

Strive Level 1-3 Ballet Audition Study Guide

General Questions Level 1-3

1. Name and explain the basic 5 focuses, in the correct order for every level.

Posture, Placement, Positions, Preparations, and Transitions.

2. In what ways is ballet class “progressive” (i.e. building on itself)?

- We begin working in small positions and gradually make them bigger.
- We balance on two legs before we balance on one.
- We start with the leg low and then as we warm up, we begin to lift higher.
- While transitioning, we move through the five levels in order (don't skip).
- In the lower levels, we work slowly and increase speed as we get stronger in our technique.
- In the beginning of the barre, we work slowly and gradually increase our speed.
- In the lower levels, we work facing the barre and at the higher levels we work with one hand on the barre. As we progress we add the arms (Port de bra), and head and shoulders (Eppaulment) to the movement of the legs.

3. What are the basic ways of moving in ballet?

Rise, Fall, Turn, Jump, Turning while jumping, Gliding, Floor Work.

4. What are the five “progressive” levels we travel through?

Plie, Straight legs, Demi-pointe, Full pointe, and Release or Jump

5. What five ways do we learn (Hint: Use your five senses)?

Watching, Listening, Feeling, Smelling, and Tasting.

6. How do these ways of learning constitute a 100% effort?

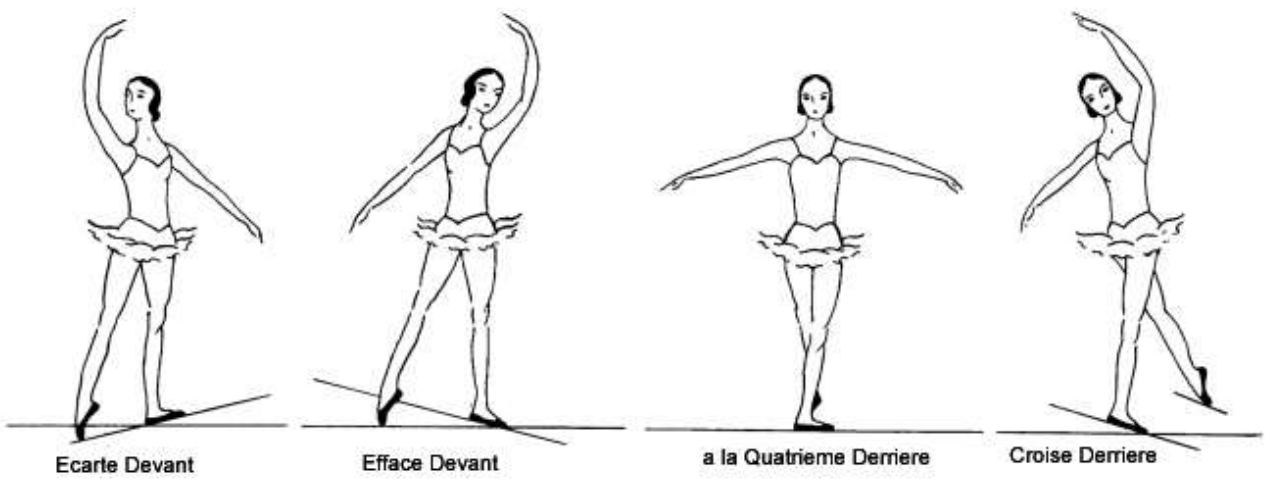
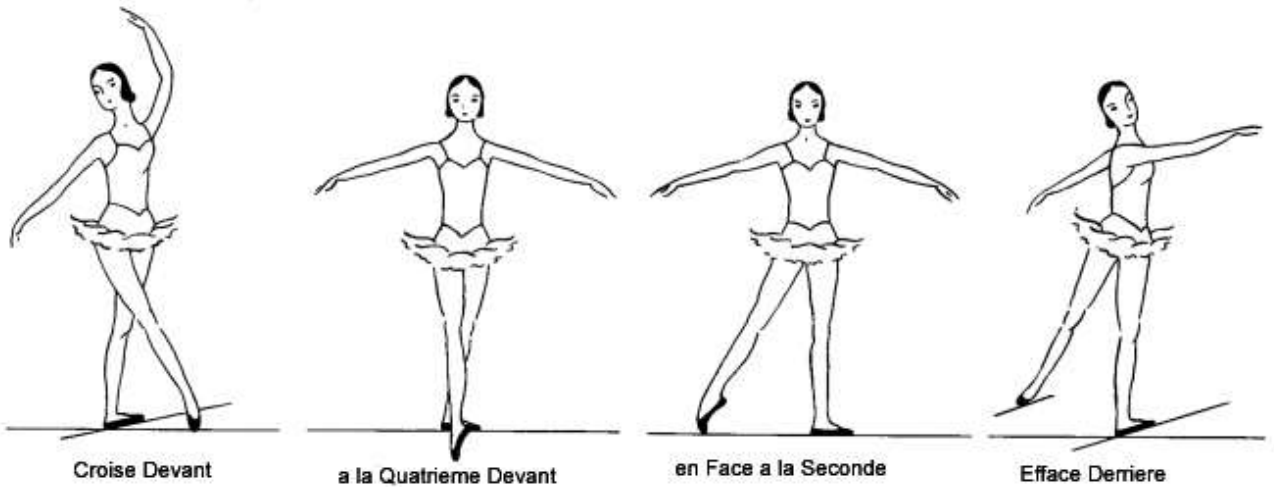
Watching = 25%, Listening = 25%, Doing = 25%, and our energy = 25%

