

NFMC DANCE DEPARTMENT - BALLET SYLLABUS

JR 17-5

(This syllabus prepared by Mr. Alfredo Corvino and Jeri Kettering. Revised September, 1989 by Helen Watts and Suzanne Steinbach)

LEVEL	BARRE	PORT DE BRAS - ADAGE	ALLEGRO
Pre-Ballet	All work done center	Demi Plié - in 1st position Battement Tendus a la seconde First Port de Bras en face, 5th en bas, 5th en avant, a la seconde	Skips Characture chasse Marches Springs in 1st (saute) Echappe saute (from 1st to 2nd)
Primary I	Demi Plié (done facing the barre) 2 demi plié and 2 releve in 1st, tendu to 2nd and close in 3rd and repeat. Foot Exercise (Facing the barre) stand in 1st, force the R foot to 3/4 point, then to full point (slightly off the floor), return to 3/4 point, and return to 1st. Repeat L. Battement Tendus - one arm on the barre - start 3rd or 5th 2 in each position en croix. Transfer of weight Point front, lower heel, transfer weight, point back, close and reverse	Third Port de Bras en face 5th en bas, 5th en haut, body stretch R-L (L-R), a la second, 5th en bas Chasse to 2nd in demi plié, point close.	Spring Points spring one foot to other, pointing front, side and back Petit Jeté Jump from one foot to other placing raised foot at end of calf muscle Changements taken from 5th or 3rd.
Primary II	Pliés - 2 demi and 1 grand plié in 1st and 3rd Tendu - 4 battement tendus en croix 1/4 Rond de Jambe Stand in 5th, point front carry leg to 2nd, close back, point back, carry leg 2nd, close front Prep, for frappe Foot at sur le cou de pied Point to 2nd and return to sur le cou de pied Pique (facing the barre) Pique to side bringing other leg to passe, coupe down	Chassé taken to 2nd or 4th front or back Pas de Bourrée Back, Side, Front Spotting Exercise - in place 4 times to each side.	Balance Echappe saute taken from 5th alternating the 5th on each close Glissade slight spring deand derrière.
Primary III	Pliés - 2 demi plié, 1 grand and 2 demi plié, 1 releve done in 1st, 2nd, and 3rd Grant Battement - 2 counts 2 in each position en crois Frappe a la seconde - 2 counts. Reterie (passe taken to side of the knee) Rond de Jambe a terre in 4 counts. - prepare: point front and side. Ct. 1-Point back Ct 2-Close 1st Ct. 3-Point front Ct. 4-Point 2nd Degage a la seconde Assemble - face barre Ct. 1-demi plié Ct. 2-degage Ct. 3-grand battement and jump Ct. 4-straighten knees Prep. For Pirouette Facing the barre-point to 2nd, close in 3rd in demi plié, releve in passe, close in back	First and Third Port de Bras done croisse Second Port de Bras croissé Ct. 1-front arm up in attitude, back arm in back of body Ct. 2-switch arms to 2nd Ct. 3-arms straight, back arm front, front arm back Ct. 4-arms pass thru 5th en bas Head Positions - Erect, Turned, Inclined, Raised, Lowered Chassé Passé Slide foot thru 1st to 4th front or back, arms demi 2nd First Arabesque a terre Ct. 1-arms avant Ct. 2-feet and arms to 2nd Ct. 3-pivot towards supporting leg back arm remains to front of body Ct. &-switch back to en face	Temps leve foot raised either back or front then saute Pas de chat Chassé coupe with slight spring traveling across floor Chainne Turns Cts. 12345678

