

A young ballerina with her hair in a bun, wearing a white leotard and a full pink tutu, is sitting on the floor. She is smiling and looking upwards, holding a pair of light-colored pointe shoes in her arms. The background is a plain, light color.

Grishko®

POINTE SHOES
FITTING GUIDE



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Grishko® produces more than 20 styles of pointe shoes for all foot types and only knowing your size is not enough for choosing the right style. Our pointe shoes have 5 different widths, with different levels of shank and vamp height and made on different types of lasts. This amount of options may confuse even the most experienced ballerina. We are here to help you to make the right choice!

Pointe shoes are shoes for ballet, allowing the ballerina to dance resting on her foot tips. From a technical perspective pointe shoes are the most complex. In order to produce just a single pair of pointe shoes, the master carries out 111 operations. But the outcome is well worth it!



01

CHOOSE YOUR
POINTE SHOES

During dancing the toes take all the pressure, they carry the weight of the whole body and are therefore potentially exposed to trauma. This makes the correct choice of pointe shoe so important. Perfectly fitted and comfortable shoes are the best formula for successful performance and health maintenance of the ballerina.

POINTE SHOES CONSTRUCTION



- 1) vamp (height)
- 2) heel
- 3) box (stiff toe part)
- 4) «platform»
- 5) pleats height
- 6) drawstring
- 7) vamp shape

- 8) binding
- 9) wings
- 10) heel strap
- 11) insole
- 12) sole
- 13) ribbons

WHY DO YOU NEED TOE PADS?

Silicone or gel toe pads help to reduce the pressure on the ballerina's feet and mitigate the feeling of discomfort when standing on pointe. The toe pads have high hygienic properties and allow the feet to «breath» during long rehearsals and performances.

It is worth mentioning, that **Grishko®** Pointe Shoes are made of the highest quality natural materials, which guarantee comfort for the ballerina's feet. All our recommendations on choosing the right pointe shoe are based on the presence of toe pads.



POINTE SHOE TOE PADS



Silicone toe pads



Gel toe pads



Silicone mini toe pads

HOW TO CHOOSE THE PERFECT POINTE SHOE

Choosing pointe shoes can take time. In order to find the ideal style, you will have to try on more than one pair of shoes. The box (toe part) of the pointe shoe holds the toes in a way that provides equal load distribution. With correct fitting shoes, the toes will lay together, none of them will push over another toe and will not slip into the box.

It is not recommended to choose a pointe shoe bigger than your actual size. The key rule is that the shoe will firmly fit the foot, but not squeeze them. If the shoes are too tight, wrinkles may appear on the satin, and if too large, it will slide off of the foot.



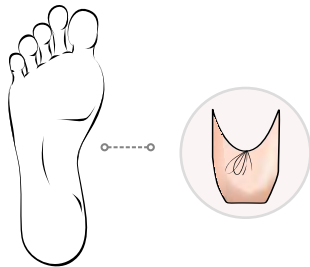
WHICH SHOES EXACTLY FIT YOU

The choice of pointe shoes is very individual and directly depends on a number of factors – **arch height, foot type**. All these factors contribute to finding your ideal fit.

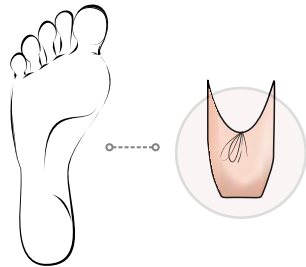
FOOT TYPE

1. GREEK TYPE (the second toe is longer than the others)
2. EGYPTIAN TYPE (the thumb is longer than the others)
3. SQUARE TYPE (the toes have equal length)

1 Greek type – slightly tapered last

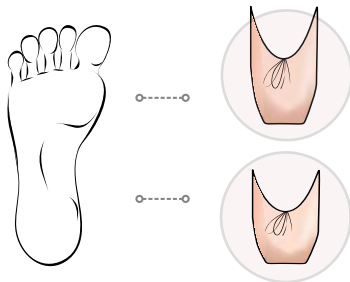


2 Egyptian type – cone-shape last



Styles based on **Vaganova, Fouette, Grishko-2007** lasts fit to these foot types.

3 Square type – slightly tapered and cylinder-shaped last



Styles based on **Elite, Grishko-2007** lasts fit to this foot type.

