

# GRADE 3 CLASSICAL BALLET

## THEORY SHEET

Students are required to have a knowledge of the following terms and positions.  
They may be asked for the French to English translation only and do not have to be able to say the French words.

### BARRE WORK

PLIE	TO BEND
BATTEMENTS TENDU	TO STRECH
EN CROIX	IN THE SHAPE OF A CROSS
RONDE DE JAMBE	ROUND OF THE LEG
EN DEHOR	OUTWARDS (going to the back first)
EN DEDANS	INWARDS (going to the front first)
SOUTENU	TO SUSTAIN / TO KEEP GOING
RELEVE	TO SNATCH
BATTEMENTS FRAPPE	TO STRIKE / TO HIT
DEVELOPPE	TO UNFOLD AND HOLD
ECHAPPE	TO ESCAPE

### DIRECTIONS OF TRAVEL

DEVANT	IN FRONT
DERRIERE	BEHIND
DE COTE	SIDEWAYS
EN AVANT	GOING FORWARDS
EN ARRIERE	GOING BACKWARDS

### DIRECTIONS

CROISE	CROSSED
OUVERT	OPEN
EN FACE	FACING FRONT
DE COTE	SIDEWAYS

### CENTRE EXERCISES - ADAGE

PORTS DE BRAS	CARRIAGE OF THE ARMS
DEGAGE	TO DISENGAGE (pointing the foot to a given position)
CHASSE	TO CHASE / SLIDE
PASSE	PASSING
1ST ARABESQUE	SAME ARM FORWARD AS THE LEG YOU ARE STANDING ON

ATTITUDE ORDINAIRE	SAME ARM UP AS THE LIFTED LEG
A TERRE	ON THE FLOOR
EN L'AIR	IN THE AIR

**CENTRE EXERCISED - ALLEGRO**

JETE	TO THROW
PETIT	LITTLE /SMALL
ORDINAIRE	BASIC / NORMAL / ORDINARY
GLISSADE	TO GLIDE
ASSEMBLE	TO ASSEMBLE
COUPE	TO CUT
SISSONE	LIKE SCISSORS
PAS DE BOUREE	RUNNING STEP
ECHAPPE	TO ESCAPE

**POSITIONS OF THE FEET:**

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Ouverte(Open)/Opposite 3<sup>rd</sup>. 4<sup>th</sup> Croise(Crossed)/Opposite 5<sup>th</sup>, 5<sup>th</sup>**



**POSITIONS OF THE ARMS:**

**Bras Bas, Ev Avant, A La Seconde, En Couronne, Attitude, Attitude Grecque, Bras Croise, Demi Seconde, Demi Bras, 3<sup>rd</sup> Arabesque**

