

Jazz (Technique) I – Skills Assessment

Student : _____

Level Placement: _____

CONDITIONING (Passing Score: 16/20)

SKILL	Poor	Fair	Good	Excellent
Plank – 1 min	1	2	3	4
Push-ups – x15	1	2	3	4
Sit-ups – x30	1	2	3	4
Arch up from stomach – x8, last one hold 8 sec	1	2	3	4
Wall sit – 45 sec	1	2	3	4
Total: ___ / 20				

FLEXIBILITY (Passing Score: 16/20)

SKILL	Poor	Fair	Good	Excellent
Right Split	1	2	3	4
Left Split	1	2	3	4
Middle Split	1	2	3	4
Pike Stretch	1	2	3	4
Straddle (stomach to floor)	1	2	3	4
Total: ___ / 20				

BARRE (Passing Score: 16/20)

SKILL	Poor	Fair	Good	Excellent
Eleve in sixth position – x8, last one balance 10 sec	1	2	3	4
Eleve in first position – x8, last one balance 10 sec	1	2	3	4
Eleve in parallel coupe – x8, R and L	1	2	3	4
Leg lifts from tendu – x8, (front and side – 90 degrees, Back – 45 degrees)	1	2	3	4
Side leg hold, R and L (hip down, straight knees)	1	2	3	4
Total: ___ / 20				

CENTER (Passing Score: 23/28)

SKILL	Poor	Fair	Good	Excellent
Body isolations (head, shoulders, ribcage, hips)	1	2	3	4

Kick ball change – x4, R and L	1	2	3	4
Pivot turn – x4, R and L	1	2	3	4
Passe hold – 8 sec (on flat, arms first)	1	2	3	4
Pirouette preps R (quarter x4, half x2, full x2)	1	2	3	4
Pirouette preps L (quarter x4, half x2, full x2)	1	2	3	4
Tuck jumps x8 (hands on hips, legs together, knees up toward chest)	1	2	3	4
Total: ___ / 28				

ACROSS THE FLOOR (Passing Score: 30/36)

SKILL	Poor	Fair	Good	Excellent
Battement (on flat, 90 degrees)	1	2	3	4
Front chasses (alternating)	1	2	3	4
Side chasse, ball change	1	2	3	4
Pas de bourrée	1	2	3	4
Jazz walks (step side cross front)	1	2	3	4
Chaîné, step touch (chaîné side to plie tendu)	1	2	3	4
Chaîné turns (hands on shoulders)	1	2	3	4
Split leap R (développé leg, arms second)	1	2	3	4
Split leap L (développé leg, arms second)	1	2	3	4
Total: ___ / 36				

STYLE/PERFORMANCE (Passing Score: 9/12)

SKILL	Poor	Fair	Good	Excellent
Body placement (while executing choreography)	1	2	3	4
Timing (simple rhythms)	1	2	3	4
Performance (style, connect with audience, etc.)	1	2	3	4
Total: ___ / 12				

OTHER

- Arrives on time – engaged in class
- Is not a disruption in class
- Follows dress code

Jazz (Technique) II – Skills Assessment

Student : _____

Level Placement: _____

CONDITIONING (Pass: 20/24)

SKILL	Poor	Fair	Good	Excellent
Plank – 1 min 30 sec	1	2	3	4
Push-ups – x20	1	2	3	4
In-and-outs – x25	1	2	3	4
Arch up from stomach – x10, last one hold 10 sec	1	2	3	4
Deep second pulses – x32, last one hold 30 sec	1	2	3	4
Eleve in first position – x32, last one hold 20 sec	1	2	3	4
Total: ___ / 24				

FLEXIBILITY (Pass: 21/24)

SKILL	Poor	Fair	Good	Excellent
Right Split	1	2	3	4
Left Split	1	2	3	4
Middle Split	1	2	3	4
Pike Stretch (stomach to legs)	1	2	3	4
Straddle (stomach to floor)	1	2	3	4
Bridge – 15 sec (straight legs)	1	2	3	4
Total: ___ / 24				

