

ABD GRADE 1 BALLET SYALLABUS

Barre

1. Five positions of the feet by dégagé (1st, 2nd, 3rd, 4th open, 5th, 4th crossed) (both sides)
2. Battement Tendu (both sides)
3. Demi Plié (1st, 2nd, 3rd) (both sides)
4. Grand Battement (devant, derriere, a la seconde) (both sides)
5. Rises (1st and 2nd) (both sides)

Centre

6. Show Arm Positions (1st, 2nd, 3rd, 4th, 5th, demi seconde, bras bas)
7. Port de Bras
8. Adage
9. Glissade and Changement
10. Posé temps levé and petit jeté
11. Polka
12. Rhythm: Clap Polka time
13. Rhythm: Clap Waltz time
14. Enchainement
15. Dance
16. Curtsey or Bow