

A1 DANCE

NATD Classical Ballet Russian Method

Grade Three



Memory Jogger

Candidates should have a thorough knowledge of all previous Syllabi

Theory

Candidates are expected to know the meaning of, & be able to demonstrate movements which show the following:

French	Pronunciation Guide	English
Glisser	glee-say	To slide or glide
Étendre	ay-tahn-druh	To extend or stretch
Tourner	toor-nay	To turn
Élancer	ay-lahn-say	To dart (use a soubresaut en avant to demonstrate)
Petit	puh-tee	Small
Grand	grahn	Large

The following question will then be asked, but may be divided between the candidates:

1. In développé en avant & in développé en arrière, the working foot passes through 4 main positions. Which positions are these?

Reply: The cou de pied, the retiré passé, attitude en l'air (devant or derrière) before extending to a fully stretched quatrième (4th position) en l'air.

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

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

Reply:

- To establish & facilitate the turn-out from the hip joint.
- To prevent 'sitting' on the supporting hip.
- To help with the balance.

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

Reply:

- The upper back should be very strongly held with the shoulders down & 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 with a fully stretched foot. In attitude derrière, the knee should be pressed upwards with a fully stretched foot & without allowing the foot to drop.

À La Barre – At the Barre

1. Demi-plié, grand plié et relevé
2. Side bends & upper back (cambré) bends with port de bras (facing barre)
3. Battement tendu en croix with accent in
4. Rond de jambe à terre en dehors et en dedans in 2 counts
5. Petit battement with accent devant et derrière
6. Développé en avant et en arrière
7. Battement frappé in 8, 4, 2 & 1 count (to utilise the metatarsals)
8. Exercise for attitude en l'air (facing barre)
9. Battement glissé et grand battement
10. Battement glissé 8, 4, 2 & 1 each side (facing barre, focusing on stillness in the torso)

Au Milieu – Centre

1. Battement tendu en croix with accent in
- ### **Rhythmical Appreciation**
2. Gavotte (while counting the first 4 bars of 4/4)

Adage – Slow, continuous & controlled

1. Assemblé soutenu en tournant (en dedans et en dehors)
2. Quatre (4) arabesques en l'air

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Allegro – Lively

1. Glissade combination
2. Pas de bourrée piqué dessous et dessus
3. Échappé sauté et fermé Royale
4. Pas de chat
5. Pas de basque glissé en avant et en arrière
6. Travelling enchaînement

Mime

Classical gestures: I; You; see; Listen; Hear; Speak.

Dance

1. Classical
2. National - French, Dutch or Danish

Troisième (3rd) port de bras et Révérence

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Candidates should have a thorough knowledge of all previous terms

Additional French Terms used in Grade Three

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

French	Pronunciation Guide	English
Glisser	glee-say	To slide or glide
Étendre	ay-tahn-druh	To extend or stretch
Tourner	toor-nay	To turn
Élancer	ay-lahn-say	To dart
Développé	dayv-law-pay	Time developed or developing
Cambré	kahn-bray	Arched (generally the back arched backwards)
Soutenu	soo-t-new	Sustained
Assemblé soutenu en tournant	ah-sahn-blay soo-t-new ahn toor-nahn	Gather together (assemble) & sustain turning
Royale (also known as changement battu)	rwah-yal	Royal (beaten change)
Pas de chat	pah duh shah	Step of the cat
Pas de basque glissé	pah duh bask	Step of the Basque (region) gliding
Petit Sissone (formally sauté coupé)	puh-tee see-sawn (soh-tay koo-pay)	Little scissors (jump cut)
Gavotte	In 4/4 time this was originally a peasant dance but became a fashionable court dance during the reigns of Louis XIV & XV.	

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.