CENTER (Pass: 33/40)

SKILL	Poor	Fair	Good	Excellent
Body isolations (head, shoulders, ribcage, hips)	1	2	3	4
Arabesque hold, R and L – 10 sec (on flat)	1	2	3	4
Penchée balance – 5 sec (on flat)	1	2	3	4
Side leg hold, R and L - 10 sec (on flat)	1	2	3	4
Tilt position, R and L – 10 sec (holding leg)	1	2	3	4
Front leg hold, R and L – 5 sec (on flat)	1	2	3	4

Passé releve balance, R and L – 5 sec	1	2	3	4
Double pirouette R (3 consecutive)	1	2	3	4
Double pirouette L (3 consecutive)	1	2	3	4
Straddle jumps – x4 (stationary)	1	2	3	4
Total: ___ / 40				

ACROSS THE FLOOR (Pass: 30/36)

SKILL	Poor	Fair	Good	Excellent
Battement (with releve)	1	2	3	4
Chaîné turns (high and low)	1	2	3	4
Jazz walks (side and front)	1	2	3	4
H chaîné, L chaîné, fan kick	1	2	3	4
Pitch kick, tuck and roll	1	2	3	4
Illusion	1	2	3	4
R split leap	1	2	3	4
L split leap	1	2	3	4
Second leap, R and L	1	2	3	4
Total: ___ / 36				

STYLE/PERFORMANCE (Passing Score: 12/16)

SKILL	Poor	Fair	Good	Excellent
Body placement (while executing choreography)	1	2	3	4
Timing (simple rhythms)	1	2	3	4
Musicality/Dynamics (varying movement quality, accents, etc.)	1	2	3	4
Performance (style, connect with audience, etc.)	1	2	3	4
Total: ___ / 16				

OTHER

- Arrives on time – engaged in class
- Is not a disruption in class
- Follows dress code

Jazz (Technique) III – Skills Assessment

Student : _____

Level Placement: _____

CONDITIONING (Passing Score: 24/28)

SKILL	Poor	Fair	Good	Excellent
Plank – 1 min 30 sec (legs elevated)	1	2	3	4
Push-ups – x30	1	2	3	4
In-and-outs – x32 → V sit – 30 sec	1	2	3	4
Arch up from stomach – x15, last one hold 15 sec	1	2	3	4
Deep second pulses – x64, last one hold 30 sec	1	2	3	4
Eleve in first position – x32, last one hold 10 sec	1	2	3	4
Eleve in coupe, R and L – x24, last one hold 10 sec	1	2	3	4
Total: ___ / 28				

FLEXIBILITY (Passing Score: 21/24)

SKILL	Poor	Fair	Good	Excellent
Straddle (stomach down, one block each side)	1	2	3	4
Right over-split (two blocks)	1	2	3	4
Left over-split (two blocks)	1	2	3	4
Middle over-split (one block each side)	1	2	3	4
Back split (seated, arch to grab back leg)	1	2	3	4
Scorpion – 8 sec	1	2	3	4
Total: ___ / 24				

CENTER (Passing Score: 49/56)

SKILL	Poor	Fair	Good	Excellent
A la second leg extension R – 10 sec hold	1	2	3	4
A la second leg extensión L – 10 sec hold	1	2	3	4
Tilt R – 10 sec hold	1	2	3	4
Tilt L – 10 sec hold	1	2	3	4
Penchée from arabesque, R and L	1	2	3	4
Passe releve balance R – 10 sec hold	1	2	3	4

Passé relevé balance L – 10 sec hold	1	2	3	4
Triple pirouette R (3 consecutive)	1	2	3	4
Triple pirouette L (3 consecutive)	1	2	3	4
Single outside leg hold turn (3 consecutive)	1	2	3	4
Single inside leg hold turn (3 consecutive)	1	2	3	4
Single side leg hold turn (3 consecutive)	1	2	3	4
A la second turns – x8 into pirouette turns	1	2	3	4
Specialty turn (Ex. compass/skater/attitude)	1	2	3	4
Total: ___ / 56				

