

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 – *demi, grand plié avec relevé*
2. Battement tendu – *battement tendu and battement jeté*
3. Rond de jambe à terre
4. Battement fondu
5. Battement frappé and petit battement
6. Développé et petit rond de jambe en l'air
7. Grands battement
8. Preparatory exercise for jeté; derrière and devant

Au Milieu – Centre

1. Temps lié
2. Relevé and pirouette : en dehors and en dedans

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

1. Combination of port de bras
2. Set adage

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Allegro – Lively

1. Introductory sauté
2. Petit pas de chat
3. Pas de Basque variation
4. Glissade and jeté battu

Examiner's choice of either 5 or 6

5. Assemblé derrière and sissonne ouverte en premier arabesque en diagonale
6. Sissone changé
7. Tours en diagonale
8. Huit pirouette de finis
9. Unseen enchaînement – set by the Examiner on the day

Rhythmical Appreciation

Improvisation to music supplied by the Examiner in Grand Allegro or Modern Lyrical.

Mime

Conventional: a combination of gestures from previous grades - set by the Teacher

Dances & Révérences

1. Classical Ballet

Révérence

Appreciative acknowledgement for teacher/examiner and pianist/musical accompaniment

2. National / Character – Polish or Scottish

Curtsey or Bow

Candidates then choose between:

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Option A.

Sur les pointes - À la barre

1. Rise in 2nd and demi-plié sure les pointes
2. Relevé
3. Preparatory exercise for pirouette en dedans
4. Posé coupé and posé en arabesque

Au Milieu

1. Preparatory exercise for pirouette en dehors
2. Relevé, bourrée and pas de bourrée piqué

Révérence

Option B. – Excluding pointework

À la barre

1. Exercise for demi- pointe

Au milieu

1. Tours en l'air
2. Grand allegro

Révérence

An appreciative acknowledgement for teacher/examiner and pianist/musical Accompaniment

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Candidates should have a thorough knowledge of all previous terms

No Additional French Terms used in Intermediate Foundation

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.

