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THEORY SHEETS
BALLET

BALLET THEORY

Theoretical questions will be marked in the section entitled 'Responses and Knowledge of Syllabus'.

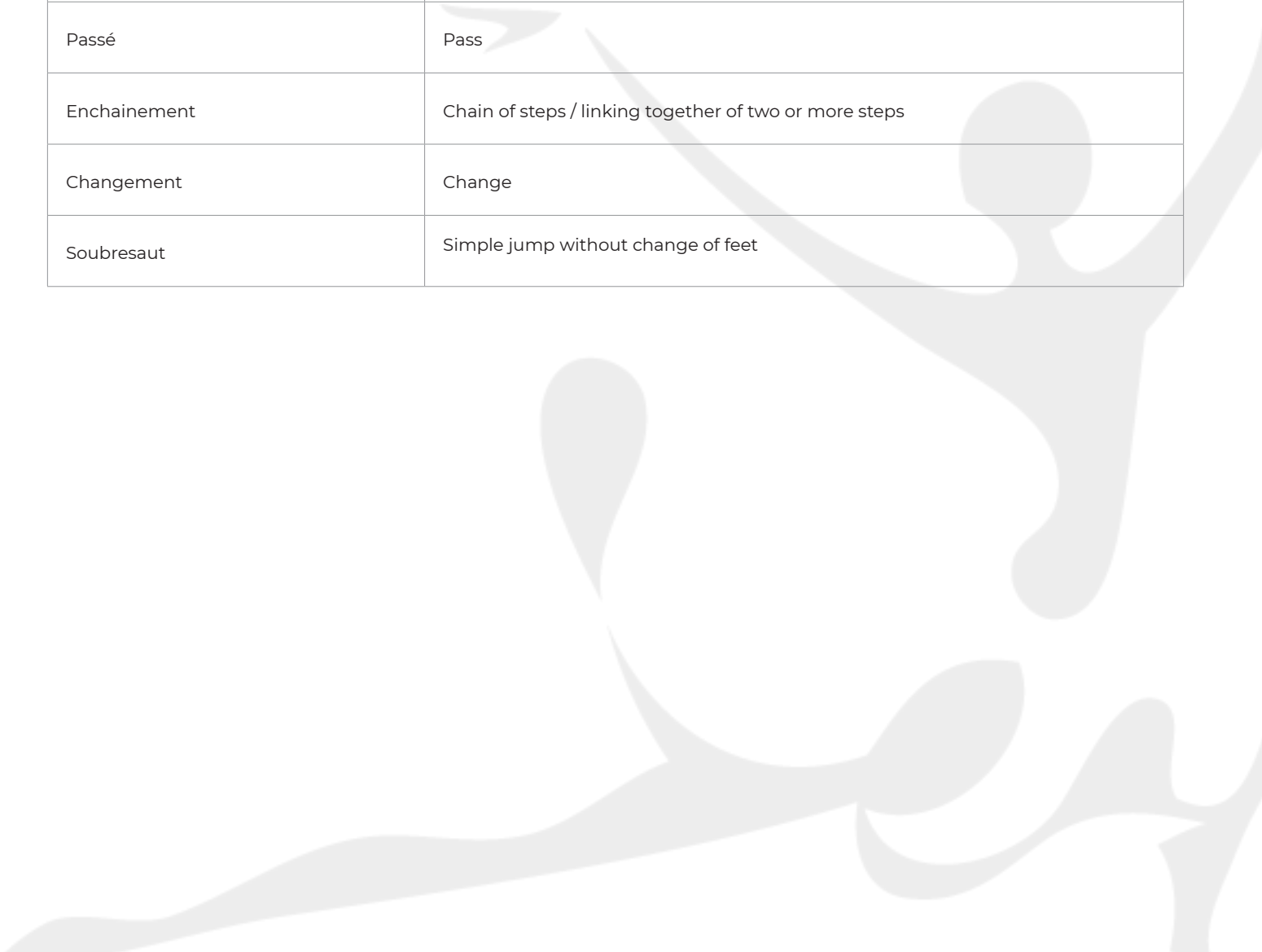
Most of the terms used in ballet are French (a few are Italian). Candidates are expected to learn these terms and to be able to answer what each means.

