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EXPLANATORY NOTES

Exercises are coded by number (A1 etc.) to facilitate identification between syllabus book, music book and CD.

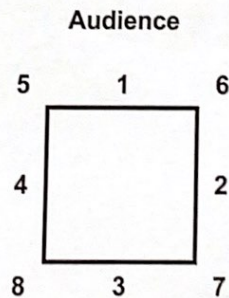
Positions given in *italics* refer to the poses of the body illustrated in the Components of Classical Ballet section of *The Foundations of Classical Ballet Technique* available from the Royal Academy of Dance.

Exercises are for both male and female candidates unless otherwise indicated. Differences that apply to male candidates are given in underlined italics.

Benesh Movement Notation:

With the exception of those items detailed in the Benesh Movement Notation Glossary, all of the notation used in this publication is explained in *Benesh Movement Notation for Ballet*, available from the Royal Academy of Dance. The Academy offers a range of CPD courses designed for those wishing to learn to read the Benesh Movement Notation scores of the Academy's syllabi. Full details can be found at www.benesh.org or www.rad.org.uk.

Direction Numbering





Grade 1 Ballet

examinations, class awards and
solo performance awards

A1: Warm-up

Performed all together

MUSIC A
CD1 1/34

3

4

1 count = 1 bar

MUSIC B
CD1 2/35

4

4

2 counts = 1 bar

Commence:

Upstage En face 1st position

Bras Bas

Intro
4 counts

1-2 Hold

3-4

Arms to demi-seconde

&1 Hold

2 Hold

3-4 Hold

5-12 Hold

13-15 Rise and run forward

16 Parallel 1st

1 Right foot to demi-pointe right knee bent

2 Lift right foot low off floor fully stretched right knee bent

3 Lower right foot to floor en demi-pointe right knee bent

4 Lower right heel straightening right leg

5-8 Repeat to other side

1-4 Full knee bend

5-6 Straighten legs

7-8 Small steps on demi-pointe and lower to 1st

1-32 Repeat all with run backward

Arms lift to right through a flowing 3rd left arm forward Head follows right arm

Arms to left through a flowing 3rd right arm forward Head follows left arm

Arms to right through a flowing 3rd left arm forward

Repeat counts 1-4 twice on alternate sides

Arms to 2nd on count 13 and lower

Arms relaxed by sides

Curl head and body down Hands to floor on count 4

Arms by sides on count 6 Body erect

Arms to demi-seconde

A2: Legs and arms

Performed two at a time

MUSIC A 3
CD1 3/36 4 1 count = 1 bar

MUSIC B 3
CD1 4/37 4 1 count = 1 bar

Commence: En face 1st position

Hands clasped low behind back

Intro
4 counts

1-4	Hold	
1	Right leg dégagé devant	
2	Right leg low devant with flexed foot en fondu	
3	Dégagé devant straightening supporting leg	
4	Close 1st	
5-8	Repeat to other side	
&	Hold	Release arms to sides
1-2	Hold	Right arm circles across body over head out and down with impetus on the upward movement Head follows arm
3-4	Hold	Repeat with left arm
5-8	Hold	Repeat with both arms Head lifts on upward movement
9	Hold	Hands clasped low behind back
1-15	Repeat	
16-17	Hold	Arms cross in front of body and lift sideways to open 5th with impetus on upward movement on count 17

A3: Port de bras

Performed all together

MUSIC A
CD1 5/38

3
4 1 count = 1 bar

MUSIC B
CD1 6/39

2
4 2 counts = 1 bar

Commence:

Upstage En face 1st position

Bras bas

Intro
4 counts

1-4 Hold

1-4 Hold

5&6 Step forward with either foot
brushing other foot through to
dégagé devant en fondu

