



KAREN FORBES
SCHOOL OF DANCE

ISTD
Ballet Exam
Vocabulary

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GRADE ONE

All exercises and terminology are in French.

The examiner may ask the meaning of the terminology and to demonstrate any of the following:

Barre work

<i>Plie</i>	<i>to bend</i>
<i>Battement tendu</i>	<i>to stretch</i>
<i>Retire</i>	<i>to draw up</i>
<i>Grands battement</i>	<i>big beat</i>

Adage

<i>Dégagé</i>	<i>to take leg from one position to another</i>
<i>Chasse</i>	<i>to chase</i>
<i>Posé</i>	<i>to step</i>

Allegro

<i>Sautés in 1st position</i>	<i>to jump in 1st position</i>
<i>Echappe to 2nd position</i>	<i>to escape (jump) to 2nd position</i>
<i>Changements</i>	<i>to change</i>
<i>Retire sautés en arriere</i>	<i>to draw up and travel backwards</i>
<i>Petit jetés devant & derriere</i>	<i>little springs from foot to foot behind & in front</i>
<i>Posé temps levés</i>	<i>step and hop</i>
<i>Gallops en avant and d'cote</i>	<i>gallop forwards and sideways</i>
<i>Reverence</i>	<i>curtsey or bow</i>

Practice the Polka

Directions

<i>En avant</i>	<i>forwards</i>
<i>En arriere</i>	<i>backwards</i>
<i>D'cote</i>	<i>sideways</i>
<i>Devant</i>	<i>in front</i>
<i>Derriere</i>	<i>behind</i>
<i>En croix</i>	<i>shape of a cross</i>

Music section

Children need to clap, count and recognise the following music tempos -

<i>Polka</i>	<i>and one and two</i>
<i>Waltz</i>	<i>one two three</i>
<i>March</i>	<i>one two three four</i>

GRADE TWO

All exercises and terminology are in French and must know the previous Grade vocabulary.

The examiner may ask the meaning of the terminology and to demonstrate any of the following

Barre work

<i>Plie</i>	<i>to bend</i>
<i>Battement tendu</i>	<i>to stretch</i>
<i>Ronds de jambe</i>	<i>rounding of the leg</i>
<i>Assemble soutenu</i>	<i>to assemble and sustain</i>
<i>Retire</i>	<i>to draw up</i>
<i>Grands battement</i>	<i>big beat</i>

Adage

<i>Dégagé</i>	<i>to take leg from one position to another</i>
<i>Chasse</i>	<i>to chase</i>
<i>Posé</i>	<i>to step</i>
<i>Demí detournez</i>	<i>half turn</i>

Allegro

<i>Assembles over & under</i>	<i>to assemble</i>
<i>Glissades devant & derriere</i>	<i>to glide</i>
<i>Pas de chat</i>	<i>step of the cat</i>
<i>Soubresaut</i>	<i>Sudden jump</i>
<i>Jete ordinaire</i>	<i>to throw</i>
<i>Balance</i>	<i>waltz step</i>
<i>Sautés in 1st position</i>	<i>to jump in 1st position</i>
<i>Echappe to 2nd position</i>	<i>to escape (jump) to 2nd position</i>
<i>Changements</i>	<i>to change</i>

<i>Retire sautés en arriere</i>	<i>to draw up and travel backwards</i>
<i>Petit jetés devant & derriere</i>	<i>little springs from foot to foot behind & in front</i>
<i>Temps levés</i>	<i>to hop</i>
<i>Gallops en avant and d'cote</i>	<i>gallop forwards and sideways</i>
<i>Reverence</i>	<i>curtsey or bow</i>

Directions

<i>En avant</i>	<i>Forwards</i>
<i>En arriere</i>	<i>Backwards</i>
<i>D'cote</i>	<i>Sideways</i>
<i>Devant</i>	<i>in front</i>
<i>Derriere</i>	<i>Behind</i>
<i>En croix</i>	<i>shape of a cross</i>
<i>A terre</i>	<i>on the ground</i>
<i>Croise</i>	<i>crossed</i>
<i>Ouvert</i>	<i>open</i>
<i>En face</i>	<i>facing front</i>

Practice the Polka

Music Section

Children need to clap, count and recognise the following music tempos -

Semibreve

Minim

Crotchet

Quaver

GRADE THREE

All exercises and terminology are in French and must know the previous Grade vocabulary.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

Barre work

<i>Plie</i>	<i>to bend</i>
<i>Battement tendu</i>	<i>to stretch</i>
<i>Ronds de jambe</i>	<i>rounding of the leg</i>
<i>Assemble soutenu</i>	<i>to assemble and sustain</i>
<i>Retire</i>	<i>to draw up</i>
<i>Grands battement</i>	<i>big beat</i>
<i>Frappe</i>	<i>to strike</i>
<i>En fondu</i>	<i>to melt</i>
<i>Developpe</i>	<i>to gradually unfold</i>
<i>Echappe en demi pointe</i>	<i>to escape on the demi pointe</i>

Adage

<i>Dégagé</i>	<i>to take leg from one position to another</i>
<i>Chasse</i>	<i>to chase</i>
<i>Posé</i>	<i>to step</i>
<i>Demí detournez</i>	<i>half turn</i>
<i>Attitude ordinaire</i>	<i>same arm high as working leg</i>
<i>1st arabesque</i>	<i>same arm front as supporting leg</i>
<i>2nd arabesque</i>	<i>same arm front as working leg</i>