7. Name, in order, the seven points of isolation to think about when working on posture.

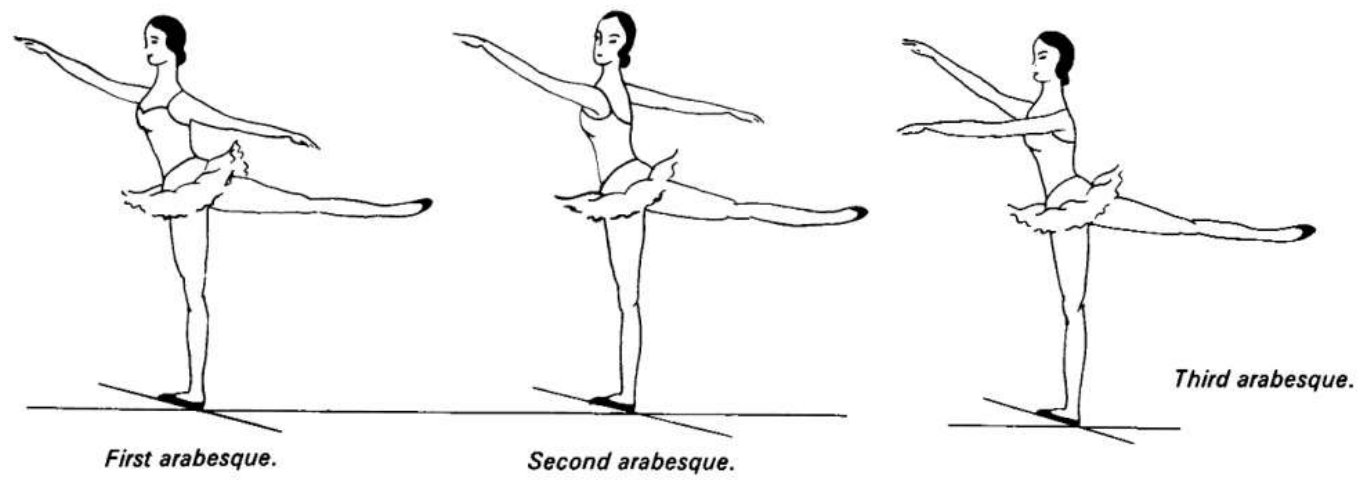
Heels, Knees, Rear, Stomach, Back, Chin, and Arms

8. Show the Eight Body Positions.

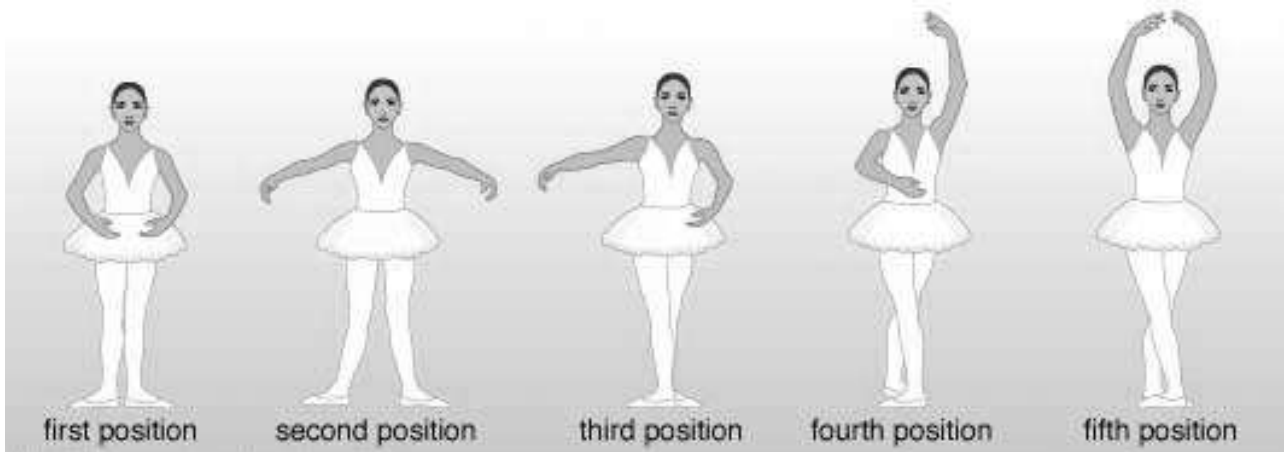
En Face, Croise Devant, Croise Derriere, Efface Devant, Efface Derriere, Ecarte Devant, a la Quatrieme Derriere, a la Quatrieme Devant.