7&8 Repeat to other side

Basic port de bras

Arms bras bas optional head turn
toward front foot

1 Step forward en demi-pointe and
close natural 1st en demi-pointes

2 Hold

A: &3-4 Run backward

B: 3-4

5-7 Free

8 1st position

Arms lift sideways to open 5th

Arms through relaxed 5th reach
forward and lower

Arms free

Bras bas

1-16 Repeat to same or other side

A4: Demi-pliés

Performed all together

MUSIC A
CD1 7:40 3
4 1 count = 1 bar

MUSIC B
CD1 8:41 3
4 1 count = 1 bar

Commence: En face 1st position Bras bas

Intro
2 counts

1-2 Hold

1-2 Demi plié

Arms to demi-seconde and bras bas

3-4 Repeat

5 Dégagé to 2nd with either leg

6 Lower heel

7 Dégagé to 2nd with same leg

8 Lower heel

1-4 Repeat counts 1-4 in 2nd

5 Dégagé to 2nd with same leg

6 Close 1st

7 Rise

Arms 1st

8 Lower

Bras bas

1-16 Repeat to other side

A5: Transfer of weight

Performed two at a time

Optional Prop: flag, soft fabric on a stick, scarf or ribbon

MUSIC A 6
CD1 9/42 8 2 counts = 1 bar

MUSIC B 2
CD1 10/43 2 1 count = 1 bar

Commence: En face Natural 1st

Arms by sides holding prop in right hand

Intro
4 counts

1-4	Hold	Right arm across body to left on count 4
1-2	2 Transfers of weight from side to side en fondu commencing right	Right arm arcs over head and opens to right on count 1 and reverses arc on count 2
3-4	Transfer of weight to right en fondu closing left foot 3rd devant and glissade movement to left closing 3rd devant	Repeat counts 1-2
5-7	Spin low to high level	Arms free
8	Natural 1st en demi-pointes	Right arm open 4th line
1-4	4 Transfers of weight from side to side through demi-plié commencing right	Right arm circles to left over head lowers across body and opens to right on count one and arcs under to alternate sides on counts 2-4
5-7	Free run	Arms free
8	Natural 1st en demi-pointes	Right arm across body to left
1-4	Repeat first counts 1-4	
5-8	Free run and ending	Arms free

This exercise may be taken commencing to left with prop in left hand

A6: Walks

Performed two at a time continuously
as individuals or with partner. Free
floor pattern

MUSIC A 3
CD1 11&12 / 4 3 counts = 1 bar
44&45

MUSIC B 3
CD1 13&14 / 2 3 counts = 1 bar
46&47

Commence: Dégagé devant with either leg

Holding hands with partner or hands
clasped low behind back or arms
demi-seconde

Intro
6 counts

1-6	Hold	
1	Step forward	
2	Brush other foot forward to 4th devant en l'air	Optional head turn toward front foot
3	Lower to dégagé devant	
4-6	Repeat to other side	
1-6	6 Walks forward	Head erect
1-12	Repeat	
	Close 1st	

A7: Sautés

Performed all together

MUSIC A 2
CD1 15/48 2 2 counts = 1 bar

MUSIC B 4
CD1 16/49 4 2 counts = 1 bar

Commence: En face Parallel 1st position Hands clasped low behind back

Intro
4 counts

1-3 Hold
4 Demi-plié

1-4 4 Jumps in parallel 1st
5-7 Straighten legs
8 Demi-plié

1-4 4 Jumps in parallel 1st by $\frac{1}{4}$ turn to
right or left
5-7 Straighten legs
8 Demi-plié

1 Jump into 1st Bras bas
2-4 3 Sautés in 1st
5-7 Straighten legs
8 Demi-plié

1-4 4 sautés in 1st
5-7 Free Arms free
8 Parallel 1st en demi-plié Hands clasped low behind back

1-32 Repeat to other side

A8: Petits jetés and spring points

Performed two at a time

MUSIC A
CD1 17/50
2
4 2 counts = 1 bar

MUSIC B
CD1 18/51
2
4 2 counts = 1 bar

Commence: Downstage En face 1st position Bras bas

Intro
4 counts

1-3 Hold

4 Demi-plié

1 Sauté in 1st

2 Spring onto left leg placing right foot
in petit jeté derrière position

3-4 Repeat to other side

5-8 4 petits jetés derrière

1-2 Spring point and hop point travelling
back

Arms 1st

3-4 Repeat with other leg

5-7 3 spring points travelling back

Arms demi-bras

8 Jump into 1st

Bras bas

1-16 Repeat all

A9: Galops

Performed two at a time or all together seen twice through

Teacher's arrangement – free grouping and floor pattern

MUSIC A	6	
CD1 19/52	8	2 counts = 1 bar

MUSIC B	6	
CD1 20/53	8	2 counts = 1 bar

Intro
4 counts

32 counts per
setting

Focal steps – compulsory
Galops forward and sideways

Linking steps
Skips runs jumps claps

A10: Springs

Performed two at a time in teacher's choice of a clockwise or anti-clockwise circle