GRISHKO® POINTE SHOES

Styles based on Fouette last

- Fouette
- Fouette Pro
- Fouette Pro Flex
- Maya I
- Maya I Pro
- Maya I Pro Flex
- Triumph
- Super Triumph

Styles based on Grishko 2007 last

- Exam
- Alice
- Novice
- Grishko 2007
- Grishko 2007 Pro
- Grishko 2007 Pro Flex
- Nova
- Nova Pro
- Miracle
- DreamPointe
- DreamPointe 2007

Styles based on Vaganova last

- Maya II
- Maya II PRO
- Maya II PRO FLEX

Styles based on Elite last

- Elite
- Elite PRO
- Elite PRO FLEX



HOW TO CHOOSE THE VAMP HEIGHT

The vamp height is another important parameter of ballet shoes. The correct height provides good support, forms a nice foot line and does not affect during dancing.

Choosing the vamp height – what is important?

- **Toe length**

Minimum vamp height is recommended for feet with shorter toes. The feet with middle size toes will feel most comfortable in pointe shoes with average vamp height. For longer toes maximum vamp height is recommended.

- **Arch flexibility**

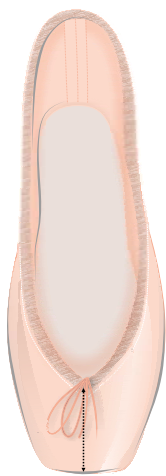
If the arch is not flexible enough, the best solution is to choose pointe shoes with lower vamp. It is more difficult to do demi-pointe in shoes with higher vamp.

- **Foot strength**

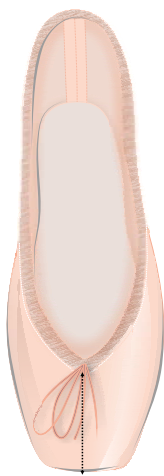
It is better to choose pointe shoes with higher vamp for strong feet and lower – for weak ones.

- **Foot width**

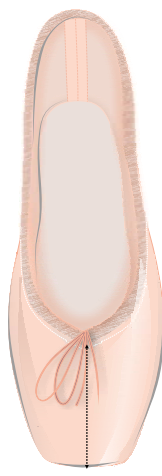
The pointe shoe width directly depends on the width of the foot.



1 Minimum vamp height



2 Average vamp height



3 Maximum vamp height

HOW TO CHOOSE THE SHANK

The pointe shoe insole shank plays an important role of foot support. The key factor for selection here is the foot strength. The insole will support the foot, but not affect during working. The pointe shoes are chosen individually, depending on the comfort level, but the insole shall be neither too hard, nor too soft.

The choreographers recommend beginners to choose pointe shoes with medium shank hardness, which provides a proper muscle workout and supports the child's incompletely formed foot. Dancing in such pointe shoes, girls will be able to develop their arch pretty well. The fitters recommend pointe shoes with a hard insole for strong feet.

Types of Grishko® pointe shoe shanks

Classic styles:

S – soft

M – medium

H – hard

On demand:

SS – super soft

SH – super hard

Innovative styles:

SF – soft flexible

MF – medium flexible

HF – hard flexible

SHF – super hard flexible

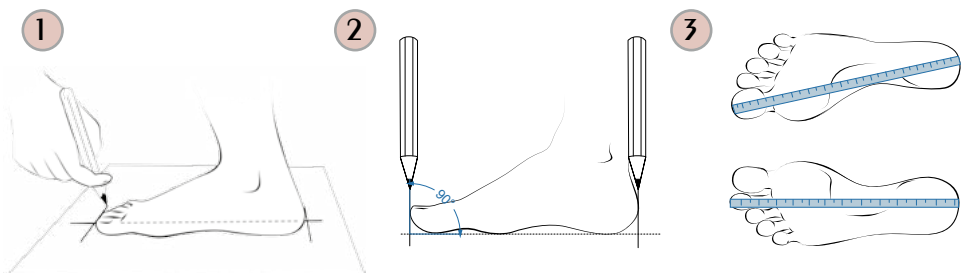


HOW TO IDENTIFY YOUR SIZE

The sole of **Grishko®** pointe shoes identifies the size – from ½ to 9.
How to identify your size?

Let's take measurements

- 1) Take a piece of A4 paper and put your foot on it, draw the contour of your foot with pencil; you should hold the pencil under an angle of 90° (perpendicularly)
- 2) Measure the distance from the heel to the end point of your toe (in mm);
- 3) Round-up the result to the integral multiple to five and relate the received figure to the value in the table – that will be your size.