		Ct. 4-close in back Pique-traveling down room	
LEVEL	BARRE	PORT DE BRAS-ADAGE	ALLEGRO
Elementary I	<p>Grand Plié - in all positions with use of port de bras</p> <p>Battement Tendus - closing in plié, encroix</p> <p>Battement Degage 4 degage en croix in 1st</p> <p>Transfer of weight Point, lower, transfer, point, close. En croix</p> <p>Rond de Jambe a terre - in 2 counts</p> <p>Développé - 4 counts en croix Frappe a la seconde-counts & 1 Petit Battement - counts and 1 & 2 Port de Bras forward and back - 1st, 2nd, 3rd positions.</p> <p>Prep. For Rond de Jambe En l'air-kick to 2nd, bend knee to touch the supporting leg, open to 2nd, close back. Reverse</p>	<p>Tendu a la seconde-traveling front or back with use of head</p> <p>Second Arabesque Foot work and counts same as 1st Arabesque. Arms after the pivot are: front arm in front of body and the back arm in back of body</p> <p>Third Arabesque Foot work and counts same as 1st Arabesque. Arms after the pivot: both arms are in front, back arm held higher</p> <p>Preparation for Pirouette Point to 2nd, close in 3rd in demi plié, releve in passe, close in back</p>	<p>Assemble-traveling front and back</p> <p>Pas de basque front and back</p> <p>Series of Glissade Changement</p> <p>Jeté-traveling front and back</p> <p>Demi Contretemps Temps leve and chassé passe</p> <p>Pique Turns Endedans</p>
Elementary II	<p>Pliés-2 demi plié, 1 grand plié in 2nd, 4th, 5th positions</p> <p>Battement Degage 2 in 5th en croix</p> <p>Frappe doubles a la second</p> <p>Transfer of weight Point Front, Lower to 4th point front, close. En croix Rond de Jambe En l'air Endedans and Endehors</p> <p>Développé-développé front, grand rond de jambe to back, close. Reverse</p> <p>Petit Battement- Counts & 1</p> <p>Echappe Releve</p> <p>Grande Battement fini pique</p> <p>Ct. 1-tendu</p> <p>Ct. 2-grande battement</p> <p>Ct. &-tendu</p> <p>Ct. 3-grande battement</p> <p>Ct. &-tendu</p> <p>Ct. 4-close 5th</p> <p>Do En croix</p>	<p>Positions of the body - a) croissé b) quatrieme devant c) a la seconde d) quatrieme</p> <p>Attitude and Arabesque</p> <p>1-taken pose (releve with working leg at 45°angle)</p> <p>2-pique (with working leg at 90° angle)</p> <p>3-chassé to releve (with the working leg at 90° angle)</p> <p>First, Second, Third Arabesque En l'air-prepared from a développé</p> <p>Port de Bras in 7 movements</p> <p>Ct. 1-demi 5th en avant (head inclined to back foot)</p> <p>Ct. 2-5th en avant</p> <p>Ct. 3-5th en haut (head and eyes raise to look at palms)</p> <p>Ct. 4-lower back arm to 5th en avant</p> <p>Ct. 5-open same arm to 2nd (following it with head)</p> <p>Ct. 6-lower front arm to 5th en avant</p> <p>Ct. 7-open same arm to 2nd</p> <p>Ct. 8-lower both arms to 5th en bas</p>	<p>Arabesque Sautes</p> <p>Soubre Saute Jumps in 5th position</p> <p>3 Sissone front and 1 changement</p> <p>Preparation for cabriole Run (R) Run (L) brush to a grand battement (R) saute (L)</p> <p>Pique Turns Endehors</p> <p>Pirouette-Endehors</p> <p>Échappe Battu Beat 2nd, Beat 5th</p>
Elementary III	<p>Pliés-2 grand plié and releve with balance in 5 pos. Battement en cloche</p> <p>Battement Fondu-45°</p> <p>Double Rond de Jambe En l'air-Endedans and Endehors</p> <p>Double Frappe-En croix</p> <p>Battement Serre</p> <p>Développé-to 2nd, fouetté to Arabesque facing the barre</p> <p>Facing the Barre: 3 brisses and 1 changement</p>	<p>16 count Port de Bras - arranged by teacher</p> <p>Pirouette Endedans</p> <p>Développé En croix</p> <p>Grand Plié and Releve done croissé</p> <p>Pique Fouetté Pique & Grand Battement forward, fouetté to 2nd Arabesque</p>	<p>Glissade Assemble traveling front and back</p> <p>Glissade Pique Arabesque traveling side to side (1st Arab.)</p> <p>Sissone front, side, & back</p> <p>Tourjete (Grand Jeté desus Entournant)</p> <p>Emboite Combination Chassé to Arabesque saute (R) step thru (L) brush forward (R) to a demi attitude, jump up and switch feet so that L foot is in demi attitude. Reverse</p> <p>Entrechat-Quatre-8X</p> <p>Entrechat Royal-8X</p> <p>Entrechat-Trois, pas de</p>

