

# A1 DANCE

NATD Classical Ballet Russian Method

Grade One



Candidates should have a thorough knowledge of all previous grades.

## Theory

1. The five positions of the Feet (say with music & show as separate positions)
2. The five Positions of the Arms with Bras Bas & Demi-seconde (say with music & show as separate positions)
3. Q. Why is the 1<sup>st</sup> position of the arms sometimes known as “the gateway”?  
A. Because all other arm positions may be approached by going through this position.
4. Q. How much distance should be between the two hands when the arms are in bras bas, 1<sup>st</sup> position (en première) or 5<sup>th</sup> position (en cinquième)?  
A. About the width of the face.
5. The fixed points of the stage (turn to face the position, point to it & say point 1, point 2 etc.). See chart on next page. From Grade 1 onwards it is expected that candidates will react to instructions face a particular point of the stage.
6. Q. Explain the meaning of the following terms:  
Devant                    A. In front  
Derrière                 A. Behind

(Note regarding the 1/8 turn of the head - it should be just short of 1/8 of a turn to maintain contact with the audience.)

## À La Barre – At the Barre

1. Demi-plié, relevés et grand plié (facing barre)
2. Demi-plié en troisième et en quatrième (avec première port de bras)
3. Battement tendu en croix
4. Assemblé relevé in 4 counts dessus (over) et dessous (under) (facing barre)
5. Preparation for Coupé: dessus et dessous (facing barre)
6. Grand Battement en arrière in 4 counts (facing barre)
7. Changement de pied (facing barre)
8. Échappé sauté à la seconde (from 3<sup>rd</sup> to 2<sup>nd</sup> position, facing barre)

## Au Milieu – Centre

### **Rhythmical Appreciation**

1. Petit dégagé pointé devant (while counting the first 8 bars of 2/4)

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Memory Jogger

## Adage – Slow, continuous & controlled

1. Première port de bras
2. Première arabesque à terre

## Allegro – Lively

1. Pas de bourée dessous et dessus
2. Glissades devant et derrière (in 4 counts)
3. Petits jetés sur place
4. Échappé sauté et Changement
5. Polka forward en diagonale
6. Gallops et sautés
7. Jigs & petit jetés

Dance to include natural mime

## Révérance

# A1 DANCE

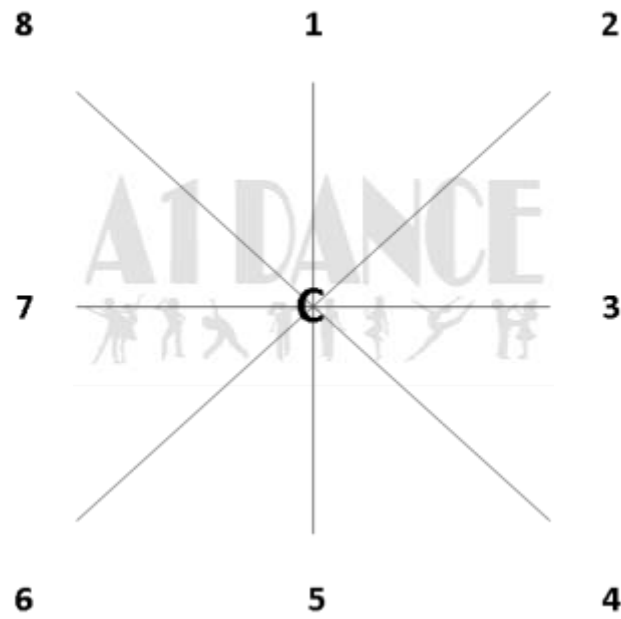
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Grade One



Memory Jogger

Audience



Candidates should have a thorough knowledge of Terms from all previous grades.

**Additional French Terms used in Grade One**

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

French	Pronunciation Guide	English
Grand	grahn	Big or full
Grand plié	grahn pleeyay	Full bend
(Avec)	(aavec)	(With)
En croix	ahn krwah	In the shape of a cross In ballet this generally means: perform the step to the front, side, back, side
Assemblé	a-sahn-blay	Assemble (Gather together)
Relevé	ruhle-vay	Rise (snatch up from demi-plié)
Sur le cou de pied	sewr luh koo-duh-pyay	On the neck of the foot - between ankle & calf

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Coupé	koo-pay	Cut
Grand battement (tendu)	grahn bat-mahn (tahn-dew)	Big beating (stretch)
Changement (de pied)	shahnzj-mahn	Change (of feet)
Petit dégagé pointé	puh-tee day-gaaj-ay pwan-tay	Small disengaged point
Devant	duh-vahn	In front
Derrière	deh-ryehr	Behind
De côté	duh koh-tay	Sideways
Premier arabesque	a-ra-besk	A pose on one leg (there are many different arabesques)
Pas de bourrée	pah duh boor-ray	(made up of 3 'small steps' done in many directions & patterns)
Glissade	glee-sad	Glide (from glisser to glide)
Petit jeté	puh-tee zjetay	Small throw
Sur place	sewr plass	On the spot (on place)

**Please see all lower grades to revise previous French Terms.**