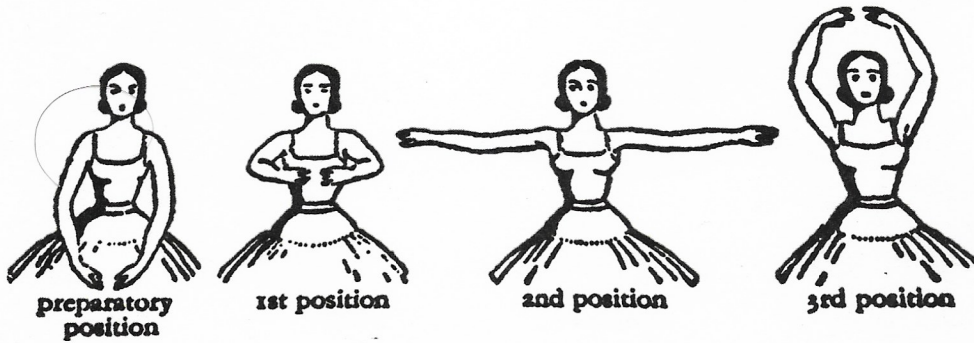


## Section 9

Positions of the arms according to Russian Ballet Technique:



Port de bras 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>

1<sup>st</sup> -

Arms move from preparation to 1<sup>st</sup> to 2<sup>nd</sup> and back to preparation.

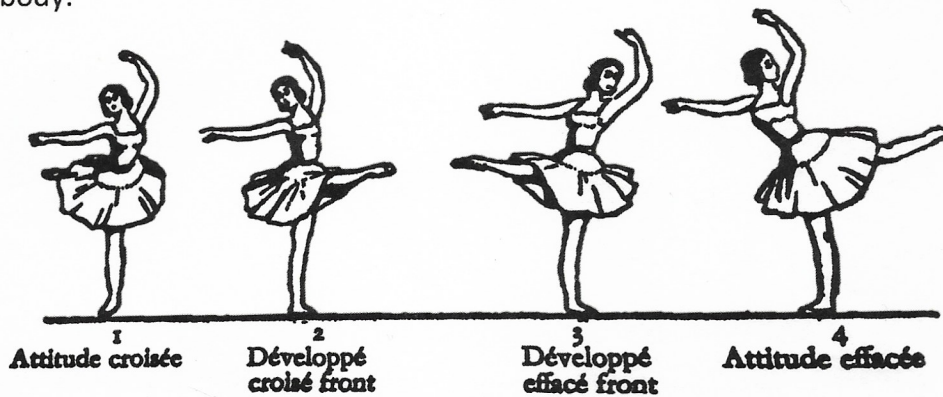
2<sup>nd</sup> -

Arms move from preparation to 1<sup>st</sup> to 5<sup>th</sup> to 2<sup>nd</sup> and back to preparation

3<sup>rd</sup> -

Arms move from preparation to 1<sup>st</sup> to 3<sup>rd</sup> switch 3<sup>rd</sup> to 1<sup>st</sup> and back to preparation

Attitude poses of the body:



B-Plus Position- Originated by George Balanchine, tendu derrière with the working leg knee bent so that knees touch.

Turnout comes from the hip's rotator muscles.

Beats come from the thighs -Ex: Entrechat quarte is 4 beats. 2 beats per leg.

Saut de chat vs. grand jeté- Saut de chat uses a développé and a Grand jeté uses a grand battement.

Ranks in Ballet - Corps de ballet to Soloist to Principal.