HOW TO CHOOSE THE WIDTH

Grishko® offers pointe shoes in 5 different widths:

- X** – for narrow feet
- XX** and **XXX** – for medium feet
- XXXX** – for wide feet
- XXXXX** – for super wide feet

To identify the width requirement of your pointe shoe measure the foot circumference at its widest place. Relate the result to the table data and identify your width and size. It is recommended to choose a width that provides a firm and painless fit on the leg. If you notice wrinkles on the fabric and gaps between the shoe and the foot, it means you need less width and another size.

HOW TO BE SURE YOU CHOOSE THE RIGHT SIZE

Fitting is the important part of choosing pointe shoes.
To ensure that the shoe fits the foot perfectly you should use some of the methods below.

Method 1

Make a plie – if the ankle-joint muscle is too strained, it means that the pointe shoes are small. During making plie you will feel the shoes toe part by your longest toe, the shoe should not press the toe..



Method 2

Stand en pointe and make sure the heel part of the shoe fits your foot snugly. In properly fitted pointe shoes, the rear part should not seem loose and take down easily.



Method 3

While standing en pointe turn the rear part of the shoe inside out and make sure that the insole does not extend beyond the your heel contour (line), but is located just behind your heel.

There is one more method for checking whether you have chosen the right pointe shoes. Look at your old pointe shoes and check that the platform is worn equally.



For feet with middle and high arch
Recommended styles: **MAYA-I (PRO & PRO FLEX), FOUETTE (PRO & PRO FLEX), TRIUMPH (PRO), SUPER TRIUMPH**

Grishko® Size	Vamp height		Foot length		Width (ball of foot circumference)							
					narrow		middle		wide			
					X		XX		XXX		XXXX	
	mm	inches	mm	inches	mm	inches	mm	inches	mm	inches	mm	inches
1/2	45	1,77	195-200	7,68-7,87	197	7,76	202	7,95	207	8,15	212	8,35
1	50	1,96	200-205	7,87-8,07	200	7,87	205	8,07	210	8,27	215	8,46
1½	50	1,96	205-210	8,07-8,27	203	7,99	208	8,19	213	8,39	218	8,58
2	55	2,16	210-215	8,27-8,46	206	8,11	211	8,31	216	8,50	221	8,70
2½	55	2,16	215-220	8,46-8,66	209	8,23	214	8,43	219	8,62	224	8,82
3	60	2,36	220-225	8,66-8,86	212	8,35	217	8,54	222	8,74	227	8,94
3½	60	2,36	225-230	8,86-9,06	215	8,46	220	8,66	225	8,86	230	9,06
4	65	2,55	230-235	9,06-9,25	218	8,58	223	8,78	228	8,98	233	9,17
4½	65	2,55	235-240	9,25-9,45	221	8,70	226	8,90	231	9,09	236	9,29
5	70	2,75	240-245	9,45-9,65	224	8,82	229	9,02	234	9,21	239	9,41
5½	70	2,75	245-250	9,45-9,84	227	8,94	232	9,13	237	9,09	242	9,53
6	75	2,95	250-255	9,84-10,04	230	9,06	235	9,25	240	9,45	245	9,65
6½	75	2,95	255-260	10,04-10,24	233	9,17	238	9,37	243	9,57	248	9,76
7	80	3,15	260-265	10,24-10,43	236	9,29	241	9,49	246	9,69	251	9,88
7½	80	3,15	265-270	10,43-10,63	239	9,41	244	9,61	249	9,80	254	10
8	85	3,35	270-275	10,43-10,83	242	9,53	247	9,72	252	9,92	257	10,12
8½	85	3,35	275-280	10,83-11,02	245	9,65	250	9,84	255	10,04	260	10,24
9	90	3,54	280-285	11,02-11,22	248	9,76	253	9,96	258	10,16	263	10,35
											268	10,55

For feet with low and medium arch

Recommended styles: **GRISHKO-2007 (PRO & PRO FLEX), MIRACLE, NOVICE, NOVA (PRO), ALICE, DREAMPOINTE, DREAMPOINTE 2007:**

