



Classical Ballet - Elementary

Amendments to 5th Edition March 2017

Regulation 18

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

1 Pliés

introduction 1& coupé en face

&a1 - 8 rond de jambe to 4th ~~opposite 5th~~ and repeat all in 4th crossed

2 Battements Tendus and Battements Glissés

& pick up left foot sur le cou-de-pied

4 Grands Battements

7&8 demi-détourné to the other side and lower on straight legs left arm 5th, eye line poised

1 - 16 demonstrate on opposite side without pause on final time hold count 8 on rise finish right arm 5th

After music lower 5th position, right foot devant

arm 2nd to bras bas, head poised



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7 Grands Ronds de Jambe

- | | | |
|-----------|--|--|
| 1&a - 8&a | grand rond de jambe en dehors in 8 counts | arm 1st, 2nd, sideways to 5th when leg goes derrière, head poised |
| 1&a - 6&a | grand rond de jambe en dedans closing on count 6 | arm 1st, 2nd, sideways to 5th, head poised centre when leg goes devant |

8 Petits Battements

- | | | |
|--------|---|---|
| &3 | petit changement | |
| 4 | straighten and place right foot sur le cou-de-pied | left arm 1st to barre, right arm 2nd, head poised |
| &1 - 8 | repeat the quick section on the demi-pointe and balance taking the foot to retiré position devant | |

10 Développé & Fouetté Exercise

- | | | |
|--------------------|---|--|
| introduction 1 - 3 | fondue left foot, pick up right foot derrière and couru away from the barre | males 3 classical walks (right left right) in a circle, away from barre |
| &8 | rise and turn to other side, lower 5th position left foot devant | |

11 Fouetté Rond de Jambe Preparation

This exercise is demonstrated by females only

14 Échappés & Relevés (Study 2)

- | | | |
|-----------|--|--|
| 1&a - 4&a | 2 échappés relevés in 2nd with change of feet | |
| 1&a 2&a | posé de côté devant extending from fondue, coupé dessus (over) | |



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15 Relevés & Pas de Bourrées Piqués (Study 3)

introduction 2&	walk	left hand on barre, right hand on hip
a	petit développé to 2nd	right arm demi-seconde, males right arm demi-bras , head centre
4&a	males pas de bourrée dessous (under) closing in demi-plié	
7&a 8&	pick up the back foot and place sur le cou-de-pied and couru in circle (on spot) turning towards the front foot males full detourné bringing right foot front, échappé relevé with change of feet	
&		open arms to second, place back on barre

16 Relevés & Pas de Bourrées Piqués Reversed (Study 3 reversed)

introduction 2&	walk	left hand on barre, right hand on hip
a	petit développé to 2nd	arms demi-seconde, males arms demi-bras
4&a	males pas de bourrée dessous (under) closing in demi-plié	
7&a 8	pick up the back foot and place sur le cou-de-pied and couru in circle (on spot) turning towards the front foot males detourné bringing right foot front, échappé relevé with change of feet	arms 3rd, head over arm
&		open arms to second, place back on barre
a	demi-plié	



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17 Relevés 1 to 1 (Study 4)

Commence

arms demi-seconde,
males arms demi-bras,
head poised

18 Posés Coupés (Study 5)

1&a males posé coupé en avant with battement glissé

2&a males posé coupé en avant with battement glissé

3&a males posé coupé en avant with battement glissé

4&a males posé coupé with battement glissé to finish facing the barre with the working foot under the knee derrière, then fondu

19 Posés Coupés Reversed (Study 5 reversed)

1&a males posé coupé en arrière with battement glissé

2&a males posé coupé en arrière with battement glissé

3&a males posé coupé en arrière with battement glissé

4&a males posé coupé with battement glissé to finish facing the barre with the working foot under the knee derrière, then fondu

20 1st Port de Bras

Introduction 2&a males arms demi-bras

5&a 6&a arabesque line, left arm high

23 Centre Practice Enchaînement 2

fourth 5&6 males arms demi-bras

24 Temps Liés en Avant & en Arrière en l'Air in 4 counts

clarification of wording:

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



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41 Allegro 5

&1 males arms are now the same as females (~~males arms demi-seconde~~)

&5 males arms demi-bras

&8 *sissonne ordinaire passée devant left*

&7 &8 ~~males arms demi-seconde~~

43 Allegro 7

1 - 3

males arms to 1st

44 Batterie Enchaînement

&a1 males arms 2nd to bras bas

45 Brisé Exercise ~ males

&a1 &a2 2 brisés over, 2 to 2, in 1 count each, travel to RDF

46 Brisé Volé Exercise ~ males

This exercise has been deleted from the Elementary Classical Ballet syllabus

Classical Solo 1 ~ females

2nd page *chassé passé en avant to attitude ordinaire à terre en croisé*

1st 1&a 2&a

1&a *sissonne doublée dessus (over), springing onto right foot* *open arms 1st to 2nd to bras bas, head erect*

Classical Solo 2 ~ females

3rd page

&a6 *posé temps levé in arabesque (right leg)*

7 *posé pirouette turning en dedans*



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Relevés & Pas de Bourrées Piqués en Pointe Reversed (Study 3 reversed)

7&a 8& pick up the back foot and place sur le cou-de-pied and couru in circle
(on spot) turning towards the front foot

56 Pointe Study

In the examination, counts 1-8 are demonstrated twice.
The Examiner may request to see 2 Candidates at a time.

Révérance ~ females

8&a step forward into preparatory position en face