

A1 DANCE

NATD Classical Ballet Russian Method

Grade Four



Memory Jogger

Candidates should have a thorough knowledge of all previous Syllabi

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.

Explain the meaning & demonstrate the concept of the following terms:

- 1. En face**
Response: Facing (the audience or Point 1)
[when facing the barre use barre as P1, sideways to the barre use P7 or P3 as P1]
- 2. Croisé**
Response: Crossed. When the dancer faces P2 or P8 with the downstage leg placed forward, it is perceived by the audience to have **crossed** the upstage leg.
- 3. Effacé**
Response: Effaced or Erased. When the dancer faces P2 or P8 with the upstage leg placed forward, it is perceived by the audience to be in an open (no longer crossed) position in relation to the downstage leg.
- 4. Écarté**
Response: Literally: **Spread wide apart.** When the dancer stands **en diagonale** (in relation to the audience) in a **pointe tendue à la seconde** with the head strictly in profile, either in line with the downstage **or** with the upstage shoulder, he/she is in the **écarté** alignment. The entire pose should express a maximum breadth of movement.
- 5. Fermer**
Response: To Close. This usually refers to the closing of the foot from an open position to either 1st, 3rd or 5th position.
- 6. What is the meaning of épaulement?**
Response: Épaulement is a term used in classical ballet which refers to the **positioning of the head & shoulders** within the range of the 5 positions of the feet & in relation to the 8 points of the stage. All rotary movements from the waist upwards involve the use of **épaulement**.

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7. In 1st or 2nd position of the feet **en face**, in what position is the head?
Response: En face to Point 1.
8. In 3rd, 4th or 5th positions of the feet **en face**, in what position is the head?
Response: 1/8 turned on the side of the front foot.
9. In the **croisé** or the **éffacé** alignment, where is the position of the head.
Response: On the side of the front shoulder, facing Point 1.



À La Barre – At the Barre

1. Demi-plié relevé et grand plié (in 2nd, 1st, 3rd & 4th open)
2. Demi-plié, relevé et grand plié in 4th crossed (Facing barre)
3. Battement tendu et battement tendu relevé
4. Battement glissé
5. Rond de jambe à terre
6. Battement frappe
7. Battement fondu
8. Petits battements – preparation for entrechat quatre et royale (so with & without a change (avec changé et sans changé))
9. Développé et grand battement
10. Grands battements et tombé – preparation for grand jeté

Au Milieu – Centre

1. Relevé et échappé relevé
2. Preparation for pirouette en dehors

Rhythmical Appreciation

1. Polonaise

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Memory Jogger

Adage – Slow, continuous & controlled

1. Port de bras
2. Set Adage

Allegro – Lively

1. Glissade et assemblé
2. Échappé enchaînement
3. Sissone a. (starts sissone fermé)
4. Sissone b. (starts sissone ouverte)
5. Pas de basque sauté en avant et en arrière
6. Pas courus et grand jeté
7. Posé retiré et posé soutenu
8. Unseen enchaînement

Candidates will be required to perform an enchaînement given by the Examiner using steps from this & previous grades.

Mime

Classical gestures: Come here; Dance; Idea; Go away.

Dance

1. Classical
2. National – Irish or Alpine

Cinquième (5th) port de bras et Révérence

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Additional French Terms used in Grade Four

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

French	Pronunciation Guide	English
Éffacé		
Fermer		To close
Posé	poh-zay	Pose, step onto a straight leg
Soutenu	sue tenoo	Sustained (held)
Polonaise	Polonayz	Polish
Pas de basque sauté	pah duh bask soh-tay	Step of the Basque (region) springing
Petit Sissone (formally sauté coupé)	puh-tee see-sawn (soh-tay koo-pay)	Little scissors (jump cut)
Polonaise	In 3/4 time this is a Polish Royal walking dance taken at a stately, dignified pace.	

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.