



Ballet Technique (Ages 8+)

Two one hour ballet technique classes per week

Barre Work

*One hand on barre and put other hand on hip, unless doing port de bras exercise
No more than 16 counts in each direction for this level's barre exercises*

Transitions from one side to the other for barre work:

First teach students how to change sides through by rising to first position on high demi-pointe, then bourrée towards the barre to finish on the other side. Next teach demi-détourné from fifth position - make sure to show them how to make a space from the sous-sus position by moving the front foot slightly forward to then turn and let the feet pass without creating a sickled position of the ankle. Then when they arrive at the other side pull the front foot back into a tight sous-sus to finish the demi-détourné. Emphasize how to finish.

1. Pliés (2 demi-pliés and 1 grand plié in 1st, 2nd, and 5th positions only)
Add 4th position towards end of year: Start with four demi-pliés then add grand plié in 4th
2. Port de bras (Emphasize the position of the head as it follows the arm)
3. Tendu from 1st (en croix)
4. Tendu from 5th (en croix)
5. Dégagé from 5th (en croix) can also add dégagés en cloche through 1st position
(Incorporate Piqué)
6. Coupé exercises (Review cou-de-pied devant, sur le cou-de-pied devant and sur le cou-de-pied derrière) *Add retiré devant, retiré de côté, retiré derrière and teach the concept of passé*
7. *Pas de cheval (step of the horse)*
8. Rond de jambe à terre (en dehors and en dedans) *Add en cloche front and back to 45 degrees and teach the term en l'air (in the air) Add temps relevé as a preparation for the exercise or within the exercise*
9. *Frappé (en croix) SLOWLY! Work on the change of the cou-de-pied position when doing frappés à la seconde*

10. *Fondu (add retiré devant) Add 45 degree extension to the front only, stopping in attitude devant and emphasizing the timing of the supporting and the working leg stretching at the same time.*

11. *Basic pas de bourrée (facing the barre) Add cou-de-pied devant positions and then retiré devant positions*

12. *Relevé lent (to rise slowly) with one hand on the barre (Front and Back only)*

13. *Grand battement with one hand on the barre (Front and Back only) Stop in pointe tendue position for the first one and then repeat going through the tendu positions but not stopping.*

14. *Sous-sus, demi-détourné (start incorporating into barre work to change from the left side to the right side)*

Stretch in Center

10 minute of center stretches and work on splits

Épaulement exercise: sitting on knees with hands on hips

Center Work

Review walls and corner numbers and croisé/effacé épaulement and en face

1st and 2nd Vaganova port de bras

Front body positions (croisé devant, à la quatrième devant, effacé devant)

Start with hands on the hips while learning the body positions and then add demi arms to the body positions.

Incorporate tendu and dégagé steps into body positions

Introduce first and second arabesque (à terre at first only, later in the year 45 degrees)

Relevé lent (Use front body positions and teach 1st and 2nd arabesque)

Pas de basque glissé en avant only transitioning through 5th position steps.

Various center exercises incorporating a combination of tendu, dégagé, temps lié, pas de bourrée

Pas de bourrée dessous (under)

Pirouette En Dehors Preparation Exercises

Spotting exercise: Rise up to first position relevé and tiptoe turn around with the fingers on the shoulders

Weight transfer exercise - Start in 5th position, tendu à la seconde, plié 2nd position, retiré devant without relevé (this exercise is for learning to feel the weight transfer from the plié in second back to the working leg in retiré devant) NO relevé!

Start in 5th position, tendu à la seconde, plié 5th position, retiré devant with relevé

1/4, 1/2 turns from 5th (tendu à la seconde, plié 5th position, relevé quarter turn to retiré devant, plié 5th position) Add whole turn later in the year.

