



mdm 
2024 catalogue

**High Performance
Dance Footwear**

*the world's most advanced
footwear for dance*



The Reflex Contour is a technical feature unique to MDM footwear. A responsive stretch panel built into the mid-section of the shoe, the reflex panel allows the shoe to dynamically expand and contract with the natural movement of the dancer's foot, while maintaining an optimum fit and aesthetics at all times.

WHAT THE PROFESSIONALS SAY...



Monica Zhang
Charles Gairdner Hospital



“There is great potential in science and technology benefitting the arts and MDM is at the forefront of this,”



Marie Walton-Mahon
Progressing Ballet Technique



“I love the MDM Shoes, honestly, they are the best ballet shoes I've ever worn,”



Georgina Barr
Podiatrist



“Mixing the precision of latest dance medicine research with a focus on aesthetic excellence,”



MB100

Intrinsic Ballet

Canvas Ballet Shoe
perfect for beginner level



SIZES: MB100C (Child): 7 - 3

WIDTHS: N, M

All sizes are listed in US sizes
Available in half sizes

COLOUR : 



The Intrinsic is a hybrid sole canvas ballet slipper that has been designed to supersede the full sole ballet slipper. The MDM hybrid sole has a split sole outside appearance combined with the functional resistance of a full sole.

With the built in Dance Base Support, the Intrinsic protects and supports the wearer providing sensory feedback (proprioception), controlled resistance and critical shock absorption.



intrinsic reflex

MB105

Intrinsic Reflex Ballet

Canvas Ballet Shoe
perfect for intermediate/advanced level



SIZES: MB105C (Child): 1 - 3
MB105A (Adult): 6 - 12

WIDTHS: N, M
All sizes are listed in US sizes
Available in half sizes

COLOUR : 



The Intrinsic Reflex is the perfect companion for the emerging dancer.

The Dance Base Support protects and supports the wearer providing sensory feedback (proprioception), controlled resistance and critical shock absorption while the Reflex Contour dynamically expands and contracts in sync with the dramatic changes of the dancers body, maintaining aesthetic lines at all times.



intrinsic profile 2.0

MB126

Intrinsic Profile Ballet

Stretch Canvas Ballet Shoe
perfect for class & performance



SIZES: MB126C (Child): 7 - 3
MB126A (Adult): 6 - 12

WIDTHS: NN, M

All sizes are listed in US sizes
Available in full sizes only

COLOUR : 



The Profile 2.0 is a stretch ballet slipper conforming to the foot like a second skin and manufactured from a textile exclusively constructed for MDM: a high tensile anti-bacterial material.

Incorporating MDM's re-engineered patented Dance Base Support, the Profile 2.0 offers optimal performance coupled with enhanced levels of comfort and support.



NEW
for
2024

MB129

Ilara Ballet

Stretch Canvas Ballet Shoe
perfect for class & performance



SIZES: MB126C (Child): 7 - 3
MB126A (Adult): 6 - 10

WIDTHS: NN, M

All sizes are listed in US sizes
Available in full sizes only

COLOUR: 



The ilara provides unsurpassed aesthetics, comfort, and protection, making it the perfect choice for dancers at all levels. The light, 4-way stretch canvas conforms to the dancer's foot for a snug and secure fit. New to MDM, the ilara features an optimised built in Dance Base Support, cupping the heel region only for unparalleled impact protection and unbeatable aesthetics

Incorporating MDM's re-engineered patented Dance Base Support, the Profile 2.0 offers optimal performance coupled with enhanced levels of comfort and support.



intrinsic profile 2.0

MB126

Intrinsic Profile Ballet

Stretch Canvas Ballet Shoe
perfect for class & performance



SIZES: MB126C (Child): 7 - 3
MB126A (Adult): 6 - 12

WIDTHS: NN, M

All sizes are listed in US sizes
Available in full sizes only

COLOUR : 



The Profile 2.0 is a stretch ballet slipper conforming to the foot like a second skin and manufactured from a textile exclusively constructed for MDM: a high tensile anti-bacterial material.

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MM502

Exo Lyrical Contemporary

Stretch Canvas Half Ballet with Stirrup
perfect for class & performance



SIZES: MM502: XS, S, M, L

COLOUR : 



The EXO Lyrical protects and supports the foot, while compression technology aids recovery and performance.

The Exo Lyrical encourages blood flow from the foot to the heart, which in turn improves oxygenation and gives the dancer more energy in the feet and legs.

Muscle recovery is facilitated by reducing the accumulation of toxins in the blood stream, and the gentle massaging properties will reduce the feeling of tired and aching legs.