Grishko® Size	Vamp height		Foot length		Width (ball of foot circumference)							
					narrow		middle		wide			
					X		XX		XXX		XXXX	
	mm	inches	mm	inches	mm	inches	mm	inches	mm	inches	mm	inches
1/2	45	1,77	195-200	7,68-7,87	189	7,44	194	7,64	199	7,83	204	8,03
1	50	1,96	200-205	7,87-8,07	192	7,56	197	7,76	202	7,95	207	8,15
1½	50	1,96	205-210	8,07-8,27	195	7,68	200	7,84	205	8,07	210	8,27
2	55	2,16	210-215	8,27-8,46	198	7,80	203	7,99	208	8,19	213	8,39
2½	55	2,16	215-220	8,46-8,66	201	7,91	206	8,11	211	8,31	216	8,50
3	60	2,36	220-225	8,66-8,86	204	8,03	209	8,23	214	8,43	219	8,62
3½	60	2,36	225-230	8,86-9,06	207	8,15	212	8,35	217	8,54	222	8,74
4	65	2,55	230-235	9,06-9,25	210	8,27	215	8,46	220	8,66	225	8,86
4½	65	2,55	235-240	9,25-9,45	213	8,39	218	8,58	223	8,78	228	8,98
5	70	2,75	240-245	9,45-9,65	216	8,50	221	8,70	226	8,90	231	9,09
5½	70	2,75	245-250	9,45-9,84	219	8,62	224	8,82	229	9,02	234	9,21
6	75	2,95	250-255	9,84-10,04	222	8,74	227	8,94	232	9,13	237	9,09
6½	75	2,95	255-260	10,04-10,24	225	8,86	230	9,06	235	9,25	240	9,45
7	80	3,15	260-265	10,24-10,43	228	8,98	233	9,17	238	9,37	243	9,57
7½	80	3,15	265-270	10,43-10,63	231	9,09	236	9,29	244	9,49	246	9,69
8	85	3,35	270-275	10,43-10,83	234	9,21	239	9,41	247	9,61	249	9,80
8½	85	3,35	275-280	10,83-11,02	237	9,33	242	9,53	250	9,72	252	9,92
9	90	3,54	280-285	11,02-11,22	240	9,45	245	9,65	245	9,84	255	10,04
											260	10,24

GRISHKO® SIZE CORRESPONDENCE CHART

ATTENTION:

Size chart is provided as a reference and an approximate guide only and does not guarantee an exact or perfect fit. The proper fit of pointe shoes depends on individual foot shape and toe pads used by dancer. The recommended way to determine correct pointe shoe size is to be fitted in local shop.

POINTE SHOE FEATURES

		Style Name	Last type	Box Shape	Platform	Vamp Shape	Vamp Heiht	Drawstrings	Paste	Sole attachment method	Other features	
CLASSIC	Preparatory	Exam	Grishko-2007	Slightly Tapered	Medium	U	Medium	V	Classic Smart	Machine		
		Alice	Grishko-2007	Slightly Tapered	Medium	U	Medium	V	Classic Smart	Machine	1/2 box	
		Novice	Grishko 2007	Slightly Tapered	Medium	U	Medium	V	Classic Smart	Machine	Super Soft shank	
	Advanced & Professional dancers	Grishko-2007/ Grishko-2007 PRO/ Grishko-2007 PRO FLEX	Grishko-2007	Slightly Tapered	Medium	U	Medium	V	Classic Smart	Machine		
		Fouette / Fouette PRO / Fouette PRO FLEX	Fouette	Tapered	Medium	V	Medium	X	Classic Smart	Hand		
		Maya I / Maya I PRO / Maya I PRO FLEX	Fouette	Tapered	Medium	V	Medium	X	Classic Smart	Machine		
		Maya II / Maya II PRO	Vaganova	Tapered	Small	V	High	X	Classic Smart	Machine		
		Elite / Elite PRO	Elite	Cylindric	Wide	U	Low	X	Classic Smart	Machine		
		Miracle	Grishko-2007	Slightly Tapered	Medium	U	Medium	V	Lightweight elastic	Machine	Antibacterial treatment	
		Nova / Nova PRO	Grishko-2007	Slightly Tapered	Wide	U	Medium	V	Lightweight elastic	Machine		
		Triumph / Triumph PRO	Fouette	Tapered	Wide	U	Medium	V	Lightweight elastic	Hand		
		INNOVATIVE	DreamPointe	Grishko 2007	Slightly Tapered	Wide	U	Medium	V	Lightweight elastic	Machine	
			DreamPointe 2007	Grishko 2007	Slightly Tapered	Wide	U	Medium	V	Lightweight elastic	Machine	Pre-arched sole
	Super Triumph		Grishko 2007	Tapered	Wide	U	Medium	V	Lightweight elastic	Hand	Pre-arched sole	

