

How to attach Ballet Ribbons

YOU WILL NEED;

Ballet Ribbons - matt ribbons only and purchased from a dance shop

Strong Cotton - light pink to match shoes

Fine Needle - to get through easily

Pins – to position whilst sewing

Scissors – to cut ribbons to size

Marker or Pen – to indicate wear to attach ribbons

Fray Stoppa or Lighter – to finish off ends of ribbons

Helpful hint: It is a good idea to get a little kit together. It should include; needles, thread, pins, small sharp scissors, a lighter or Fray Stoppa (which has many uses apart from stopping ribbons from fraying). Fray Stoppa can be purchased from Spotlight.



Harbour Performing Arts Centre

Here's how to sew on ribbons...

1. HAVE EVERYTHING READY IN FRONT OF YOU

2. Fold ribbons in half and cut so you have 4 equal pieces (2 for each shoe)
3. Hold the shoe and fold down the back toward the sole. This indicates where you need to attach the ribbons at the side of the shoe
4. Look at where the end of the shoe comes to, and then use a pen or marker to mark this on the side of the shoe. This is where the ribbon will attach
5. Use pins to secure the ribbon turning under the bottom edge of the ribbon at the bottom, this stops it fraying and makes a thicker more secure edge to sew through
6. Before sewing, try them on your child to ensure they are in the correct position
7. *Pointe shoes – check that the elastic part of the ribbon will wrap around the back of the heel (this protects the Achilles tendon). An additional elastic from the heel around the front of the ankle can be used to stop the back of the shoe slipping off
9. Now you can sew them on using a matching pink strong cotton doubled over. Make sure you sew along the very top edge of the shoe being careful not to sew through the draw string
9. It is important when attaching ribbons to secure them all the way to the bottom of the shoe for added strength
10. Try them on again to check they are sitting correctly (ask your teacher if you are unsure)
11. The ribbon ends will need cutting and finishing off with Fray Stoppa (which can be bought from Spotlight) or, they can be lightly burnt with a lighter
12. The knot should be tied on the inside of the ankle just behind the ankle bone. You need to leave enough ribbon so that they can be re-tied and tucked back in (approx. 5-6cm)



Cotton, pins, needle, scissors and Fray Stoppa



Fold back of shoe in toward the sole



Mark the side of the shoe



Pin ribbon onto shoe and try on



Check pointe shoe ribbon elastic sits correctly on the achilles tendon



Start sewing with a doubled cotton thread



Sew along the top edge, DO NOT sew through the draw string



Sew all around and along the bottom to secure firmly



Check that pointe shoe elastic is comfortable when on pointe



Cut ribbons and secure with Fray Stoppa or lightly burn with a lighter

TIP: If you have any questions don't hesitate to ask Francesca or one of the teachers as they are happy to help.