



Classical Ballet - Advanced

Amendments to 4th Edition July 2017

Regulation 18

Teachers must select one of the set classical solos in this syllabus to be demonstrated by each female candidate. These dances must not be performed in any other grade or syllabus. Male candidates must perform the set classical solo for each grade..

Dress Requirements

The following dress requirements are now compulsory:

Females: CSTD black leotard

Males: black CSTD tights, white short sleeved CSTD leotard

Mature Age Students, females: black CSTD leotard

Mature Age Students, males: black CSTD tights, white short sleeved CSTD leotard

For females, only red ribbons or small red flowers may be used for hair.

2 Battements Tendus & Battements Glissés

&3 - 6 slight hold battement glissé to 2nd right leg with transfer of weight,
close 5th derrière (straight legs)

5 Battements Frappés & Battements Frappés Fouettés

Introduction count 2 males pas de bourrée under

&a5 - 8 arm sideways to 5th on count 5, head erect

&5 &6 2 battements frappés fouettés, devant and derrière, with fondu and relevé

6 Petits Battements en Serré

1 - 8 breathe arm & carry to bras bas to 5th, head to barre, eye line follows
arm **males arm to 5th**

8 Ballottés

Introduction count 2 males arms extended demi-seconde

Introduction count 3 full assemblé soutenu en tournant en dedans finishing en face



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11 Grands Battements en Rond

introduction 4 ~~dégagé right leg devant to 4th crossed~~

12 Grands Battements en Cloche

12 arms low 2nd arabesque, palms down, head to examiner

13 Port de Bras

&a 2 quick walks en demi-pointe
(right, left) turning outwards to LDB

14 Port de Bras ~ males

Introduction

3 - 6 4 classical walks to RDF(right, left, right, left) arms by sides, head to line of direction

& coupé under right leg arms breathe
a arms 1st to 2nd, head right

7 chassé left leg en avant en croisé to pointe tendu, right leg derrière head centre

7 rotation to ouverte to face LDB, left leg extended to LDB

5 – 7 3 classical walks backwards to RDB (left, right, left)

1 – 16 demonstrate on opposite side without pause ~~commencing with a temps lié into the rise, right leg devant~~

15 Centre Practice Enchaînement 1

3 4 males arms demi-bras

16 Centre Practice Enchaînement 2

8 lower in 5th position en face, straight legs



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- 1 – 15 demonstrate all en dedans with left leg, to right (retiré passé en avant with right leg)
- 16 females lower with straight legs en croisé
males lower into demi-plié en face

This exercise may also be requested for demonstration on the opposite side.

20 1st Adage

- 7& 2 walks en tournant, right leg, left leg open arms to 2nd
males arms 1st position
- a posé retire with petit développé to retiré arms open 4th left arm high
head to top arm
males arms 1st arabesque

22 2nd Adage ~ males

- 3 4 double pirouette en dehors, finish 2nd arabesque en l'air

19 Temps Lié with Développé

The Examiner will set the arm lines from the following:

- 1st, 2nd or 3rd arabesque en avant
- arabesque line en arrière
- attitude ordinaire en avant & en arrière
- attitude opposition en avant & en arrière
- attitude à deux bras en avant & en arrière

Temps Lié to second is demonstrated on straight legs.

change to title:

25 Double Pirouettes en Dedans finished in Attitude and Arabesque (previously attitude OR arabesque)

27 Tours en l'Air ~ males

Introduction 2 3 arms through 1st to demi-bras, head to back foot



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28 Grand Pirouettes in 2nd Position ~ males

deleted: Preparation from 5th, 4th or by pas de bourrée en tournant

Saut de Basque Exercise en Manège

This exercise has been shifted from Pirouettes to Allegro. It is now the last exercise in Allegro.

31 Petit Allegro Warm Up

&7 males arms demi-bras

Allegro 2

Commence males arms demi-bras

7 left arm 4th, eye line centre

&

8 arms 2nd

Allegro 3

Commence males arms demi-bras

&3 males arms demi-bras

&4 arms 5th to 1st arabesque eye line to top arm

7,8 arms high 1st arabesque, eye line to top arm

Unrehearsed Allegro Enchaînement

- ballotté sauté (under, over)
- cabriole (preparation by posé devant)
- pas de bourrée à cinq pas (finished in close demi-plié or fondu)
- jeté élancé – males only (preparation chassé coupé en dedans)
- jeté rond de jambe sauté (en dehors & en dedans, singles & doubles)
- renversé



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40 Changements en Pointe

3 4 relevé 1 to 1 derrière to 2nd arabesque, lower to sur-le-coup de pied derrière

41 Pointe Enchaînement 1

1&2&3	couru écarté to RDF, right foot front	
4	coupé over still facing croisé	reverse arms to 1st
5 &a6	couru en arrière, left foot front to LDB en croisé	raise arm to 2nd arabesque, left arm circles to 5th carrying forward to cross the wrist
&	coupé over to LDF, still facing croisé, left foot front	left arm 3rd, eye line to front arm
1&a	pas de bourrée piqué under en pointe, en croisé, left foot front	arms demi-seconde, eye line to back arm
3&a4&	4 emboîtés over en pointe en fondu, to LDF, lift left leg to petit sur le cou-de-pied derrière en pointe	
5	coupé over left foot	
&a6	couru to LDB left foot devant facing ouverte	arms open 4th to bras bas to 4th left arm, eye line follows arms
7&a	run in a circle to the centre	arms to 2nd, then reverse to demi-seconde

42 Pointe Enchaînement 2

Introduction 3 4 left leg dégagé derrière en croisé

5&a6 3 emboîtés (left,right,left) facing RDF, coupé over with right foot, finish en fondu en croisé

46 Classical Solo 2 ~ females

1st page 5 arms to high 1st arabesque, right arm high, eye line down



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2nd page &4 relevé passé en arrière left leg en face, lower en croisé, 5th position
right foot devant

7&8 finish 4th position en croisé, right leg devant en fondu, left leg on flat
derrière then left leg pointed derrière

47 Classical Solo ~ males

solo

introduction &3 coupé under posé en demi-pointe to 1st arabesque en l'air

first &2 arms 5th to 1st arabesque

&6 arms 5th to 1st arabesque

2nd &2 arms 5th to 1st arabesque

first page 5 temps levé petit développé passé devant
&a6 chassé en avant pas de bourree under de côté

2nd page

&1 sissonne simple en avant into attitude en l'air en croisé

&5 sissonne changée ouverte en avant into attitude en croisé

&1 sissonne changée ouverte en avant into attitude en croisé

3rd page

1 2 sissonne doublée with petit développé onto left foot

&3 tour en l'air to right

&4 changement

5 6 sissonne doublée with petit développé onto left foot

&7 tour en l'air to right

&8 changement

1 2 sissonne doublée under with petit développé onto left foot

&3 tour en l'air to right

&1 petit soutenu right

2 tombé right en avant, pointe tendu derrière en ouverte



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- &5 petit soutenu right
6 tombé right en avant, pointe tendu derrière en ouverte
- 4th page
first &1 petit soutenu right
2 tombé right en avant, pointe tendu derrière en ouverte
- second &1 chaîné
 The next 12 counts travel in a circle to the R to end LDB
- 3 4 3 walks to LBD, end 4th position with épaulement

48 Révérence ~ females

- 7 8 left arm down to 3rd then back to open 4th

Martin Rubenstein Award

Candidates must hold a successful CSTD Advanced Classical Ballet certificate for 1 year prior to entering this award.