

CECCHETTI BALLET EXAM THEORY STUDY SHEET

GRADE 1

4 corners of the room

Positions of the feet: 1st, 2nd and 3rd

Positions of the arms: 5th en bas and demi 2nd for allegro

Movements in dancing: plier – to bend

Allegro movements: echappe saute and sautes, polka, temps leve in attitude devant, galop

GRADE 2

Positions of the feet: 4th crossed and 5th (all 5 positions of the feet)

Positions of the arms: 2nd and 5th en avant - 5th in front

Points of the room: all eight points

Positions of the body: a la quatrieme devant and derriere, a la seconde

Movements in dancing: relever- to rise and sauter - to jump

Allegro movements: saute in 1st, changement, echappe saute a la seconde, pas de chat, petit jete sur le cou-de-pied devant and derriere, temps leve sur e cou-de-pied devant and derriere, gallop, polka

GRADE 3

Positions of the arms: 5th en haut, demi seconde for adage

5 Positions of the head: erect, raised, lowered, turned, inclined

Positions of the body: a la quatrieme croise devant and derriere

Movements in dancing: etendre - to stretch

Arabesques: 1st and 3rd a terre

Allegro movements: assemble soutenu dessus and dessous, pas de bourree dessous soutenu and de suite, chasse en avant, jete dessus and dessous, balance, pose, coupe saute dessus and dessous

GRADE 4

Positions of the arms: 4th en avant (4th in front) and 4th en haut (4th up high)

Positions of the body: ecartee- pulled apart

Movements in dancing: glisser – to glide, tourner - to turn

Arabesques: 2nd a terre

Allegro movements: glissade devant, derriere and changee (dessus and dessous), pas de bourree devant and derriere, sissonne en avant fermee, soutenu turn, echappe saute battu (closing with a beat)

GRADE 5

Positions of the feet: 4th open

Positions of the arms: 1st and 3rd

Positions of the body: efface (shaded or shadowed), epaulee (shouldered)

Movements in dancing: elancer – to dart (sissonne)

Arabesques: 4th and 5th a terre

Allegro movements: sissonne en avant ouverte, sissonne en arriere fermee, soubresaut, entrechat quatre

GRADE 6 All 5 arabesques en l'air

Allegro movements: assemble elance, assemble en avant,

demi-contretemps, pas de bourree dessus and couru, entrechat royal, grand jete en avant, pose developpe, pose tour