It is important for the candidates to understand that these explanations are not necessarily literal translations of the French terms but relate to what they mean when used in a Ballet class.

Students will be asked theory from their grade and below.

GRADE 1	
Dégagé	Disengage or to release the foot from a closed position to an open position.
Demi	Half
Plié	Bend
Battement	Beat
Tendu	Stretch
En Croix	Shape of a Cross
Grand	Large
Retiré	Draw up
Adage	Slow Movement
Coupé	Cut / to cut the weight of the body from one foot to the other
Chassé	Slide
Fondu	Melt /a bend on the supporting leg
Glissade	Glide
Petit	Small
Jeté	Throw
Sauté	Spring
Echappé	Escape
Posé	Step / place
Temps Levé	Hop
Devant	Front
Derrière	Back
En Avant	Travelling forwards

GRADE 2	
Assemblé	Assemble / join together
Soutenu	Sustain / hold
En Dehors	Outwards
En Dedans	Inwards
En Arrière	Travelling Backwards
Relevé	Rise / a snatching of the feet
Ports De Bras	Carriage of the arms
Croisé	Crossed
Ouvert	Open
En Face	Facing (the audience)
Passé	Pass
Enchaînement	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
à Terre	On the ground
Arabesque	Represents the shape of a bow / a position on one leg, the other in 4th opposite 1st à terre or en l'air
De Côté	Facing the side
Demi-Detourné	Half a turn towards the back foot
Pas De Chat	Step of a cat
Pas De Bourrée	Small running steps / consisting of three movements (5th; 2nd; 5th)
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	
Developpé	Unfold
Frappé	Strike / hit
Pirouette	Spin on one leg
En L'air	In the air
Attitude	A position on one leg, the other in 4th opposite 5th à terre or en l'air

GRADE 5	
Sur-le cou-pied	On the neck of the foot
Épaulment	Use of the shoulders with one shoulder forward the other back; the head over the front shoulder; the turn coming from the upper back
Ballonné	Bounce
Simple	A simple ballonné with the accent on the inward movement
Composé	A compound step with the accent on the outward movement followed by a step and close
Demi Contretemps	Temps levé in arabesque followed by a chasse passé en avant
Battu	Beaten



BALLET THEORY - KNOWLEDGE OF THE PURPOSE OF THE EXERCISES

1. What is the purpose of performing pliés at the beginning of a Ballet class?

Pliés help to:

- warm up all the muscles in the legs
- strengthen the legs
- establish turn-out
- sustain the upright position of the body.

2. What is the purpose of Grands Battements en cloche?

The main purpose of grands battements is to loosen and strengthen the legs. Battement en cloche develops the fullest range of movement.

3. What is the purpose of the Preparatory Exercise for Fouetté Rond de Jambe en Tournant?

This exercise helps to establish coordination and balance ready for turning.

4. What is the purpose of Battements sur le cou-de-pied?

This exercise develops speed and control in the use of the lower leg, preparatory to beaten steps. It also helps the understanding of how some parts of the leg can move independently to the others.

5. What is the purpose of Exercise for Fouetté of Adage?

All adage movements help to develop the slow, smooth control of the legs and the strengthening of the back. The fouetté requires 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.

6. What is the purpose of the Demi Pointe enchainments on the barre?

These strengthen feet and legs and prepare for pirouettes and pointe-work.

GRADE 6	
En cloche	Bell-like preparation for Grand Allegro
Fouetté	Whip
Ex. for Fouetté	Preparation for Fouetté of Adage in the centre and Grand Allegro fouetté movements
Battements sur le cou-de-pied	Preparation for beaten work
Contretemps	Against time/coupé under, chassé en avant, temps levé in arabesque, chassé passé en avant
Fermée	Closed