



## **Jazz Level 1**

### **Entry level- basics of jazz/lyrical**

#### **Stretch & Strength:**

- right, left, center split
- 50 sit ups
- plank for 1 minute
- 16 push ups
- hold leg extension at the barre for 8 counts
- 16 passé/ relevés using barre

#### **Demonstrate:**

- Point/ Flex foot
- Demi-point
- Relevé
- Kick ball- change

#### **Directional Awareness:**

- Pivot turns (quarter, half, full)
- Execute basic progressions using jazz technique across the floor
- Pas de bureau

#### **Rhythm/Musicality:**

- Count to rhythm using full count and ability to dance on beat

#### **Technique:**

- Passé
- Battement
- Chainé turn
- Arabesque
- Pirouette
- Chassé
- Jazz walk
- Jeté

#### **Class Etiquette:**

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

**Jazz Level 2**  
**Beginning/Intermediate level of jazz technique**  
**Concurrent class- Ballet, Lyrical and/or Acro**  
**Pre-requisite- Jazz 1 /Lyrical 1**

**Stretch & Strength:**

- right, left, center split
- 100 sit ups
- plank for 1 minute
- 32 push ups
- hold leg extension at the barre for 16 counts
- 32 passé/ relevés using barre

**Demonstrate:**

- Point/ Flex foot
- Demi-point
- Relevé
- Kick ball- change

**Directional Awareness:**

- Pivot turns (quarter, half, full)
- Execute intermediate progressions using jazz technique
- across the floor
- Pas de bureau

**Rhythm/Musicality:**

- Count to rhythm using full count and ability to dance on beat

**Technique:**

- Passé
- Battement
- Chainé turn
- Arabesque
- Pirouette
- Chassé
- Jazz walk
- Jeté

**Class Etiquette:**

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

### **Jazz Level 3**

**Intermediate/Advanced level jazz/lyrical technique- cleaner execution of turns & tricks, intermediate/advanced display of strength and great timing.**

**Concurrent class- Ballet, Lyrical and Acro**

**Pre-requisite- Jazz 2**

#### **Stretch & Strength:**

- right, left, center split
- 100 sit ups
- plank for 1 minute
- 64 push ups
- hold leg extension at the barre for 32 counts
- 64 passé/ relevés using barre

#### **Demonstrate:**

- Point/ Flex foot
- Demi-point
- Relevé

#### **Directional Awareness:**

- Ability to count yourself across the floor
- Execute advanced progressions using jazz technique across the floor

#### **Rhythm/Musicality:**

- Count to rhythm using quarter counts and
- ability to dance on beat
- introduction to intricate counting patterns and Latin rhythms
- awareness of dynamics, tempo, accents, timing

#### **Technique displayed correctly with minimal corrections:**

- Battement combinations/ Penché
- Pirouette- Triple/Quad
- Fouetté/ A La Secondé turns- 4+ clean
- Axels
- Jeté- Scissor & Scissor Second

#### **Class Etiquette:**

- Is not a disruption in class
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn

**Jazz Level 4**  
**Advanced level jazz technique- advanced musicality,**  
**directional changes and self management**  
**Concurrent class- Ballet, Lyrical and Acro**  
**Pre-requisite- Jazz 3**

**Stretch & Strength:**

- right, left, center split, back split, standing split
- 200 sit ups
- plank for 3 minute
- 64 push ups
- hold leg extension in center for 64 counts
- 64 passé/ relevés using barre

**Demonstrate:**

- Passé Relevé- 8 counts
- Acro elements of dance

**Directional Awareness:**

- Advanced directional awareness & choreography break down
- Execute advanced progressions using jazz technique across the floor, shown only one direction- student is able to reverse

**Rhythm/Musicality:**

- Beginning to learn choreography with fast tempo, begin to learn choreo using accents, musicality and intuition more rather than counts
- introduction to intricate counting patterns and Latin rhythms
- awareness of dynamics, tempo, accents, timing

**Technique displayed correctly with minimal corrections:**

- Advanced Battement combinations/ Penché
- Pirouette- Quad/ Multiples
- Advanced turn combinations- changing directions/ spot
- Turning jumps
- Leg hold turns

**Balance Control:**

- Able to switch weight easily

**Jazz Level 5**  
**Advanced level jazz/lyrical technique-advanced musicality,**  
**directional changes and self management- pre-professional**  
**Concurrent class- Ballet, Lyrical, Acro, Pilates, Yoga upwards of 4 hrs per week**  
**Pre-requisite- Jazz 4**

**Stretch & Strength:**

- right, left, center split, back split, standing split
- 300 sit ups
- plank for 4 minute
- 64 push ups
- hold leg extension in relevé in center for 64 counts
- 64 passé/ relevés using barre

**Demonstrate:**

- Passé Relevé- 16 counts
- Acro elements of dance

**Directional Awareness:**

- Advanced directional awareness & choreography break down
- Execute advanced progressions using jazz technique across the floor, shown only one direction- student is able to reverse

**Rhythm/Musicality:**

- Beginning to learn choreography with fast tempo, begin to learn choreo using accents, musicality and intuition more rather than counts
- Introduction to intricate counting patterns and Latin rhythms
- Awareness of dynamics, tempo, accents, timing

**Technique displayed correctly with minimal corrections:**

- Advanced Battement combinations/ Penché
- Pirouette- 5+ turns
- Advanced turn combinations- changing directions/ spot- 30+ second turns
- Turning jumps
- Leg hold turns- multiple

**Balance Control:**

- Able to switch weight easily

**Class Etiquette:**

- Excellent work ethic
- Dresses appropriately (with hair out of face and proper shoes/attire)
- Arrives on time- engaged in class
- Focuses in class, doesn't talk out of turn