



*ISTD*  
*Ballet Exam*  
*Vocabulary*  
*Grades One - Six*

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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 &amp; derriere</i>	<i>little springs from foot to foot behind &amp; 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 &amp; under</i>	<i>to assemble</i>
<i>Glissades devant &amp; 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 &amp; derriere</i>	<i>little springs from foot to foot behind &amp; 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>1<sup>st</sup> arabesque</i>	<i>same arm front as supporting leg</i>
<i>2<sup>nd</sup> arabesque</i>	<i>same arm front as working leg</i>

## *Allegro*

<i>Assembles devant &amp; derrière, over &amp; under</i>	<i>to assemble</i>
<i>Glissades under &amp; over, devant &amp; derrière</i>	<i>to glide</i>
<i>Simple coupes over &amp; 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 &amp; derrière with either foot and under with the back foot</i>	<i>running step devant &amp; 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 &amp; derrière</i>	<i>little springs from foot to foot behind &amp; in front</i>
<i>Temps levés</i>	<i>to hop</i>
<i>Galops 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 &amp; derriere &amp; 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 &amp; derriere, over &amp; under</i>	<i>to assemble</i>
<i>Pose assemble soutenu en tournant</i>	<i>Step, assemble, sustain and turn</i>
<i>Glissades under &amp; over, devant &amp; derriere</i>	<i>to glide</i>

<i>Simple coupes over &amp; 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 &amp; derriere with either foot and under with the back foot</i>	<i>running step devant &amp; 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 &amp; derriere</i>	<i>little springs from foot to foot behind &amp; 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>

## *GRADE SIX*

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

*En cloche*

*Bell-like preparation for Grand Allegro*

*Fouette*

*Whip*

*Battements sur le cou-de-pied*

*preparation for beaten work*

*Contretemps*

*Against time*

*Ferme*

*Closed*