MUSIC A
CD1 21&22 / 54&55
3
4 3 counts = 1 bar

MUSIC B
CD1 23&24 / 56&57
3
4 3 counts = 1 bar

Commence: Natural 1st

Arms relaxed by sides

Intro
6 counts

1-6 Hold

1-9 9 Extended springs forward with back leg straight or bent commencing with either leg

Arms swing forward and back in opposition palms facing body

10 Jump into parallel 1st

11-12 Hold in parallel demi-plié

2 claps

1-12 Repeat

A11: Step hop and parallel assemblé

Performed one at a time continuously

MUSIC A 2
CD1 25&26 / 4 1 count = 1 bar
58&59

MUSIC B 3
CD1 27&28 / 4 1 count = 1 bar
60&61

Commence: Corner 8 facing 6 Right leg parallel
dégagé devant

Left arm forward right arm back
palms facing body OR left arm across
body right arm to side fists clenched

Intro
4 counts

1-4 Hold

A: 1& Step forward and hop in parallel
B: 1&a retiré
A: 2-4& Repeat 3 times with alternate legs
B: 2-4&a

5-6 Run forward toward 6

7 Step forward with left foot

A: &8 Parallel assemblé de côté turning to
B: &a8 face 5

Arms swing down and up to opposite
commence position

Arms free

Arms open 4th right arm raised Head
to raised arm

Prepare both sides

A12: Dance A – male and female

Candidate's choice of Dance A or B

Performed one at a time

CD1 29/62 2
4 2 counts = 1 bar

Commence: Upstage centre En face
Natural 1st position

Arms relaxed by sides

Intro
4 counts

1-4	Hold	Mime 'it's snowing'
1-4	2 Creeping walks forward commencing right	Arms held naturally
5-6	Run forward	Optional mime 'it's cold'
7-8	Close 1st	Arms held naturally
1-2	Transfer of weight sideways to right en fondu	Mime looking for friends
3-4	Repeat to other side	
5-7	Run backward	Mime shivering and disappointment - no friends
8	Close 1st	Arms free
1	Sauté in 1st	
2	Spring onto left leg placing right foot in petit jeté derrière position	
3-4	Repeat to other side	
5-8	4 Petits jetés derrière	
1-2	Spring point and hop point springing onto left leg travelling back	
3-4	Repeat with other leg	
5-7	Run forward	
8	Close 1st	Hands clasped low behind back

&1-4	Travelling in an anti-clockwise circle preparatory hop and 3 sideways galops to left facing out of circle and step to left	
5-8	2 Creeping walks forward continuing circle	Arms used naturally
&1-4	Preparatory hop on left 3 galops forward and step forward continuing anti-clockwise circle	Hands clasped low behind back
5-6	Run forward to 7	Arms used naturally
7-8	Feet natural 1st on balls of feet facing 5	Look to 5 see imaginary friend and wave
1-4	Free	Mime scooping snow and making a snow ball
5-6	2 Walks forward toward 5 commencing left	Hide snowball behind back
7	Run toward 5	
8	Lunge forward onto left leg into 4th en fondu	Throw snowball toward 5 with either hand
1-4	Free	Free reaction
5-6	Run toward 2	
7-8	Free ending	

A13: Dance B – male and female

Performed one at a time

CD1 30/63

2
4

2 counts = 1 bar

Commence:

