

A1 DANCE

NATD Classical Ballet Russian Method

Intermediate Foundation



Memory Jogger

OPTION A – Including pointe work

OPTION B – Excluding pointe work

Teachers and students should note that pointe work can be a requirement for professional training at some vocational schools and colleges and should therefore consider carefully if choosing the non-pointe work Option B

A thorough knowledge of all previous grades is essential

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.

À La Barre – At the Barre

1. Plié
2. Slow battement tendu
3. Combination of battement tendu relevé and battement jeté
4. Rond de jambe à terre et petit rond de jambe en l'air
5. Battement fondu
6. Combination of battement frappé and petit battement
7. Développé with rise, fouetté and rotation
8. Grand battement en cloche

Au Milieu – Centre

1. Combination of battement tendu, grand battement and pirouette sur le cou de pied
2. Temps lié with pirouette_

Port de bras – Carriage of the arms

1. Port de bras including rotary port de bras with transfer of weight

Adage – Slow, continuous & controlled – Examiner's choice of either:

1. Study 1 – starts with grand plié
2. Study 2 – starts with chassé

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Allegro – Lively

1. Brisé combination
2. Glissade and assemblé
3. Pas de bourée and ballonné
4. Batterie combination
5. Pas de bourée and balance
6. Grand allegro
7. Tours de force
8. Unseen enchaînement – set by the Examiner on the day

Rhythmical Appreciation

Improvisation to music supplied by the Examiner.

Mime

A piece from any Classical Ballet

Candidates then choose between:

Option A – Including pointe work OR **Option B** – Excluding pointe work

(Please note that pointe work can be a requirement for professional training at some vocational schools and colleges so consider carefully if choosing the non-pointe work Option B)

Option A.

Sur les pointes - À la barre

1. Warm-up exercise – Set by the teacher
2. Coupé ballonné and bourrée
3. Arabesque, relevé and pas de bourrée

Au Milieu

1. Combination of relevés on one foot.
2. Échappé relevé combined with posé coupé en arrière
3. Posé into arabesque
4. Posé pirouette en dedans en diagonal
5. Huit pirouette de finis

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Dances & Révérence

1. Classical Ballet en pointe followed by a classical révérence
An appreciative acknowledgement for teacher/examiner and pianist/musical accompaniment
2. National / Character – Italian or Hungarian, based on national technique followed by a brief révérence appropriate to the selected dance

Option B. – Excluding pointework

À la barre

1. Exercise for demi- pointe

Au milieu

1. Tours en l'air
2. Grand allegro
3. Exercise en manège – Candidate's choice of:
 - i) Posé pirouette
 - ii) Grand jeté en manège
4. Huit pirouette de finis

Dances & Révérence

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Candidates should have a thorough knowledge of all previous terms

No Additional French Terms used in Intermediate

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 Memory Joggers to revise earlier French Terms & theory.

