

Cecchetti Ballet Australia Inc.

2015

Overview of the revision

of

Pre Primary – Grade 6 Syllabi

to be used in conjunction with the new syllabi release

April 2015

Changes made to the grades by the Grade Panel in January 2015 as follows:

NB: there are also notes on points to the syllabus that have not been changed, but that have been consistently taught incorrectly so please ensure that you observe these notes.

PRE PRIMARY

Skirts	Full net/organza skirt to enable girls to hold arms in the correct line.
Foot Articulation	To face either front corner (corner 1 or 2) When sitting the arms are placed to enhance posture
Music Section	<u>The Pianist will use a free March not previously heard by the students for the exams – not the music used on the CD.</u> Only B now – pianist then clapping 2 bars intro 4 bars listening 4 bars clapping 8 bars marching on the spot or travelling (teacher's choice)
Rises	Rise, Rise Turn then Repeat (turn both times)
Tendus	<u>Parallel or natural 1st position</u>
Port de Bras	Both the HAND MOVEMENTS WITH EYE FOCUS and the SUPPLENESS OF FINGERS AND WRISTS only one of each to be shown in the exam – not both
<u>In Skipping, Galops, Pony Canters and Ballet Runs the students commence on 1 and finish on 8 or 16 of a musical phrase</u>	
Sautés	Now reads – counts 5-32 Show 7 more times
Pony Canters	Noted Time Signature has been corrected
Improvisation	Improvisation - Worth 10 marks Not to be choreographed by the teachers prior to the exam Teachers may not request a particular time or tempo and students must not have heard the music prior to the exam. Students should be taught to be creative & not just skip around following their friends. Arms need to dance as well. Improvisation may include mime.
Friends	First Counts of 3-4 & 5-8 Tendu has been omitted, only an arm wave now. Not Tendu & arm wave.

PRIMARY

Skirts	As for Pre Primary
Foot Articulation	To face either front corner (corner 1 or 2) – note on current syllabi including patterns is omitted.
Hamstring & Spinal Stretch	<u>Must be shown as per syllabi.</u> 4 counts to walk fingers down the legs 4 counts to stay down and stretch the feet 4 counts to sit up with 3 rd port de bras etc 4 counts to repeat the finger walk down the legs Recover to sit up position after the music.
Music Section	<u>The Pianist will use a free 3/4 not previously heard by the students for the exams – not the music used on the CD.</u> Only B now – pianist then clapping – as for Pre Primary 4 bars intro 4 bars listening 4 bars clapping 8 bars moving freely showing movements applicable to 3/4 time signatures
Arm Ripples & Waves for Girls	Now titled “Arm Movements for Girls” Preparation Notes – through 5 th en haut has been omitted. Stress that the <u>heels of the palms</u> touch to start the hand ripples Arm waves are “Ripples” not up and down arm waves
Adage	This is now shown on the spot – no runs forward Changes are highlighted
ARABESQUES 3/4	
	Commence in 1st position facing corner 2.
<i>Intro 1-4</i>	<i>Hold the position</i>
1 2	Arms sway to the right
3 4	Arms sway to the left
5 6	Rise & patter turn to face corner 1 lifting arms to 3rd arabesque (the heels lower into 1 st on count 6 or 7) The rise and patter turn is on the spot, not travelling
7 8	Hold the arm line
9-16	Repeat all to the other side
Échappé Sautés	Please note the ‘plié’ is on count 4 of the intro & through the music if counting in 4's all through

Spring Points The actual Spring Points no longer change feet –
 First set – 4 with the right – Second set – 4 with the left
 Third set – 4 with the right – Fourth set – 4 with the left
 (this matches the use of the same leg in Prep for Spring points and Road to oz.)

Spring Heels for Boys **New exercise to the same music as Spring Points**

Stand in 1st position,

Intro 1 2 Hold the position
 3 4 Prepare hands for claps
 1 1 clap with the hands held to the right side, head inclined to the right
 2-4 Repeat clap and head to the left, right, left
 5-7 Place hands on hips
 8 Demi pli  
 1 Spring Heel with the right foot
 2 Spring into 1st position
 3 Spring Heel with the left foot
 4 Spring into 1st position
 5 6 Slowly stretch knees
 7 8 Prepare hands for claps
 1-16 Repeat all

No. 4 Sways with Transfer of Weight & No. 5 Galops as now known as **4A Slow 3/4 & 4B Quick 3/4**

The exercises have not been changed.

