

A1 DANCE

NATD Classical Ballet Russian Method



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.

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

French	Pronunciation Guide	English
Fondu		Melted
Raccourci		Shortened
Battu		Beaten
Balancer		To swing, sway or rock
Cou de pied		Ankle (literally: neck of the foot)
En dehors		Outwards (away from the centre of the body)
En dedans		Inwards (towards the centre of the body)
En premier		In 1 st position
En quatrième		In 4 th position
En cinquième		In 5 th position

2. In **rond de jambe en l'air** en dehors & en dedans, what pattern of movement is formed by the fully stretched foot of the raised leg?

Response: The pattern of movement resembles the shape of a bow (as in a bow & arrow).

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À La Barre – At the Barre

1. Grand plié & port de bras
2. Battement tendu relevé et battement glissé
3. Rond de jambe à terre
4. Petit battement & battement frappé
5. Battement fondu
6. Preparatory exercise for rond de jambe en l'air
7. Développé
8. Grands battements raccourci et en cloche

Au Milieu – Centre

1. Grands plié et rond de jambe
2. Grand battement in the 8 directions of the body

Adage – Slow, continuous & controlled

1. Temps lié
2. Set Adage



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Allegro – Lively

1. Échappé relevé & relevé
2. Battement tendu, pirouette, entrechat quatre & royale
3. Candidates to choose between a. or b.
 - a. Preparation for pirouette
 - b. Preparation for tour e l'air
4. Sissone
5. Failli en avant et en arrière
6. Posé coupé & pose tour
7. Unseen enchaînement

Rhythmical Appreciation

Improvisation to music supplied by the Examiner Waltz or Tango.

Mime

Classical gestures: Over there; One; Man; Wicked, But.

Reference: *Mime in Ballet* by Bery Morina Page 63

Dances & Révérences

1. Classical

Port de bras et Révérence

2. National – English, Russian or Norwegian

Curtsey or Bow

Candidates should have a thorough knowledge of all previous terms

Additional French Terms used in Grade Four

Words in Italic or brackets are useful to know but not usually required.

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French	Pronunciation Guide	English
En cloche	ahn klawsh	Bell like
Temps lié	tahn lyay	Connected movement
Failli	fah-YEE	Giving way
Tour	toor	Turn

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.

