

# 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 concept of the following terms:

### **En face**

**Response:** Facing the audience or Point 1

[when facing the barre use barre as P1, sideways to the barre use P7 or P3 as P1]

### **Croisé**

**Response: Crossed.** When facing P2 or P8 the downstage leg is placed forward & appears to the audience to have **crossed** the upstage leg.

### **Effacé**

**Response: Effaced or Erased.** When facing P2 or P8 the upstage leg is placed forward, so that the audience can see the whole of both legs.

### **Écarté**

**Response:** Literally: **Spread wide apart. A very broad pose.**

The dancer stands **en diagonal** (diagonally) to the audience & places the leg à la **seconde** with the head in profile.

(The entire pose should express a maximum breadth of movement.)

### **Fermer**

**Response: To Close.** Usually closing a foot from an open position to either **1<sup>st</sup>, 3<sup>rd</sup> or 5<sup>th</sup>** position.

2. In **1<sup>st</sup> or 2<sup>nd</sup>** position of the feet **en face**, in what position is the head?

**Response: En face to Point 1.**

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3. In 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> positions of the feet **en face**, in what position is the head?  
**Response: 1/8** turned on the side of the **front foot**.

**2020** The following two questions are no longer asked in the exam but are very useful to know.

4. What is the meaning of **épaulement**?  
**Response: Épaulement** is a term used in classical ballet which refers to the **positioning of the head & shoulders** within the range of the 5 positions of the feet & in relation to the 8 points of the stage. All rotary movements from the waist upwards involve the use of **épaulement**.
5. In the **croisé** or the **éffacé** alignment, where is the position of the head.  
**Response: On the side of the front shoulder, facing Point 1.**

## À La Barre – At the Barre

1. Demi-plié relevé et grand plié (in 2<sup>nd</sup>, 1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> open)
2. Demi-plié, relevé et grand plié in 4<sup>th</sup> crossed (Facing barre)
3. Battement tendu et battement tendu relevé
4. Battement glissé
5. Rond de jambe à terre
6. Battement frappé
7. Battement fondu
8. Petits battements – preparation for entrechat quatre et royale (so with & without a change (avec changé et sans changé))
9. Développé et grand battement
10. Grands battements et tombé – preparation for grand jeté

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## Au Milieu – Centre

1. Relevé et échappé relevé
2. Preparation for pirouette en dehors

## Rhythmical Appreciation

1. Polonaise

## Adage – Slow, continuous & controlled

1. Port de bras
2. Set Adage

## Allegro – Lively

1. Glissade et assemblé
2. Échappé enchaînement
3. Sissone fermé en avant, en arrière et de côté
4. Sissone effacé (ouverte) into premier arabesque
5. Pas de basque sauté (en avant et en arrière)
6. Pas courus et grand jeté
7. Posé retiré et posé soutenu

## Mime

Classical gestures: Come here; Dance; Idea; Go away.

## Dance

1. Classical
2. National – Irish or Alpine

## Cinquième (5<sup>th</sup>) port de bras et Révérence

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Grade Four  
Memory Jogger

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.*

French	Pronunciation Guide	English
En face	ahn-fahss	(Opposite) Facing the audience or point 1
Croisé	krwah-zay	Crossed (see theory for full definition)
Effacé	eh-fah-say	Effaced or erased (see theory for full definition)
Écarté	ay-kar-tay	Spread wide apart (see theory for full definition)
Fermer	fehr-may	To close
Tombé	tawn-bay	Fall
Épaulment	ay-pohl-mahn	Shouldering (see theory for full definition)
Posé	poh-zay	Pose, step onto a straight leg
Soutenu	sue tenoo	Sustained (held)
Polonaise	Polonayz	Polish
Pas de basque sauté	pah duh bask soh-tay	Step of the Basque (region) springing
Petit Sissone (formally sauté coupé)	puh-tee see-sawn (soh-tay koo-pay)	Little scissors (jump cut)

Polonaise	In 3/4 time this is a Polish Royal walking dance taken at a stately, dignified pace. The Polonaise is a processional dance that opened the court ballets of the 17 <sup>th</sup> century. It can be seen today in ballets such as The Sleeping Beauty & Swan Lake.
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*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).*

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*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.*