Corner 8 facing 6 1st position

Intro
4 counts

1-4 Hold

1-2 Hold

3-4 Hold

5-8 Hold

1-4 Run forward to centre

5-6 Close 1st

7-8 Hold

1-2 Jump onto left leg right leg dégagé
devant and hop point travelling back

3-4 Spring point and hop point travelling
back

5-7 3 spring points travelling back

8 Jump into natural 1st

& Hold

1-4 2 Transfers of weight from side to
side en fondu commencing right

5-8 Small steps en demi-pointe turning to
right to face 5

&1-4 Preparatory hop and 3 sideways
galops to right toward 6 and step to
right

Candidate's choice of Dance B or A

Prop: Short stick with 2 ribbons
attached or two ribbons

Hands clasped low behind back, prop
in right hand

Lean forward and mime looking to see
if anyone is about

Look over left shoulder to see if
friends are behind

Left hand large beckoning movements
to encourage friends to follow

Mime 'wait for the surprise'

Raise right arm sideways to open 4th
left arm demi-seconde

Right arm arcs to left over head

Right arm arcs to right opening to side
and to left over head

Right arm to 1st and open 4th

Right arm circles to left over head
lowers across body and opens to right
to open 4th

&5-8	4 skips commencing left in small clockwise circle finishing facing 5	
1-4	2 Transfers of weight from side to side en fondu commencing left	Right arm arcs to left over head and opens to right
5-8	Step onto left foot toward 8 and close in parallel 1st en demi pli�� facing 8	Right arm arcs to left over head and lowers as body turns to 8 to hold ribbons out in front on the floor Body leans forward on counts 7-8
1-8	Run backward in a clockwise curve toward corner 7	Shake ribbons gently along the floor
1-6	Spin to right	Right arm forward
7-8	Parallel 1st en demi-pli�� facing 5	Right arm to open 4th left arm demi-seconde Head turned to 2 looking for friends
1-6	6 Extended springs travelling toward 5 commencing springing onto left with back leg straight or bent	Head to 1
7-8	Jump into parallel 1st and hold demi-pli��	
1-2	Rise throwing body backward	Arms lift to free position mime 'friends have bumped into me at the back'
3-6	Off-balance turn on demi-pointes to right	Free arms miming confusion
7-8	Close 1st facing 1	Shrug shoulders mime annoyance and place hands on hips fists clenched
&	Preparatory hop on left	Right arm to open 4th left arm demi-seconde
1-4	3 Sideways galops to right facing 1 and step to right	Right arm circles to left over head lowers across body and opens to right to open 4th
5-8	Run forward in a clockwise curve to upstage centre or centre depending on studio size	Arms free
1-8	Free ending	Arms free

A14: Dance C – male and female

Performed one at a time

CDI 31/64

2
4 2 counts = 1 bar

Commence:

Near 4 facing 2 Upstage of imaginary garden
Parallel 1st

Intro
8 counts

1-2 Hold
3-4
5-6

7-8 Demi plié and straighten legs

1-2 Travelling toward 2 step forward with right foot and left leg heel dégagé devant en fondu
3-4 Step forward and right leg heel dégagé devant straightening legs
5-12 Repeat counts 1-4 twice
13 Close parallel 1st
14-16 Run backward toward 4

1-2 Facing 1 step to right both knees bent
3-4 Left leg step to right across body both knees bent
5-8 Repeat last counts 1-4

Candidate's choice of Dance C or D

Prop: Watering can placed toward 6

Arms relaxed by sides

Mime 'I' with right hand
Mime 'here' indicating the ground with right hand

Mime digging from right to left holding imaginary spade in both hands leaning forward with upper body turned to 1 and swing spade over right shoulder upper body erect

Mime digging from right to left leaning forward upper body turned to 1
Mime swing spade over right shoulder upper body erect

Mime pushing spade upright into the earth

Mime putting hand in left pocket and taking out seeds into palm of left hand

Mime holding seeds in left hand, take seed with right fingers and plant into trench that has just been dug
Mime planting another seed