Either 4A or 4B will be shown in the exam – not both. This is the teacher’s choice.

Preparation for Polkas is now known as **Polkas**

Only polkas to be shown in the exam – not a series of galops on each leg then polkas

This should be taught as a galloping polka not a stepping polka

GRADE 1

Entering the Room Entering the Room is the same as we do now – the teacher making the introductions and asking for the Theory, but then the examiner will take over the exam after this, the teacher remains in the studio. This is optional in 2015 (the usher will inform the examiner if the teacher or the examiner is to conduct the exam) It will be compulsory in 2016. We feel this is a better transition for the students entering from Grade 2.

Students must not talk over the music when saying name – this applies to all Grades

Theory When asked the Theory – the 3 positions of the feet – the students should say the names of the positions as they show them.

Barre Tendus This is now

1 tendu devant and close in 1st
 1 tendu derri  re and close in 1st
 Then the same tendu to 2nd and transfer of weight.
 The repeat starts on the other leg.

Retir   The Retir   must be held on ‘count 5’

Preparation for Jet   We have 2 exercises – A & B. Only one of these are to be shown in the exam, but they will be shown both Devant and Derri  re.

Barre Port de Bras Students will now stand diagonally to the barre in 1st position

Teachers please note the correct position of the head and eye line (as in 1st port de bras)

Polkas New notes are as follows

Moving from the barre to centre using the same natural polka learnt in Primary with a natural head now being shown. Polkas pass through a low position, not high as in skips and do not hold at the Retire position. All polkas should commence with a hop. Students may finish in a simple presentation pose.

Hamstring Stretch Faces either front corner (Corners 1 or 2)

Teachers must follow the correct counts

1-2 Lower through the spine & along the legs
 3 Hold
 4 Recover

Turn Out Exercise Faces wall 5

Centre Port de Bras Demi-2nd & Lyre position are taken slightly forward of the body.

Pirouette New exercise as follows

Stand in 1st position, arms relaxed beside the body.

Intro 1 2 Hold the position

3 4 Hands on shoulders

1 2 Rise and patten turn to the right finishing facing wall 8 leaving the head to wall 5, lower heels in 1st position

3 4 Hold the position

5-8 Rise and patten turn to the right (3/4 turn) finishing facing wall 5 in a demi pli  , stretch legs. Head spot to be shown

1-8 Repeat to the same side

1-16 Repeat twice to the other side

Saut  s Intro now reads 1 2 3 Hold 4 Demi pli  

Prep for Pas de Chat Stand either in 1st or parallel to start

Either a fondu on one leg or a parallel plie is acceptable after the runs.

Teachers please note that the jumps land together

Classical Walks New exercise as follows

Stand at wall 7 then travel facing wall 5, feet in 1st position

Intro 1 2 Hold the position

3 4 Tendu right foot devant, arms to be held in a simple position throughout ie. Demi 2nd

1-4 4 Slow walks forwards – right, left, right, left

5 6 Step to the side on the right, point left devant (either on a fondu or straight supporting leg)

7 8 Step to the side on the left, point right devant (either on a fondu or straight supporting leg)

1-4 Repeat the 4 Slow walks forwards – right, left, right, left

5-8 Run to the right passing wall 8 to centre back and finish in own pose. **Pose is teacher’s or student’s choice.**

This exercise may be shown travelling from corner 3 to corner 1 then in a circle

Each step finishes showing a Tendu derri  re with the back leg after the transfer of weight

Jetes Intro now reads 1 2 3 Hold 4 Demi pli  

Triplet Runs Accent is down – up - up

Directions The Galops after the 2 polkas are as follows

5-8 2 sideways galops to the right side towards wall 8, step on right still facing wall 5 and point left foot to 2nd slowly lifting and holding the right arm in the lyre position.

The final 4 counts are to be choreographed by the teacher – the 3 petit jet  s and spring into 1st position has been omitted.

