Luxuriate in the absence of judging eyes. Admire yourself.

Dress up.



Links

[TangoForge Exercise Center](#)

[TangoForge Muscle, Fashion, Imagination FREE Video Series](#)

[TangoForge Collected Stretches FREE](#)

[Yoga Body Gravity Yoga Program](#)

[TangoForge Elements of Argentine Tango FREE Video Series](#)

[TangoForge Build the Partners you Want FREE Action Plan](#)