NEW
for
2024



MM520

Transit Contemporary

Compression Sock
perfect for class & performance



SIZES: MM520C (Child): 1 - 3
MM520A (Adult): 6 - 11

COLOURS:  



The TRANSIT by MDM, is the ultimate fusion of sock and shoe; comfort and support.

For decades contemporary dancers have craved the perfect blend of footwear that protects the foot during turns and slides and allows for a deep connection with the floor.

Developed upon MDM's patented Dance Base Support alignment guidance technology, offering a neoprene inner for shock absorption, suede outsoles for turns, and made of a blended woven knit for a sock-like feel and aesthetic.



MJ330

Curve Jazz/Teaching



Stretch Canvas shoe
perfect for class, performance & teaching



SIZES: MJ330C (Child): 7 - 3
MJ330A (Adult): 6 - 12

WIDTH: M

All sizes are listed in US sizes
Available in full sizes only

COLOURS :  

Made from high tensile, antibacterial material, the CURVE is specifically designed for performance as well as being the leading teaching shoe on the market, offering much needed arch support.

The dancer will enjoy a snug yet effortless fit, while retaining the embedded MDM technology which has been demonstrated to promote a stronger, less injury prone body.



MJ390

Base Acro



Stretch Canvas shoe with EVA sole
perfect for Acro class & performance



SIZES: MJ390C (Child): 7 - 3
MJ390A (Adult): 6 - 12

WIDTH: M

All sizes are listed in US sizes
Available in full sizes only

COLOURS :  



Constructed from the same four-way flexible material found in our Intrinsic Profile 2.0 and Curve providing a superior sock like fit, the BASE Acro also features a full Dance Base Support to assist with alignment guidance and shock absorption, a rubber grip rear outsole to assist with grip as well as offering all of the superior styling you've come to know and love from MDM.



trading cards

BFBC01

Trading Cards Accessories

Collectible trading card series featuring ballet characters



SINGLE PACKET (6 CARDS): BFBC01001

SMALL BOX (6 PACKETS per BOX): BFBC01006

LARGE BOX (36 [PACKETS per BOX): BFBC01036

A collectible trading card set for dancers, featuring characters from 14 famous classical ballets

A total of 149 cards complete a full set:

- 126 Common cards
- 14 Rare Holographic cards
- 8 Ultra rare Metallic cards
- 1 Checklist card

The cards encourage dancers to discover the stories and characters from the classic ballets; enhancing their enjoyment and appreciation of the art form.

As well, it is a wonderful way to build community throughout studios as the dancers trade with each other in an effort to complete their set, and enjoy time off their digital devices!



**NEW
for
2024**

A Collector's Album, or protective sleeves are a must for all Collectors to protect these exquisite cards, keeping them in optimal condition, both to trade and as a keepsake.

The Collector Album stores up to 360 collectible cards; 180 cards single loaded (one card per pocket, with both front and back of card visible), or 360 double loaded (two cards per pocket, with only see one side visible).

The Protector Sleeves are for single cards only, to prevent against surface scratching.

COLLECTOR ALBUM BFBC01500

SINGLE CARD PROTECTOR SLEEVES BFBC01525

Size Conversions

MDM Shoes are listed in Child's/Women's US Street shoe sizes. Below is an approximate conversion guide.

CHILD

MDM/USA	EUR	UK	cms
7	23	6.5	14.2
7.5	23.5	7	14.6
8	24.5	7.5	15
8.5	25	8	15.4
9	25.5	8.5	15.7
9.5	26	9	16
10	27	9.5	16.6
10.5	27.5	10	16.9
11	28	10.5	17.3
11.5	28.5	11	17.6
12	29	11.5	17.9
12.5	30	12	18.5
13	30.5	12.5	18.8
13.5	31	13	19.2
1	31.5	13.5	19.5
1.5	32.5	1	20
2	33	1.5	20.4
2.5	34	2	21
3	34.5	2.5	21.3

ADULT

MDM/USA	EUR	UK	cms
6	36.5	4	22.9
6.5	37	4.5	23.3
7	37.5	5	23.7
7.5	38	5.5	24.1
8	39	6	24.6
8.5	39.5	6.5	25
9	40	7	25.4
9.5	40.5	7.5	25.8
10	41	8	26.2
10.5	41.5	8.5	26.7
11	42.5	9	27.1
11.5	43.5	9.5	27.5
12	44	10	27.9

To find sizing for individual products, head to the MDM website via QR code.





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