ACROSS THE FLOOR (Passing Score: 20/24)

SKILL	Poor	Fair	Good	Excellent
Reverse illusion (no hands)	1	2	3	4
6 step pirouette prep (clear weight transfer)	1	2	3	4
Reverse leap	1	2	3	4
Calypso leap	1	2	3	4
Scissor leap	1	2	3	4
Specialty jump (Ex. axel/firebird/tilt jump)	1	2	3	4
Total: ___ / 24				

STYLE/PERFORMANCE (Passing Score: 14/16)

SKILL	Poor	Fair	Good	Excellent
Body placement (while executing choreography)	1	2	3	4
Timing (simple and complex rhythms)	1	2	3	4
Musicality/Dynamics (varying movement quality, accents, etc.)	1	2	3	4
Performance quality (style, connection with audience, etc.)	1	2	3	4
Total: ___ / 16				

OTHER

- Arrives on time – engaged in class
- Is not a disruption in class
- Follows dress code

Jazz (Technique) IV – Skills Assessment

Student: _____

Level Placement: _____

CONDITIONING (Passing Score: 20/24)

SKILL	Poor	Fair	Good	Excellent
Plank – 2 min (legs elevated)	1	2	3	4
Push-ups – x40	1	2	3	4
In-and-outs – x32 → V sit – 45 sec	1	2	3	4
Arch up from stomach – x20, last one hold 20 sec	1	2	3	4
Eleve in first position – x48, last one hold 10 sec	1	2	3	4
Eleve in coupe, R and L – x32, last one hold 10 sec	1	2	3	4
Total: ___ / 24				

FLEXIBILITY (Passing Score: 17/20)

SKILL	Poor	Fair	Good	Excellent
Straddle (stomach down, 2 blocks each side)	1	2	3	4
Right over-split (3 blocks)	1	2	3	4
Left over-split (3 blocks)	1	2	3	4
Middle over-split (2 blocks each side)	1	2	3	4
Back split – 8 sec (standing)	1	2	3	4
Total: ___ / 20				

CENTER (Passing Score: 46/52)

SKILL	Poor	Fair	Good	Excellent
A la second leg extension R – 8 sec (on relevé)	1	2	3	4
A la second leg extension L – 8 sec (on relevé)	1	2	3	4
Tilt hold R – 8 sec (on relevé)	1	2	3	4
Tilt hold L – 8 sec (on relevé)	1	2	3	4
Quad pirouette R (3 consecutive)	1	2	3	4
Quad pirouette L (3 consecutive)	1	2	3	4
Double outside leg hold turn (3 consecutive)	1	2	3	4

Double Inside leg hold turn (3 consecutive)	1	2	3	4
Double side leg hold turn (3 consecutive)	1	2	3	4
A la second turn combination (with double float)	1	2	3	4
Around the world a la second turns	1	2	3	4
Specialty turn 1 (Ex. compass/skater/ tabletop)	1	2	3	4
Specialty turn 2 (Ex. compass/skater/ tabletop)	1	2	3	4
Total: ___ / 52				

ACROSS THE FLOOR (Passing Score: 14/16)

SKILL	Poor	Fair	Good	Excellent
Scissor leap	1	2	3	4
Switch arabesque leap	1	2	3	4
Specialty jump, 1 of 2 (Ex. barrel jump/switch firebird leap)	1	2	3	4
Specialty jump, 2 of 2 (Ex. barrel jump/switch firebird leap)	1	2	3	4
Total: ___ / 16				

STYLE/PERFORMANCE (Passing Score: 14/16)

SKILL	Poor	Fair	Good	Excellent
Body placement (while executing choreography)	1	2	3	4
Musicality/Dynamics (varying movement quality, accents, etc.)	1	2	3	4
Timing (simple and complex rhythms)	1	2	3	4
Performance quality (style, connection with audience, etc.)	1	2	3	4
Total: ___ / 16				

OTHER

- Arrives on time – engaged in class
- Is not a disruption in class
- Follows dress code