AVAILABLE IN FIVE WIDTHS:

X – narrow
 XX – middle
 XXX – wide
 XXXX – very wide
 XXXXX – super wide

SHANK HARDNESS IS MARKED ON A POINTE SHOE SOLE:

CLASSIC POINTE SHOES
 & SUPER TRIUMPH:

SS – super soft
 S – soft
 M – medium
 H – hard
 SH – super hard

MIRACLE:
 LM – light medium
 LH – light hard

INNOVATIVE POINTE SHOES
 (DREAM POINTE &
 DREAM POINTE 2007):

SF – super flexible
 MF – medium flexible
 HF – hard flexible
 SHF – super hard flexible



02

PREPARE YOUR
POINTE SHOES



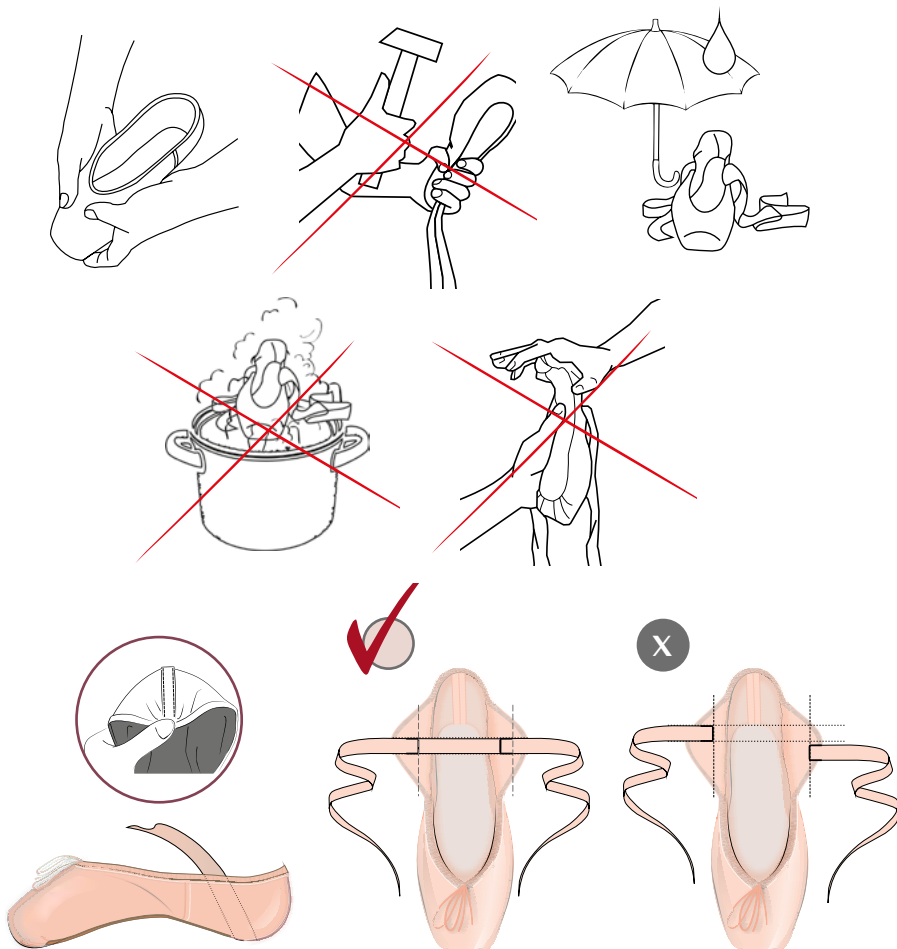
GET YOUR POINTE SHOES «READY FOR THE STAGE»

You need to:

- Slightly smash the upper of the box by hand.

ATTENTION! Do not break in the pointe shoes with hammer, steam or wash – All these will destroy the box of the shoe.

