

# A1 DANCE

NATD Classical Ballet Russian Method



Grade Six

Memory Jogger

Candidates should have a thorough knowledge of all previous Syllabi

## Theory

Candidates must know the meaning of all the French terms up to & including this grade. How the terms relate to the movements of each position or step & be able to demonstrate appropriate movements.

Examiner's questions based on theory from previous grades & Theory of pirouettes.

1. Explain the meaning & demonstrate the movements that exemplify the following terms:

<b>Pirouette</b>	Literally: 'spin' or 'whirl'. This is a turn on one leg with the other off the ground & in a position, most commonly in passé. It is performed either en dedans (turning towards the supporting leg) or en dehors (turning away from the supporting leg). <i>(Additional info. – Pirouettes can be taken from, in &amp; finish in any position).</i>
<b>Epaulement</b>	The placement of a dancer's head and shoulders, one shoulder forward the other back, with the head turned or inclined over the forward shoulder. <i>(Additional info. – correct use of Epaulement adds style &amp; aplomb to the dancer)</i>

2. In the cou de pied position for développés, petits battements and pirouettes sur le cou de pied, the muscles of the buttocks must be tightly pulled up. Why is this?

### **Response:**

- To establish and to facilitate the turn-out from the hip joint
- To prevent "sitting on the supporting hip"
- To help with the balance

3. When the leg passes through the attitude position in développés, which parts of the body should be very strongly held and which parts should be relaxed?

### **Response:**

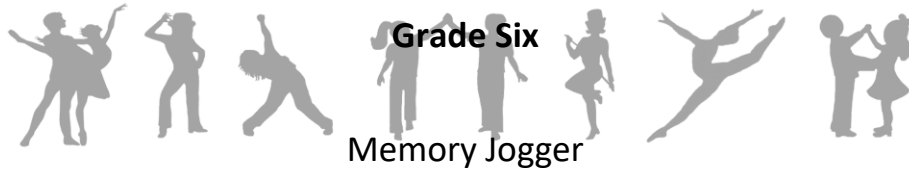
- The upper back should be very strongly held with the shoulders down and relaxed
- The neck remains erect but is also relaxed, enabling the head to turn with ease when necessary
- In attitude devant the (*heel of the*) raised foot should be pressed upwards. In attitude derrière the (*outside of the*) knee should be pressed upwards.

4. 4) In the croisé or the efface alignment, where is the position of the head?

Response: On the side of the front shoulder, facing point 1.

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## À La Barre – At the Barre

1. Plié – *demi, grand plié & port de bras*
2. Battement tendu – *battement tendu (accent out & in) et battement tendu relevé*
3. Battement jeté
4. Rond de jambe à terre
5. Battement frappé
6. Battement fondu et Rond de jambe en l'air
7. Petit battement (preparation for Battement Battu)
8. Développé
9. Grands battements (preparation for Grand Battement en Rond)

## Au Milieu – Centre

1. Battement tendu et glissé

## Adage – Slow, continuous & controlled

1. Ports de bras
2. Set Adage

## Allegro – Lively

1. Preparatory sauté
2. Petit allegro
3. Grand allegro
4. Balancé & travelling waltz step
5. Tours en diagonale
6. Unseen enchaînement – set by the Examiner on the day

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## **Rhythmical Appreciation**

Improvisation to music supplied by the Examiner Adagio or Ragtime.

## **Mime**

Natural mime – set by the Teacher

## **Dances & Révérences**

1. Classical

### **Port de bras et Révérence**

Own choice arrangement followed by appreciative acknowledgement for teacher/examiner and pianist/musical accompaniment

2. Demi – Caractère – based on Classical Technique

### **Curtsey or Bow**

Candidates to choose between:

Option A – Including pointe work

Option B – Excluding pointe work

(Please note that pointe work can be a requirement for professional training at some vocational schools and colleges so consider carefully if choosing the non-pointe work Option B)

Option A.

### **Sur les pointes - À la barre**

1. Warm-up
2. Relevés on two feet
3. Relevés on one foot – (*two to one, relevés devant et derrière*)
4. Pas de bourrée piqué

Option B. – **Au milieu**

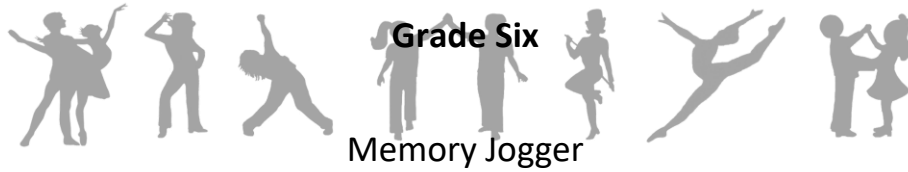
1. Relevés on two feet
2. Relevés on one foot – (*two to one, relevés devant et derrière*)
3. Sissone and tours en l'air

### **Révérence**

Own choice arrangement followed by appreciative acknowledgement for teacher/examiner and pianist/musical accompaniment

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## **No Additional French Terms used in Grade Six**

*As you progress through your Classical Ballet training it's helpful to know the meanings of all the terms to give you a greater understanding of the movements you're learning (for ballet they may be slightly different than the dictionary translation of French to English).*

*Any of the terms you may be questioned on for a particular exam are listed in the Theory section of the Memory Jogger.*

**Please see all previous syllabi to revise earlier French Terms & theory.**