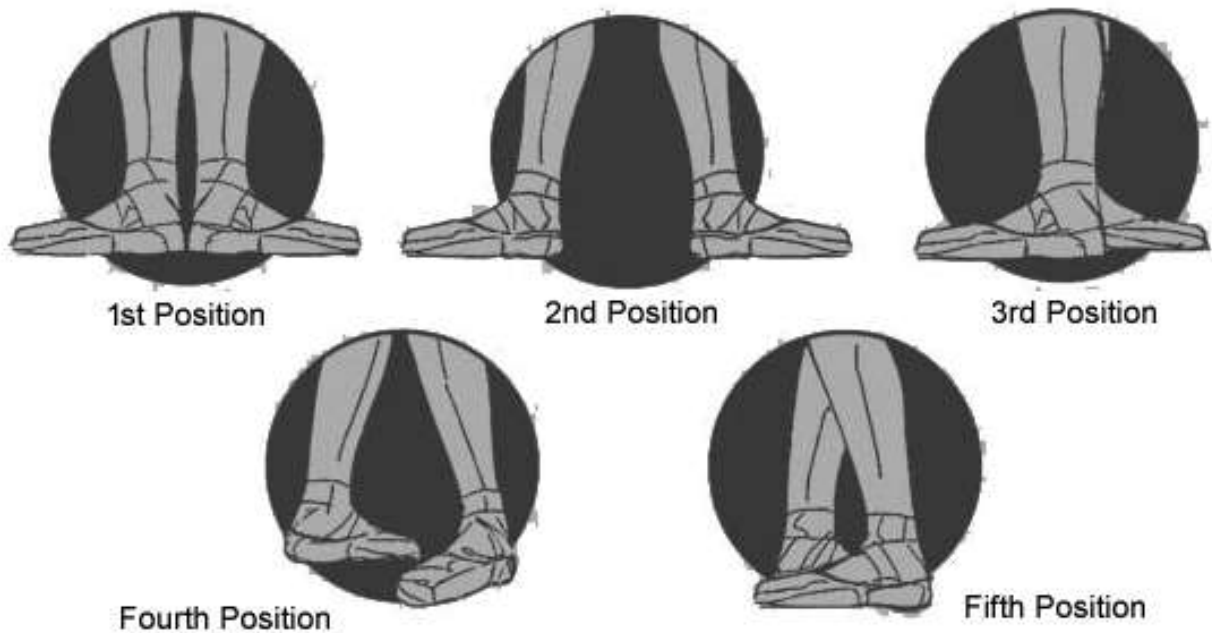
9. Demonstrate 1st, 2nd, and 3rd arabesques.



10. Demonstrate the five basic positions of the arms in order.



11. Demonstrate the five basic positions of the feet in order.



12. When dancing as a group, who is always the leader?

The person that is in front.

13. What does "line" mean?

Having a good "line" means that your legs, torso, arms, and head all complement one another.

14. What is the basic logic for using the arms?

They usually compliment the legs or perform in the same way.

18. What is the traditional order of ballet barre work?

Plie, Tendu, Degage, Ronde de Jambe, Fendu, Frappe, Petite Battement, Adagio, Rond de Jambe En Lair, Grand Battment

19. What makes up “a step”?

Position with a transition to another position. Position+Transition+Position = Step.

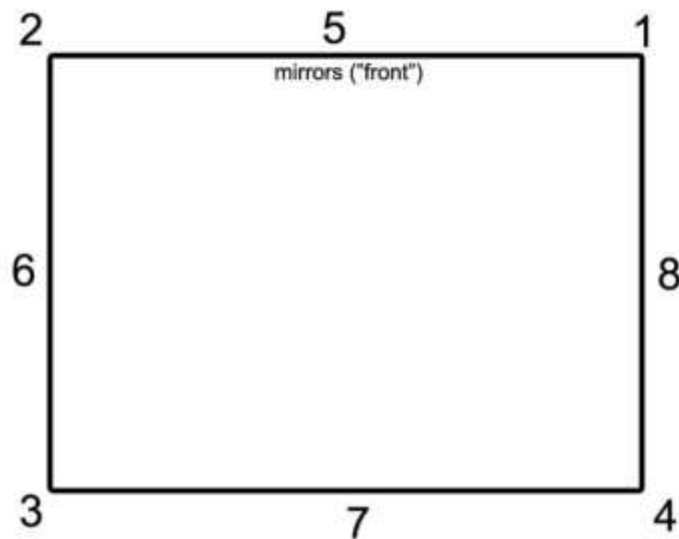
15. What are the five positions that make up every step in ballet? Hint: They make a circle

Tendu, Degage, Attitude, Retire, and Coup de Pied

20. What is a “Root Step”

A “root step” is a basic step that leads to a bigger more complicated step. Root steps should be learned and practiced before harder steps.