1-2	Close parallel 1st facing 6	Mime 'thinking' right hand under chin left arm across body, right elbow resting on left hand
3-4	Rise	Mime 'idea' with right hand
5-8	Run to watering can	Pick up watering can with both hands and hold it out in front at waist level on counts 7-8
&1-8	Travelling in a clockwise circle 4 skips forward commencing right and 4 skips making a whole turn to right sur place	
9-16	Repeat continuing circle to finish upstage of garden facing 1	
1-8	4 Transfers of weight from side to side through demi pli�� commencing right	Watering can in right hand water seeds to right and left with transfers of weight left arm naturally at side
1-2	Close parallel 1st en demi-pli�� facing 5	Place watering can on ground
3-4	Straighten legs	Nod head towards garden
5-7	Run forward to 4 and toward 5	
8	Jump into parallel 1st en demi-pli�� facing 6	Right hand extended to side palm up indicating seeds in ground Head to hand left hand holding skirt out to side <u>left hand on hip fist clenched</u>
&1-8	Raise and lower heels holding demi- pli�� on counts &1 and hold count 2 Repeat 3 times	Raise right arm with each heel beat indicating seeds growing into tall plants Head follows hand
1-4	Rise	Mime happiness
5-8	Run forward in slight upstage curve to upstage of imaginary garden	Natural arms
1-4	Transfer of weight to right into heel d��gag�� en fondu on count 1 and hold	Trying to look through the plants at the audience and miming 'can't see through the plants'
5-7	Repeat to other side	

8	Close parallel 1st	Arms relaxed by sides
1-2	Jump in parallel 1st	Right arm reaches high above head and lowers
3-4	Repeat	Repeat with left arm
5-6	Hold parallel demi-plié	Push plants aside
7-8	Run forward and slight spring into right leg heel dégagé in 2nd en fondu on count 8	Arms through 1st to demi-bras

A15: Dance D – male and female

Candidate's choice of Dance D or C

Performed one at a time

CD1 32/65

2
4 2 counts = 1 bar

Commence:

Corner 8 facing 6
Natural 1st position

Hold skirt out to sides

Thumbs tucked in braces elbows lifted

Intro

4 counts

1-4 Hold

1-4 3 Walks forward toward 6
 commencing right and left leg heel
 dégagé devant en fondu

5-8 Repeat commencing left

Head turned to front foot on count 4

1-4 Repeat commencing right

5-6 Run toward 6

7-8 Close parallel 1st to face 4

Hands clasped low behind back on
count 8

*&1-4 Travelling toward 4 and continuing
 in an anti-clockwise circle 4 skips
 forward commencing right

5-6 Step forward onto right foot and
 stamp left foot in parallel 1st facing 8

7&8* Step forward onto left foot and 2
 stamps with right foot in parallel 1st

9-14 Run forward continuing anti-
 clockwise circle to finish centre
 facing 1

15 Step forward onto right foot

Release skirt

Release hands

16 Close parallel 1st

Hands on hips fists clenched

- | | | |
|-----|---|--|
| 1-2 | Right leg heel dégagé devant en fondu and close parallel 1st | |
| 3-4 | Repeat with left leg | |
| 5-6 | Right leg heel dégagé devant en fondu and hold | Lean over right leg and brush right hand across imaginary boot to right and left |
| 7 | Close parallel 1st | Body erect |
| 8 | Hold | Clap |
| | | |
| 1-8 | Repeat last counts 1-8 to other side | |
| | | |
| 1 | Jump to parallel 1st on quarter-pointe to face 6 | Hold skirt out to sides Head to 1 |
| | | <u>Thumbs tucked in braces elbows lifted</u> |
| | | <u>Head to 1</u> |
| &2 | 2 Springs forward on quarter-pointe commencing jumping onto left back leg bent foot close to body | |
| 3-6 | Repeat counts 1&2 twice | |
| 7-8 | 2 Jumps in parallel 1st to face 1 and 5 | |
| | | |
| 1-8 | Repeat last counts 1-8 to other side | |
| | | |
| 1-8 | Repeat counts *&1-8* travelling toward 2 and continuing in a clockwise circle | |
| | | |
| 1-6 | Run forward continuing clockwise circle to upstage centre and toward 1 | |
| 7 | Step forward onto right foot | |
| 8 | Stamp left foot in parallel 1st | Arms high V palms facing in |

A16: Révérence

Performed all together

Free character or classical révérence

CD1 33/66

2

4

2 counts = 1 bar

Intro

8 counts

1-8

1-32

Free – to include révérence to the
pianist then the examiner

Arms free