			bourrée-4X
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Advanced I	<p>Pliés - 2 grand plié in 1st with forward and back port de bras, 2 grand plié in 2nd with side port de bras, 2 grand plié in 5th with releve and balance, 2 grand plié in 4th with circular port de bras</p> <p>Battement En Cloche 3 and hold count 4</p> <p>Battement Fondu-90° En croix</p> <p>Adage: Passe Ct 1 & 2, développé front in a demi plié ct 3 & 4, pique to Arabesque ct 5 & 6, hold ct 7, lower heel ct 8, penche ct 1 & 2, return up 3 & 4, Rotation 5-7, close 8. Repeat to other side</p> <p>Développé with Grand Rond de Jambe Passe ct 1 & 2, développé front in demi plié ct 3, releve and grand rond de jambe to a la seconde ct 4, to Arabesque ct 5, balance ct 6, allonge ct 7, close 8 reverse</p> <p>Preparation for fouetté turns Rond de Jame with the turn</p> <p>Entrechat-cinq</p>	<p>8 Positions of the Body</p> <ol style="list-style-type: none"> croissé devant quatrième devant a la seconde ecarte efface épaule quatrième derrière croissé derrière <p>Echappe Releve</p> <p>Double Pirouette Endehors</p> <p>Arabesque Promenades</p> <p>Grand Ron de Jambe</p> <p>Balance Combination (arranged by teacher)</p>	<p>Brisse Over</p> <p>Ballone Simple</p> <p>Chainne Turns-deboules</p> <p>Saute de Basque</p> <p>Emboite Turns</p> <p>Fouetté Saute</p> <p>Entrechat Quatre-Royale Series</p>
Advanced II (ALL BARRE WORK IS ON POINT)	<p>Plié-demi plié, raise heels, straighten to releve, come down & Reverse</p> <p>Rond de Jambe En l'air endedans & endehors-facing the barre (on releve)</p> <p>Pas de Cheval</p> <p>Frappe en croix single and double</p> <p>Petit Battement-ct & 1 on releve</p> <p>Battement Fondu Releve 90°En croix</p> <p>Echappe Releve</p> <p>Releve in 1st and 2nd</p> <p>Sous-sus</p> <p>Bourée-down barre</p> <p>3-Sous-sus and 1 Echappe Releve</p> <p>Releve Passe</p> <p>Double Rond de Jambe En l'air-on releve Endedans & Endehors</p> <p>Double Frappe Encroix on pointe, come down and plié on frappe</p> <p>Pique Exercise Passe Ct 1 & 2, développé front ct 3, pique Arabesque ct 4, releve ct & 5 & 6, sous-sus ct 7, close 8. Reverse</p> <p>Sissone-on pointe to Arabesque, fouetté into passe, sous-sus & close</p> <p>Fouetté Releve</p>	<p>Fouetté Turns</p> <p>Ballone releve</p> <p>32 Count Adage arranged by teacher incorporating the following:</p> <ol style="list-style-type: none"> Arabesque promenade attitude pirouette balance <p>Double Pirouette Endedans</p> <p>Pique Attitude Turns finish with balance turn</p> <p>16 Count Port de Bras arranged by teacher</p> <p>64 Count adage prepared by teacher to include the following:</p> <ol style="list-style-type: none"> attitude turns penché 8 body directions Arabesque promenade pirouettes grande plié grande rond de jampe <p>Echappe Releve</p>	<p>Sissone-to 2nd, coupe assemble</p> <p>Brisse under</p> <p>Jeté Battu</p> <p>Entrechat cinq</p> <p>Temps leve chassé, pas de bourrée to 4th outside pirouette</p> <p>Sissone Change</p> <p>Full Contretemps</p> <p>Grand Jeté Combination</p> <p>Ballone Turns</p> <p>Cabriole Front and back</p> <p>Temp de Flesche front and back</p> <p>Brisse Vole</p> <p>Glissade Cabriole front and back</p> <p>Entrechat Six</p> <p>Ballotte front and back</p> <p>Pirouette Endedans and Endehors (single or double)</p>