

Junior Preparatory Grades in Ballet

Theory Sheet

Nursery

Theoretical emphasis on how to form circles, lines, and diagonal patterns and on spacing themselves in relation to other dancers

Primary

(as above +)

Should be familiar with 1st position of the feet and 5th en haut and 5th en bas of the arms

Junior 1

(as above +)

French terms

la barre - the bar

adage - slow movements

sauté - jumped

plié - to bend

allegro - quick movements

port de bras - carriage of the arms

tendu - to stretch

demi - half

Junior 2

(as above +)

French terms

retiré - to withdraw

devant - front

en haut - high

petit - small

derrière - behind

jeté - to throw

en bas - low

Positions of the feet - 1st & 2nd

Position of the arms - 1st, 2nd, 5th en bas, 5th en haut

Junior 3

(as above +)

French terms

grand - big

échappé - to escape

en avant - forward

battement - to beat

relevé - to rise

à la seconde - to the second

passé - passed

chassé - to chase

Positions of the feet - 3rd, 4th open, 5th

Positions of the arms - 5th en avant

Eight Points of the Room

Junior 4

(as above +)

French terms

développé - to unfold

changement - to change

rond de jambe - round of the leg

Positions of the feet - 4th crossed

Movements in dance - plier (to bend), relever (to rise), sauter (to jump)

Junior 5

(as above +)

French terms

posé - to pose

coupé - to cut

arabesque - a position in dance

cou de pied - neck of the foot

pas de chat - step of the cat

en croix - in the shape of a cross

temps levé - time lifted