Allegro

<i>Assembles devant & derrière, over & under</i>	<i>to assemble</i>
<i>Glissades under & over, devant & derrière</i>	<i>to glide</i>
<i>Simple coupes over & under</i>	<i>to cut</i>
<i>Pas de basque glisse en avant</i>	<i>step of the Basque Country</i>
<i>Pas de basque sauté en avant</i>	<i>step of the Basque Country with jump</i>
<i>Petit assemble</i>	<i>small assemble</i>
<i>Pas de bouree devant & derrière with either foot and under with the back foot</i>	<i>running step devant & derrière</i>
<i>Echappe sauté to en croix</i>	<i>to escape and jump</i>
<i>Sissonne ouvert</i>	<i>like scissors</i>
<i>Pas de chat</i>	<i>step of the cat</i>
<i>Soubresaut</i>	<i>Sudden jump</i>
<i>Jete ordinaire</i>	<i>to throw</i>
<i>Balance</i>	<i>waltz step</i>
<i>Sautés in 1st position</i>	<i>to jump in 1st position</i>
<i>Echappe to 2nd position</i>	<i>to escape (jump) to 2nd position</i>
<i>Changements</i>	<i>to change</i>
<i>Retire sautés en arrière</i>	<i>to draw up and travel backwards</i>
<i>Petit jetés devant & derrière</i>	<i>little springs from foot to foot behind & in front</i>
<i>Temps levés</i>	<i>to hop</i>
<i>Gallops en avant and d'cote</i>	<i>gallop forwards and sideways</i>
<i>Reverence</i>	<i>curtsey or bow</i>

Directions

En avant

forwards

En arriere

backwards

D'cote

sideways

Devant

in front

Derriere

behind

En croix

shape of a cross

A terre

on the ground

En l'air

in the air

Croise

crossed

Ouvert

open

En face

facing front

GRADE FOUR

All exercises and terminology are in French and must know the previous Grade vocabulary.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

Barre work

<i>Plie</i>	<i>to bend</i>
<i>Battement tendu</i>	<i>to stretch</i>
<i>Ronds de jambre</i>	<i>rounding of the leg</i>
<i>Assemble soutenu</i>	<i>to assemble and sustain</i>
<i>Retire</i>	<i>to draw up</i>
<i>Grands battement</i>	<i>big beat</i>
<i>Frappe</i>	<i>to strike</i>
<i>Battement fondu</i>	<i>to melt</i>
<i>Developpe</i>	<i>to gradually unfold</i>
<i>Sur le cou de pied</i>	<i>on the neck of the foot</i>
<i>Petit battement</i>	<i>small beats</i>
<i>Echappe en demi pointe</i>	<i>to escape on the demi pointe</i>
<i>Releve devant & derriere & passe en arriere</i>	<i>snatch in front, behind and pass behind</i>

Allegro

<i>Ballonne</i>	<i>to bounce</i>
<i>Sissonne change</i>	<i>scissors like changing</i>
<i>Echappe saute battu fermes</i>	<i>to beat as the feet close</i>
<i>Epaulment</i>	<i>use of the shoulders</i>
<i>Assembles devant & derriere, over & under</i>	<i>to assemble</i>
<i>Pose assemble soutenu en tournant</i>	<i>Step, assemble, sustain and turn</i>
<i>Glissades under & over, devant & derriere</i>	<i>to glide</i>

<i>Simple coupes over & under</i>	<i>to cut</i>
<i>Pas de basque glisse en avant</i>	<i>step of the Basque Country</i>
<i>Pas de basque sauté en avant</i>	<i>step of the Basque Country with jump</i>
<i>Petit assemble</i>	<i>small assemble</i>
<i>Pas de bouree devant & derriere with either foot and under with the back foot</i>	<i>running step devant & derriere</i>
<i>Echappe sauté to en croix</i>	<i>to escape and jump</i>
<i>Pas de chat</i>	<i>step of the cat</i>
<i>Soubresaut</i>	<i>Sudden jump</i>
<i>Jete ordinaire</i>	<i>to throw</i>
<i>Balace</i>	<i>waltz step</i>
<i>Sautés in 1st position</i>	<i>to jump in 1st position</i>
<i>Echappe to 2nd position</i>	<i>to escape (jump) to 2nd position</i>
<i>Changements</i>	<i>to change</i>
<i>Retire sautés en arriere</i>	<i>to draw up and travel backwards</i>
<i>Petit jetés devant & derriere</i>	<i>little springs from foot to foot behind & in front</i>
<i>Temps levés</i>	<i>to hop</i>
<i>Gallops en avant and d'cote</i>	<i>gallop forwards and sideways</i>
<i>Reverence</i>	<i>curtsey or bow</i>

Directions

<i>En avant</i>	<i>forwards</i>
<i>En arriere</i>	<i>backwards</i>
<i>D'cote</i>	<i>sideways</i>
<i>Devant</i>	<i>in front</i>
<i>Derriere</i>	<i>behind</i>
<i>En croix</i>	<i>shape of a cross</i>
<i>A terre</i>	<i>on the ground</i>
<i>En l'air</i>	<i>in the air</i>
<i>Croise</i>	<i>crossed</i>
<i>Ouvert</i>	<i>open</i>
<i>En Face</i>	<i>facing front</i>

GRADE FIVE

All exercises and terminology are in French and must know the previous Grade vocabulary.

<i>Entrechat quatre</i>	<i>intertwined feet</i>
<i>D'cote</i>	<i>to the side</i>
<i>Sissonne</i>	<i>scissor like movement</i>
<i>Double</i>	<i>double</i>
<i>Ordinaire</i>	<i>Ordinary</i>
<i>Jete</i>	<i>to throw</i>
<i>Fouetté</i>	<i>whip</i>