Balancé de côté - turned out with cou-de-pied devant position (Start in 5th position, dégagé à la seconde, tombé to sur le cou-de-pied derrière, piqué up to coupé devant, fondu down to sur le cou-de-pied derrière, reach out à la seconde from fondu and tombé to the other leg)

Across the Floor or from the Diagonal

Hands on hips for across the floor exercises

Tombé to à la seconde, close fifth (Teach transfer of weight)

Exercise 1: Start as a chassé from fifth straight legs and push to tendu fondu à la seconde, close to fifth straight legs

Exercise 2: Tombé from tendu à la seconde and fall onto the tendu leg stressing to reach past the end of the foot

Once tombé is mastered add pas de bourrée through second position facing en face

*Waltz (Add the turn) Clarify the six steps of a waltz turn and this needs to be taught at a slow tempo! *At the end of the year, put balancé and waltz turn together with hands on hips.*

Petit Allegro

Hands on hips when learning new petit allegro steps.

Add simple arm positions after they have mastered the legs and feet.

Start putting previously learned steps together into an exercise working on patterns.

Do repetitive sautés for strength in PP 1 petit allegro combinations.

Changements, Sautés, Spring Pointes, Échappé Sauté

Changement (Start teaching to change through fifth)

Do ¼ turns changements

Soubresaut in place

Échappé sauté

*Glissade Derrière (*This step should be taught at the barre before in the center - preparation for glissade should first go through relevé 2nd and then add the jump)*

Start in fifth right foot derrière, plié, tendu fondu à la seconde with the right leg, push to second position on relevé, transfer weight to the right leg into tendu fondu, close fifth plié left foot devant (next add the jump to the glissade)

Pas de chat (turned out starting from 5th position) Pas de chat preparation exercises:

Preparation Exercise 1: Start fifth right foot derrière, retiré devant, plié fifth, retiré devant, plié fifth, pas de chat, plié fifth, stretch legs in fifth, plié to prepare again (emphasize the diamond shape in the air to get the first leg turned out with the heel forward.)

Preparation Exercise 2: Start in fifth right foot derrière, right foot lifts to retiré devant, step over on to that right foot and then lift the left leg into retiré devant, close fifth plié. This preparation exercise goes across the floor with 4 repetitions of the preparation exercise and then four actual jumping pas de chats

*Assemblé (*This step should be taught at the barre before in the center - prepare through relevé 5th and then add jump) (teach assemblé dessus only - start with right foot back and finish with right foot front)*

Start in fifth position right foot derrière, plié fifth, tendu fondu à la seconde, pull up to fifth position sous-sus right foot devant, plié back to fifth position, repeat on the other leg

Repeat the above exercise but use dégagé à la seconde instead of tendu fondu. This teaches the students how to brush into an assemblé

Across the Floor or from the Diagonal

Hands on hips for across the floor exercises

Review polka

Chassé, temps levé arabesque

Grand jeté

Chaînés at the barre to begin, then start working on chaînés in the center with hands on hips

Boys Supplementary Exercises for Age 8

Push ups on the knees to start working on upper body strength for partner work when they are older

At the Barre: Preparation for à la seconde turns - (Facing the barre with two hands on the barre) Relevé lent to 45 degrees in à la seconde, plié and stretch, plié and stretch, close to first and repeat other leg

Spotting Exercise - (With fingertips on the shoulders) Begin in first position, plié, relevé, tiptoe turn while leaving head to the front for as long as possible and then snapping the head back around to the front

Sautés - ¼ turn sautés from first position *(add ½ turn sautés)*

During petit allegro exercises have the boys dance in their own group and perform the jumping exercise at a slower tempo. (Sautés in first, échappé sauté, changements)

Changement adding ¼ turn, then back to facing en face - legs change as soon as they leave the floor (add échappé sauté as transition to the other side) This is training for future tours en l'air

Grand changements (slower tempo for more height)

Walks with larger temps lié (rock and point) through second and fourth position with arms in first (Can be performed from back to front and across the floor from the diagonal)

Révérance for Boys: Walks and bows with one foot in ¼ pointe in first position