

# ISTD BALLET THEORY

## GRADE 1 THEORY

PLIE to bend both knees  
DEMI PLIE half a bend of both knees  
BATTEMENT to beat  
TENDUS to stretch  
EN CROIX in the shape of a cross  
GRANDS large  
RETIRE to draw up  
PORT DE BRAS movement of the arms  
A LA SECONDE to the second (feet or arms to be placed in 2<sup>nd</sup> position)  
COURONNE a crown  
BRAS BAS arms low  
CHASSE to slide  
EN AVANT forwards  
DEGAGER to disengage the foot (to free the foot ready to start a step)  
POSE to step on to a straight leg  
PETIT small  
JETE to throw  
DEVANT in front  
DERRIERE behind  
SAUTE to jump  
EN ARRIERE backwards  
CHANGEMENTS to change feet  
TEMPS LEVE to hop  
WALTZ ¾ time  
POLKA 2/4 time  
MARCH 4/4 time

## GRADE 3 THEORY

DEVELOPPE to unfold  
FRAPPE to strike  
SISSONNE scissor like  
PAS DE BOUREE running steps  
COUPE to cut

## GRADE 4 THEORY

PETITS BATTEMENT small beats  
SUR LE COU DE PIEDS on neck of the foot (ankle)  
TEMPS LIE linking step  
EPAULEMENT movement of the shoulders  
EN TOURNANT turning  
BALLONNE ball like  
CHANGEE to change  
CONTRETEMPS against time  
BATTUS beaten  
FERME to close

## GRADE 2 THEORY

RONDS DE JAMBE circular movement of the leg  
A TERRE on the ground  
EN DEHORS outwards  
EN DEDANS inwards  
ASSEMBLE to join together  
SOUTENUS to sustain  
FONDUS to melt  
RELEVE to snatch  
GREQUE greek  
PASSE to pass  
EN ARRIERE backwards  
EN L' AIR in the air  
DEMI DETOURNE half a turn  
PAS DE CHAT step of the cat  
PAS DE BASQUE step from the Basque region  
GLISSE gliding  
GLISSADE to glide  
JETER to throw  
SOUBRESAUT jump in 3<sup>rd</sup> without changing feet  
ECHAPPE to escape  
BALANCE rocking step  
OUVERTE open  
CROISE crossed  
EN FACE facing the front

## MUSIC SECTION (GRADE 2)

QUAVERS 8 in a bar, worth ½ beat, black note with a stick and a tail  
CROTCHET 4 in a bar, worth 1 beat. Black note with a stick  
MINIM 2 in a bar, worth 2 beats, white note with a stick.  
SEMIBREVE 1 in a bar, worth 4 beats, white note.

## GRADE 5 THEORY

FOUETTE to whip  
A DEUX BRAS with 2 arms  
PIROUETTE whirl  
DE COTE sideways (indicating that the step is to be made to the right or left)  
DOUBLE doubled  
ENTRECHAT interweaving