

# Theory for the Graded Ballet Examinations

## Grade 1

Degage	Disengage/to release the foot from a closed to an open position
Demi	Half
Plie	Bend
Battement	Beat
Tendu	Stretch
En croix	In the shape of a cross
Grand	Large
Retire	Draw up
Adage	Slow movements
Coupe	Cut/to cut the weight of the body from one foot to the other
Chasse	Slide
Fondu	Melt/a bend on the supporting leg
Glissade	Glide
Petit	Small
Jete	Throw
Saute	Spring
Echappe	Escape
Pose	Step/place
Temps leve	Hop
Devant	Front
Derrier	Back
En avant	Travelling forwards

## Grade 2

Assemble	Assemble/join together
Soutenu	Sustain/hold
En dehors	Outwards
En dedans	Inwards
En arriere	Travelling backwards
Releve	Rise/a snatching of the feet
Ports de bras	Carriage of the arms
Croise	Crossed
Ouvert	Open
En face	Facing (the audience)
Passe	Pass
Enchainment	Chain of steps/linking together of two or more steps
Changement	Change
Soubresaut	Simple jump without change of feet

### Grade 3

Rond de jambe	Circle of the leg
A terre	On the ground
Arabesque	Represents the shape of a bow/a position on one leg, the other in 4 <sup>th</sup> opposite 1 <sup>st</sup> a terre or en l'air
De cote	Facing the side
Demi-detourne	Half a turn towards the back foot
Pas de chat	Step of a cat
Pas de bourree	Small running steps/consisting of three movements (5 <sup>th</sup> .2 <sup>nd</sup> ,5 <sup>th</sup> )
Pas de basque	A step from the Basque country representing the swirl of a skirt
Sissonne	A scissor movement from two feet onto one foot

### Grade 4

Developpe	Unfold
Frappe	Strike/hit
Pirouette	Spin on one leg
En l'air	In the air
Attitude	A position on one leg, the other in 4 <sup>th</sup> opposite 5 <sup>th</sup> a terre or en l'air

### Grade 5

Sue-le-cou-pied	On the neck of the foot
Epaulment	Use of the shoulders with one shoulder forward the other back; the head over the front over the front shoulder; the turn coming from the upper back
Ballonne	Bounce
Simple	A simple ballone with the accent on the inward movement
Compose	A compound step with the accent on the outward movement followed by a step and close
Demi contretemps	Temps leve in arabesque by a chasse passe en avant
Battu	beaten

### Grade 6

En cloche	Bell-like preparation for Grand Allegro
Fouette	Whip
Ex. For fouette	Preparation for Fouette of Adage in the centre and Grand Allegro fouette movements
Battements sur le cou-de-pied	Preparation for beaten work
Contretemps	Against time/coupe under, chasse en avant, temps leve in arabesque, chasse passe en avant
Fermee	Closed

**Knowledge of the Purpose of the Exercises on the Barre is required:-**

- 1 Q.** What is the purpose of performing plies at the beginning of a Ballet close?
- A** Plies help to:- warm up all the muscles in the legs, strengthen the legs, establish turnout, sustain the upright position of the body.
- 2 Q** What is the purpose of Grand battements en cloche?
- A** The main purpose of grands battements is to loosen and strengthen the legs. Battements en cloche develops the fullest range of movements.
- 3 Q** What is the purpose of the Preparatory Exercise for Fouette Rond de Jambe en Tournant?
- A** This exercise helps to establish co- ordination and balance ready for turning.
- 4 Q** What is the purpose of Battements sur le cou-de-pied?
- A** This exercise develops speed and control in the use of the lower leg, preparatory to beaten steps. It also helps understanding of how some part of the leg can move independently of the others.
- 5 Q** What is the purpose of Exercise for Fouette of Adage?
- A** All adage movements help to develop the slow, smooth control of the legs and the strengthening of the back. The fouette required the ability to use the hinge-like movement of the torso and the hip joint as the working leg circles from side to back, and to centre the weight over the supporting leg.
- 6Q** What is the purpose of the Demi Pointe enchainments on the barre?
- A** These strengthen feet and legs and prepare for pirouettes and pointe-work.