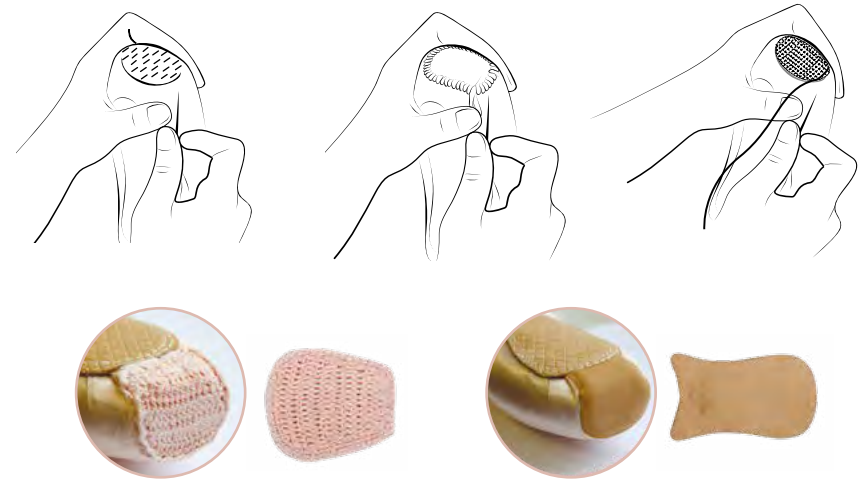
- Pointe shoes made of innovative materials shall not be subject to mechanical impact!
- Sew the ribbons to the pointe shoes nearly on the level of the side seams from the inside of the shoes.



PLATFORM TREATMENT

The satin on the platform area gets worn-out quite fast, so we recommend using attachable leather or knitted caps.

You should tailor the size of the cap to the pointe shoe style, cutting out the satin from the platform area and pasting (stitching) the caps directly to the pointe shoes. You may also trim the shoe platform with threads. For this you need to cut out the satin from the edges of the platform, further make blanket stitch perimeter-wise with thick threads.



HOW TO STORE YOUR POINTE SHOES

The ballet shoes require care and special storage conditions.

- The pointe shoes shall be stored under ambient temperature 22-24 °C and air humidity not more than 65%.
- After rehearsal or performance you should leave the pointe shoes to dry out, and then put them into a special bag or shoe case.
- It is recommended to protect the case from thermal and mechanical impact.

ATTENTION!

Do not put pointe shoes into the bag right after wearing without drying out!



03

PREPARATORY
POINTE SHOES



PREPARATORY POINTE SHOES

Ballet classes can be taken in any age. Generally, the transition to Pointe shoes is perceived to be painful, mainly for children at the age of 10 years and older. Grishko Company specialists have developed a unique range of preparatory pointe shoes in order to make this transition more smooth and painless. This line is called «3 steps to a dream» and it includes 3 models: **Exam, Alice & Novice**, which help children's feet to adapt gradually, step by step, without pain.



Model № 0512

1 EXAM

FOR BEGINNERS



EXAM - TRANSITIONAL MODEL BETWEEN SOFT BALLET SHOES AND POINTE SHOES



The **Exam** is a transitional model between soft ballet shoes and pointe shoes. Unlike the first soft slippers, these transitional shoes have a «box» which is lighter than a full pointe shoe, but still have no stiffening materials in the sole. However, the sole feels naturally thicker than the original soft ballet slipper. The model is created for those who are preparing for Pointe work. These shoes are designed to allow the dancer to quickly become acquainted to the confined toe space of a Pointe shoe, and help to strengthen the forefoot. Studies have shown that dancers who use these shoes before going onto pointe, have less difficulty and injury with Pointe work.



2 ALICE

Transitional style between the **Exam** and **Novice**



Model № 0526



TRANSITIONAL STYLE BETWEEN THE EXAM AND NOVICE

Having become accustomed to demi Pointe shoes, our dancers can begin to progress towards going on Pointe at the barre, but for this, they need the next shoe in the dream. The **Alice** is designed to prepare children's feet, which have not yet matured to be able to work fully on the Pointe shoe platform. This style has a 'box' based on lightweight elastic glue, soft flannel lining and, a slightly stiffer, (yet still flexible) sole. Dancers can stand en pointe at the barre wearing these shoes.



3 NOVICE

The first pointe shoes for advancing beginners



Model № 0511

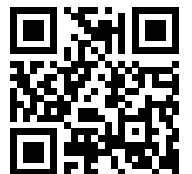
THE FIRST POINTE SHOES FOR ADVANCING BEGINNERS

The final shoe in the dream, for a dancer to progress doing point in center, is the **Novice** featuring a softer toe box than a full pointe shoe, and a soft insole. This style is designed with less pressure on toes than the box on regular pointe shoes. Wearing these shoes, dancers can do ballet exercises without the barre, work en pointe in the center of the ballet class. **Novice** allows easier roll-up from demi-pointe to pointe.



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