Lyrical During the last counts of 1-4 (after the sways and galops) - 1 turn on the spot – arms may be used as per notes or simple arms may be set by the teacher.

GRADE 2

Entering the room Don’t talk over the music when saying name – this applies to all Grades

Theory To be asked as a group prior to going to the Barre or at the beginning of Exercices au milieu

Pli  s Stress the head and eye line is diagonale to the centre

Gr Battement Teachers please note that the lift is degag  s height

Relev   Intro counts – 1 2 3 Hold the position 4 Demi pli  

Polonaise Notes now state

Please note that there are variations of Polonaise. For this level the students are to show – Up, Up, Down to brush through. Students are to finish with a run across the centre to place and finish in a simple presentation pose appropriate to the Polonaise – not a fairy pose.

ADAGE NEW AS FOLLOWS

ARABESQUES 3/4

Face corner 1, 5th crois  , left foot front

Intro 1 2 Hold the position

3 4 Tendu left foot devant to corner 1, arms to demi 2nd

1 2 Walk forward on the left, right, hold the arms in demi 2nd

3 Arms lift to 5th en avant

4 Carry the arms to 3rd arabesque, right arm high

5 6 Walk forward on the left, right, opening the arms to demi 2nd on the first walk,

7 Arms lift to 5th en avant

8 Carry the arms to 3rd arabesque, right arm high

1 2 Lift en l’air

3 4 Lower to pointe tendue derri  re and close 5th derri  re

5-8 Run in a small circle passing wall 8, step on the left foot towards corner 2 and tendu the right foot devant

1-16 Repeat all, and finish in own pose at the end.

These walks are as in Grade 1 Classical Walks, stepping and leaving the foot pointe tendu derri  re

- Pas de Chats** Stress the timing as follows
- 1 Pas de Chat
 - 2 3** slowly stretch the knees
 - 4 Demi plié
 - 3-16 Repeat 3 more times to the same side
Repeat to the other side to separate exercise.

Step, Temps levé & Galops have now combined as exercise No. 3. This will be done to the Grade 2 Galop music.

This exercise will be shown 2x2 or a group of 3

Stand at corner 3 facing corner 1, 5th effacé, right foot front, arms in 5th en bas.

- Intro 1 2 Hold the position
- 3 4 Pointe tendue right foot effacé devant, arms in demi 2nd
 - 1-8 Step, temp levé in attitude devant 4 times on alternate sides towards corner 1
 - 1-8 Run around to corner 4, face corner 1 and prepare left foot
 - 1-8 8 sideways galops in écarté to corner 2
 - 1-8 Run around in a small circle at corner 2 and finish in own pose

Repeat with Step Temps Levé Derrière and Galops as a separate exercise starting in Corner 4 with the Galops from Corner 3

Derrière placement is at the base of the calf (low) or back of the knee (high)

Polkas & Petit Jeté now become exercise No. 4

Échappé Sautés & Changements now become exercise No. 5. This exercise has been changed as follows

Face the front, 5th position, right foot front, arms in 5th en bas

- Intro 1 2 3 Hold the position
- 4 Demi plié
 - 1-4 4 Changements
 - 5 6 1 Échappé sauté
 - 7 8 Stretch knees and Demi plié
 - 1-8 Repeat all

Le Chat Teachers please note the body directions after the 4 Petit Jetés

- 1 2 4 Petits Jetés derrière travelling towards corner 2
- 3 Coupé under to pointe tendue right foot devant to **corner 1** en fondu
- 4 Spring forwards onto right foot to pointe left derrière en fondu
When the students run backwards after the 2 pas de chats - the students no longer scratch the air, it is now teachers choice of arms/hands.

Sailors Hornpipe

After the picking up of the rope - students run backwards to wall 7 and may either turn to the right or left.
The turn finishes facing wall 5

GRADE 3

Entering the room Don't talk over the music when saying name – this applies to all Grades

Theory Students must be taught the theory from Grade 2 with the addition of the theory in Grade 3 and will be asked as a group prior to going to the Barre or at the beginning of Exercices au milieu

Barre Adage Adages 7A & 7B have been changed, we now have only 1 barre adage with the music of 7B being used. The new adage is as follows

7 DÉVELOPPