

## NFMC DANCE DEPARTMENT - BALLET SYLLABUS

JR 17-5

(This syllabus prepared by Mr. Alfredo Corvino and Jeri Kettering. Revised September, 1989 by Helen Watts and Suzanne Steinbach)

LEVEL	BARRE	PORT DE BRAS - ADAGE	ALLEGRO
Pre-Ballet	All work done center	Demi Plié - in 1st position Battement Tendus a la seconde First Port de Bras en face, 5th en bas, 5th en avant, a la seconde	Skips Characture chasse Marches Springs in 1st (saute) Echappe saute (from 1st to 2nd)
Primary I	<b>Demi Plié</b> (done facing the barre) 2 demi plié and 2 releve in 1st, tendu to 2nd and close in 3rd and repeat. <b>Foot Exercise</b> (Facing the barre) stand in 1st, force the R foot to 3/4 point, then to full point (slightly off the floor), return to 3/4 point, and return to 1st. Repeat L. <b>Battement Tendus</b> - one arm on the barre - start 3rd or 5th 2 in each position en croix. <b>Transfer of weight</b> Point front, lower heel, transfer weight, point back, close and reverse	<b>Third Port de Bras</b> en face 5th en bas, 5th en haut, body stretch R-L (L-R), a la second, 5th en bas <b>Chasse to 2nd</b> in demi plié, point close.	<b>Spring Points</b> spring one foot to other, pointing front, side and back <b>Petit Jeté</b> Jump from one foot to other placing raised foot at end of calf muscle <b>Changements</b> taken from 5th or 3rd.
Primary II	<b>Pliés</b> - 2 demi and 1 grand plié in 1st and 3rd <b>Tendu</b> - 4 battement tendus en croix <b>1/4 Rond de Jambe</b> Stand in 5th, point front carry leg to 2nd, close back, point back, carry leg 2nd, close front <b>Prep, for frappe</b> Foot at sur le cou de pied Point to 2nd and return to sur le cou de pied <b>Pique</b> (facing the barre) Pique to side bringing other leg to passe, coupe down	<b>Chassé</b> taken to 2nd or 4th front or back <b>Pas de Bourrée</b> Back, Side, Front <b>Spotting Exercise</b> - in place 4 times to each side.	<b>Balance</b> <b>Echappe saute</b> taken from 5th alternating the 5th on each close <b>Glissade</b> slight spring deand derrière.
Primary III	<b>Pliés</b> - 2 demi plié, 1 grand and 2 demi plié, 1 releve done in 1st, 2nd, and 3rd <b>Grant Battement</b> - 2 counts 2 in each position en crois <b>Frappe a la seconde</b> - 2 counts. <b>Reterie</b> (passe taken to side of the knee) <b>Rond de Jambe a terre</b> in 4 counts. - prepare: point front and side. Ct. 1-Point back Ct 2-Close 1st Ct. 3-Point front Ct. 4-Point 2nd <b>Degage a la seconde</b> <b>Assemble - face barre</b> Ct. 1-demi plié Ct. 2-degage Ct. 3-grand battement and jump Ct. 4-straighten knees <b>Prep. For Pirouette</b> Facing the barre-point to 2nd, close in 3rd in demi plié, releve in passe, close in back	<b>First and Third Port de Bras</b> done croisse <b>Second Port de Bras croissé</b> Ct. 1-front arm up in attitude, back arm in back of body Ct. 2-switch arms to 2nd Ct. 3-arms straight, back arm front, front arm back Ct. 4-arms pass thru 5th en bas <b>Head Positions</b> - Erect, Turned, Inclined, Raised, Lowered <b>Chassé Passé</b> Slide foot thru 1st to 4th front or back, arms demi 2nd  <b>First Arabesque a terre</b> Ct. 1-arms avant Ct. 2-feet and arms to 2nd Ct. 3-pivot towards supporting leg back arm remains to front of body Ct. &-switch back to en face	<b>Temps leve</b> foot raised either back or front then saute <b>Pas de chat</b> Chassé coupe with slight spring traveling across floor  <b>Chainne Turns</b> Cts. 12345678

		Ct. 4-close in back Pique-traveling down room	
<b>LEVEL</b>	<b>BARRE</b>	<b>PORT DE BRAS-ADAGE</b>	<b>ALLEGRO</b>
Elementary I	<p><b>Grand Plié</b> - in all positions with use of port de bras</p> <p><b>Battement Tendus</b> - closing in plié, encroix</p> <p><b>Battement Degage</b> 4 degage en croix in 1st</p> <p><b>Transfer of weight</b> Point, lower, transfer, point, close. En croix</p> <p><b>Rond de Jambe a terre</b> - in 2 counts</p> <p><b>Développé</b> - 4 counts en croix Frappe a la seconde-counts &amp; 1 Petit Battement - counts and 1 &amp; 2 Port de Bras forward and back - 1st, 2nd, 3rd positions.</p> <p><b>Prep. For Rond de Jambe</b> En l'air-kick to 2nd, bend knee to touch the supporting leg, open to 2nd, close back. Reverse</p>	<p><b>Tendu a la seconde</b>-traveling front or back with use of head</p> <p><b>Second Arabesque</b> Foot work and counts same as 1st Arabesque. Arms after the pivot are: front arm in front of body and the back arm in back of body</p> <p><b>Third Arabesque</b> Foot work and counts same as 1st Arabesque. Arms after the pivot: both arms are in front, back arm held higher</p> <p><b>Preparation for Pirouette</b> Point to 2nd, close in 3rd in demi plié, releve in passe, close in back</p>	<p><b>Assemble-traveling</b> front and back</p> <p><b>Pas de basque</b> front and back</p> <p><b>Series of Glissade</b> Changement</p> <p><b>Jeté-traveling</b> front and back</p> <p><b>Demi Contretemps</b> Temps leve and chassé passe</p> <p><b>Pique Turns Endedans</b></p>
Elementary II	<p><b>Pliés-2 demi plié</b>, 1 grand plié in 2nd, 4th, 5th positions</p> <p><b>Battement Degage</b> 2 in 5th en croix</p> <p>Frappe doubles a la second</p> <p><b>Transfer of weight</b> Point Front, Lower to 4th point front, close. En croix Rond de Jambe En l'air Endedans and Endehors</p> <p><b>Développé-développé front</b>, grand rond de jambe to back, close. Reverse</p> <p><b>Petit Battement</b>- Counts &amp; 1</p> <p><b>Echappe Releve</b></p> <p><b>Grande Battement fini pique</b></p> <p>Ct. 1-tendu</p> <p>Ct. 2-grande battement</p> <p>Ct. &amp;-tendu</p> <p>Ct. 3-grande battement</p> <p>Ct. &amp;-tendu</p> <p>Ct. 4-close 5th</p> <p>Do En croix</p>	<p><b>Positions of the body</b> - a) croissé b) quatrieme devant c) a la seconde d) quatrieme</p> <p><b>Attitude and Arabesque</b></p> <p>1-taken pose (releve with working leg at 45°angle)</p> <p>2-pique (with working leg at 90° angle)</p> <p>3-chassé to releve (with the working leg at 90° angle)</p> <p><b>First, Second, Third Arabesque</b> En l'air-prepared from a développé</p> <p><b>Port de Bras in 7 movements</b></p> <p>Ct. 1-demi 5th en avant (head inclined to back foot)</p> <p>Ct. 2-5th en avant</p> <p>Ct. 3-5th en haut (head and eyes raise to look at palms)</p> <p>Ct. 4-lower back arm to 5th en avant</p> <p>Ct. 5-open same arm to 2nd (following it with head)</p> <p>Ct. 6-lower front arm to 5th en avant</p> <p>Ct. 7-open same arm to 2nd</p> <p>Ct. 8-lower both arms to 5th en bas</p>	<p><b>Arabesque Sautes</b></p> <p><b>Soubre Saute</b> Jumps in 5th position</p> <p><b>3 Sissone front</b> and 1 changement</p> <p><b>Preparation for cabriole</b> Run (R) Run (L) brush to a grand battement (R) saute (L)</p> <p><b>Pique Turns Endehors</b></p> <p><b>Pirouette-Endehors</b></p> <p><b>Échappe Battu</b> Beat 2nd, Beat 5th</p>
Elementary III	<p><b>Pliés-2 grand plié</b> and releve with balance in 5 pos. Battement en cloche</p> <p><b>Battement Fondu</b>-45°</p> <p><b>Double Rond de Jambe</b> En l'air-Endedans and Endehors</p> <p><b>Double Frappe-En croix</b></p> <p><b>Battement Serre</b></p> <p><b>Développé-to 2nd</b>, fouetté to Arabesque facing the barre</p> <p><b>Facing the Barre</b>: 3 brisses and 1 changement</p>	<p><b>16 count Port de Bras</b> - arranged by teacher</p> <p><b>Pirouette Endedans</b></p> <p><b>Développé En croix</b></p> <p><b>Grand Plié and Releve</b> done croissé</p> <p><b>Pique Fouetté</b> Pique &amp; Grand Battement forward, fouetté to 2nd Arabesque</p>	<p><b>Glissade Assemble</b> traveling front and back</p> <p><b>Glissade Pique Arabesque</b> traveling side to side (1st Arab.)</p> <p><b>Sissone</b> front, side, &amp; back</p> <p><b>Tourjete</b> (Grand Jeté desus Entournant)</p> <p><b>Emboite Combination</b> Chassé to Arabesque saute (R) step thru (L) brush forward (R) to a demi attitude, jump up and switch feet so that L foot is in demi attitude. Reverse</p> <p><b>Entrechat-Quatre-8X</b></p> <p><b>Entrechat Royal-8X</b></p> <p><b>Entrechat-Trois</b>, pas de</p>

