

BEGINNING

Goals: Intro to step and vocabulary acquisition

Working in: 6th, 1st, 2nd and 5th foot positions. Facing the barre. Front side and back.

Exercises uncombined

That the students establish an understanding of:

maintaining core

properly rotating from their hips/ sartorius

proper placement of the foot on the floor without rolling on instep

proper use of the foot in action active back of leg and stretch of

the knee square hips arabesque sous sou

balance in 1st and 5th sous sous

At barre: plie – demi and grande

tendue, degage, rond de jambe, sur le cou de pied, passe, frappe, releve and eleve, peke
attere

Center: understanding of basic arm positions: en bas, middle first, second, third, en houx,
arabesque.

Stretch – Flexibility guidance

Acquisition of basic steps:

Balance, pas de bouree, glissade, tripolet, sauté 6th, 1st and 2nd and changement, chasse,
chaine, pas de chat, echappe, sauté arabesque grand jete

All every week. Uncombined and brief.

INTERMEDIATE

Goals: Step and vocabulary acquisition/combination

INTERMEDIATE PART 1

Working in all foot positions. One hand on barre, en croix. NO heads.

Exercises simply combined no port de bras

Barre: combination of exercises from beginning level - add: rond de jambe de dahns, fondu, developpe, attitude, leg on barre stretch, foot in hand stretch, petite battment, grande battment, soutenu, one footed balance en flat.

Intro to accent in and out.

More intense stretch guidance

Center adagio, tendu, pirouette prep/turn

Acquisition of entire petite/medium allegro series: jete, assemble, glissade, sissone, pas de chat, sou pre sous, Peke turns, waltz turns

Required – pre-pointe

INTERMEDIATE PART 2

Introduce: At barre: epaulment/heads, full port de bras en action, circular port de bras, pas de cheval, envelope, grande rond de jambe, fouette prep, double frappe, one footed balance on releve.

Center: Angles of the body, basic adagio, en de hors turns, en de dahn turn prep.

Additional allegro: entra cha quatre, royale, tour jete, emboite, saut de basque, saut de chat

Turns: traveling soutenu, step over, fouettes

Typically add pointe

ADVANCED

Goals: refine technique and artistry

Complex, combinations with epaulment and full port de bras

Barre: Add, flic-flac, triple and quadruple frappe and sere,

Center: Extensive adagio, Full turn series: de hors, de dahns, arabesque, attitude, fouette, Italian fouette

Allegro: Extensive petite and grande allegro battu, brisse, tendu flesh, double saut de basque

Turns: Menege

Pointe, Variations, Repitior, Pilates, Pas de deux