21. Name the 8 locations of the room (corners and sides)



22. Where and When did Ballet begin?

In the royal courts of Italy during the 15th century.

23. Who created the first ballet terminology?

King Louis XIV

24. Where was the first ballet syllabus created?

The Royal Academy of Ballet in France.

25. How many different training methods are there?

There are many different methods, however, there are six internationally recognized syllabus or schools: The French School, The Vaganova Method (Russian), The Cecchetti Method (Italian), The Bournonville Method, The Royal Academy of Dance (English), and the Balanchine Method (American).

26. What style of ballet technique do you study?

You are studying a technique which takes a kinesthetic approach to movement. Our Syllabus has been inspired by time proven methods from the European schools. It is based on the idea that every aspect is progressive in nature.

27. What is our “Ballet Code of Conduct”?

We will respect our teachers, and peers.

We will maintain our studios and theatres, as they are the places we practice and honor our art form.

We will commit to reaching our full potential, while helping those around us reach theirs.

We will develop both our mind and body equally, as they are interconnected.

We will seek inspiration, not only from dance and the arts, but also from all things in life.

We will grow with pride and confidence, yet never forget the value of humility.

We will embrace any challenge put before us, because we see it not as an obstacle but as an opportunity to progress.

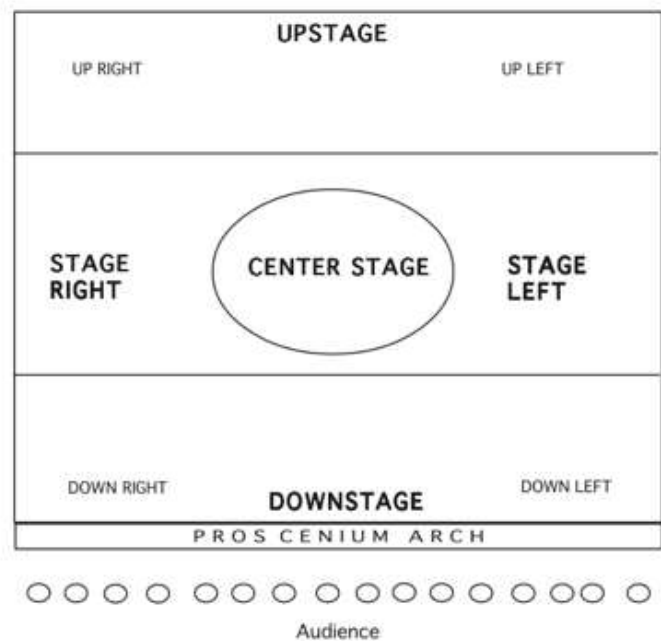
We will work toward becoming great dancers, while understanding that being a good person is the true goal.

A good student understands the balance of self-evaluation and self-confidence.

If you are truly giving 100%, then be satisfied that you are doing your best and that improvement takes time.

Level 1 Terms

- Plie
- Tendu
- Degage
- Ronds de Jambe
- Fendu
- Frappe
- Develope
- Know parts of the stage (see image on right)
 - Center-Center (Center Stage)
 - Down Stage
 - Up Stage
 - Stage Right
 - Stage Left
- Battement
- Retire
- Passe'
- Attitude
- Cou de pied
- Sous-sus
- Detourne
- Pique
- Coupe
- Sote
- Pas de Bourree
- Pas de Cheval



Level 2 Terms (includes terms for Level 1)

- Temps lie
- Ballone
- Echappe'
- Fouette
- Know locations: Devant, Derriere, a la Seconde
- Cambre
- Epaulement
- Allonge'

LPAC 3 Terms (includes terms for Level 1 and Level 2)

- Know traveling directions: En Evant, En Arriere, Decote
- Know turning directions: En de Hors, En de Dans
- Know leg locations: A Terre, En Lair, Dessus, Dessous
- Know positions of the head: raised, lowered, level, inclined, turned, turned-and-raised, turned-and-lowered, turned-and-inclined
- Know how to break the stage into parts: 1/4 mark, Inside 1/8, Outside 1/8