			bourrée-4X
LEVEL	BARRE	PORT DE BRAS-ADAGE	ALLEGRO
Advanced I	<p><b>Pliés - 2 grand plié</b> in 1st with forward and back port de bras, 2 grand plié in 2nd with side port de bras, 2 grand plié in 5th with releve and balance, 2 grand plié in 4th with circular port de bras</p> <p><b>Battement En Cloche</b> 3 and hold count 4</p> <p><b>Battement Fondu</b>-90° En croix</p> <p><b>Adage:</b> Passe Ct 1 &amp; 2, développé front in a demi plié ct 3 &amp; 4, pique to Arabesque ct 5 &amp; 6, hold ct 7, lower heel ct 8, penche ct 1 &amp; 2, return up 3 &amp; 4, Rotation 5-7, close 8. Repeat to other side</p> <p><b>Développé with Grand Rond de Jambe</b> Passe ct 1 &amp; 2, développé front in demi plié ct 3, releve and grand rond de jambe to a la seconde ct 4, to Arabesque ct 5, balance ct 6, allonge ct 7, close 8 reverse</p> <p><b>Preparation for fouetté turns</b> Rond de Jame with the turn</p> <p><b>Entrechat-cinq</b></p>	<p><b>8 Positions of the Body</b></p> <ol style="list-style-type: none"> <li>croissé devant</li> <li>quatrième devant</li> <li>a la seconde</li> <li>ecarte</li> <li>efface</li> <li>épaule</li> <li>quatrième derrière</li> <li>croissé derrière</li> </ol> <p><b>Echappe Releve</b></p> <p><b>Double Pirouette Endehors</b></p> <p><b>Arabesque Promenades</b></p> <p><b>Grand Ron de Jambe</b></p> <p><b>Balance Combination</b> (arranged by teacher)</p>	<p>Brisse Over</p> <p>Ballone Simple</p> <p>Chainne Turns-deboules</p> <p>Saute de Basque</p> <p>Emboite Turns</p> <p>Fouetté Saute</p> <p>Entrechat Quatre-Royale Series</p>
Advanced II (ALL BARRE WORK IS ON POINT)	<p><b>Plié-demi plié</b>, raise heels, straighten to releve, come down &amp; Reverse</p> <p><b>Rond de Jambe En l'air</b> endedans &amp; endehors-facing the barre (on releve)</p> <p><b>Pas de Cheval</b></p> <p><b>Frappe en croix single and double</b></p> <p><b>Petit Battement</b>-ct &amp; 1 on releve</p> <p><b>Battement Fondu Releve</b> 90° En croix</p> <p><b>Echappe Releve</b></p> <p><b>Releve in 1st and 2nd</b></p> <p><b>Sous-sus</b></p> <p><b>Bourée-down barre</b></p> <p><b>3-Sous-sus and 1 Echappe Releve</b></p> <p><b>Releve Passe</b></p> <p><b>Double Rond de Jambe</b> En l'air-on releve Endedans &amp; Endehors</p> <p><b>Double Frappe Encroix</b> on pointe, come down and plié on frappe</p> <p><b>Pique Exercise</b> Passe Ct 1 &amp; 2, développé front ct 3, pique Arabesque ct 4, releve ct &amp; 5 &amp; 6, sous-sus ct 7, close 8. Reverse</p> <p><b>Sissone-on pointe to Arabesque</b>, fouetté into passe, sous-sus &amp; close</p> <p><b>Fouetté Releve</b></p>	<p><b>Fouetté Turns</b></p> <p><b>Ballone releve</b></p> <p><b>32 Count Adage</b> arranged by teacher incorporating the following:</p> <ol style="list-style-type: none"> <li>Arabesque</li> <li>promenade</li> <li>attitude</li> <li>pirouette</li> <li>balance</li> </ol> <p><b>Double Pirouette Endedans</b></p> <p><b>Pique Attitude Turns</b> finish with balance turn</p> <p><b>16 Count Port de Bras</b> arranged by teacher</p> <p><b>64 Count adage</b> prepared by teacher to include the following:</p> <ol style="list-style-type: none"> <li>attitude turns</li> <li>penché</li> <li>8 body directions</li> <li>Arabesque</li> <li>promenade</li> <li>pirouettes</li> <li>grande plié</li> <li>grande rond de jampe</li> </ol> <p><b>Echappe Releve</b></p>	<p><b>Sissone-to 2nd</b>, coupe assemble</p> <p><b>Brisse under</b></p> <p><b>Jeté Battu</b></p> <p><b>Entrechat cinq</b></p> <p><b>Temps leve chassé</b>, pas de bourrée to 4th outside pirouette</p> <p><b>Sissone Change</b></p> <p><b>Full Contretemps</b></p> <p><b>Grand Jeté Combination</b></p> <p><b>Ballone Turns</b></p> <p><b>Cabriole Front and back</b></p> <p><b>Temp de Flesche</b> front and back</p> <p><b>Brisse Vole</b></p> <p><b>Glissade Cabriole</b> front and back</p> <p><b>Entrechat Six</b></p> <p><b>Ballotte front and back</b></p> <p><b>Pirouette Endedans</b> and Endehors (single or double)</p>