



Ballet Level 1 Syllabus

Students must know the difference between right and left, conduct excellent behavior, know how to properly align their body and execute basic combinations.

Positions:

- Feet 1st through 3rd and 6th
- Arms 1st through 3rd and 5th

Warm up:

- Natural skips around the room in parallel

Barre:

- Demi- plié in 1st and 2nd pos
- Grande battements
- Rises combined with running on the balls of the feet
- Pique taps

Center:

- Port de Bras (Carriage of the arms)
- 5th en bas (low), 5th en avant (in front of sternum), 5th en haut (high), a la seconde (second), 3rd arabesque
- Passé (to pass): when the working leg passes from the front to the back or back to the front from coupe or retire position

Pirouette Preparation:

- Quarter Turns
- Echappés sauté from 1st
- Sideways gallops (chasses)
- Sautés in 1st position
- Spring points (jumps from one leg lands on the other leg)

Ballet Level 2 Syllabus

In order to move up to ballet 3 students must exhibit excellent behavior and focus. Dancers must demonstrate proper barre and classroom etiquette as well as dress code. They must know how to properly align/carry the body, know the basic positions of the arms/feet (1st-6th positions), and be able to define and execute the following.

Warm up:

-Ballet skips & chasses around the room

Barre:

-Rise and demi-pliés in 1st, 2nd and 3rd positions
-Battements tendus en croix taken from 1st position
-Grands battements devant (front) & à la second facing the barre
-Ronds de jambe à terre (emphasizing that this is an exercise to build strength for turnout muscles, not allowing them to turn in when they carry the leg to the side or back. Heel should remain forward at all times)
-Adagio (retires, passes)
-Preparation for sautés (quick relevés, with soft landings)
-Echappés relevés from 1st to 2nd (both feet go out and in at the same time)
-Stretching exercises emphasizing turnout, can be done on the barre or on the floor depending on age group

Center:

-Port de bras: 5th en bas, 5th en avant, 5th en haut, a la second
-Battements tendus with transfer of weight to 2nd
-Chaines

Adagio:

-Retirés passé
-Exercise for 3rd arabesque

Pirouette:

-Preparatory exercise for use of head
-Exercise for tour en l'air
-Quarter Turns, Half Turns
-Promenade in retire

Allegro:

-Sautés in 1st position
-Pas de chat and changements
-Petits jetés, devant or derrière (jumps from two feet to one foot)
-Balletic polka (skips)
-Galops (chasses)
-Echappés sautés

Ballet Level 3

In order to move up to ballet 4, students must exhibit excellent behavior and focus, demonstrate proper barre and classroom etiquette. They must know how to properly align/carry the body, know the basic positions of the arms and feet (1st-6th positions), and be able to define and execute the following.

Barre:

- Foot articulation exercises facing the barre can include plies, relevés and tendus
- Demi & grande pliés and rises in 2nd, 1st and 5th positions
- Battements tendus en croix from 1st & 3rd
- Battements dégagés from 1st & 3rd
- Grands battements: devant, à la 2nde, derrière facing the barre
- Ronds de jambe à terre (both sides equally turned out and no hip movement)
- Battements frappés - singles
- Développés & Pas de chevaux (on the floor & 45 degrees, emphasis on presenting the heel forward)
- Fouetté (to whip) taken à terre (on the ground) devant to seconde, seconde to arabesque
- Echappés and relevés
- Stretching exercise on the barre: devant, seconde, arabesque with pence preparation

Centre:

- Port de bras: 5th en bas, en avant, en haut, à la seconde, 1st position, demi-seconde (between 1st & 2nd)
- Battements tendus with positions of the body: devant, derrière or à la second

Adagio:

- Développé (45 degrees working up to 90 degrees)
- Exercise for 1st and 3rd arabesques: promenade included

Pirouette:

- en dehors, en dedans
- Quarter Turns, Half Turns, Full Turns from 5th position

Allegro:

- Assemblés (to assemble legs in the air) in sous-sous to prepare for assemble soute; dessus (over, back leg comes to the front) and dessous (under, front leg comes to the back)
- Balancé (rocking step) sideways
- chassé en avant
- Temp leve coupé dessus and dessous
- jeté dessus and dessous
- pas de bourré
- Soutenou (sustained) entourment (turning)

Ballet 4

In order to advance to ballet 5 dancers must show excellent precision, clarity, and grace within the fundamentals of ballet, which are practiced within levels 1-3. Dancers must have a basic understanding of coordinating the port de bras with each foot position (1-6) and body positions (devant, a la second, derriere). In order to attain the proper tools for a successful advancement and placement, all students must be able to exercise and define the following.

Barre:

- Feet & Turn-out articulation: plies, forced arch, tendus, rond de jambes
- Pliés in 2nd, 1st and 5th positions
- Battements tendus from 1st & 5th
- Battements dégagés from 1st & 5th
- Grande battements combined with battements dégagés and retirés
- Ronds de jambe à terre
- Petit Battements
- Battements frappés - singles and doubles
- Fondu movements
- Développé and demi-rond de jambe
- Relevés devant, a la seconde, derrière, coupe and passé

Centre:

- Port de bras: 1st, demi-seconde, seconde, 4th en avant, 4th en haut, 5th en bas, 5th en avant, 5th en haut
- Demi-plié, grand plie and positions of the body
- Exercise on demi-rond de jambe en l'air
- Set exercise using 1st, 2nd and 3rd arabesques: tendus, degages, pas de cheval, developpe
- Relevé pirouette en dehors - taken singly

Allegro:

- Warm-up allegro to be set by the examiner comprising - sautés in 1st, sautés in 2nd, échappés sautés and changements
- Chassé coupé en avant
- échappés sauté closing with a beat
- glissade devant & derrière
- sissonne en avant fermée
- soutenu turn en dedans & en dehors
- Temps levé chassé pas de bourré, relevé in 5th position
- Round the room: coupé chassé temps levé
- preparation for pirouettes en dedans en diagonale, singles
- soutenu turns en dedans en diagonale

Combination:

- Teacher's Choice

Reverence:

- Teacher's Choice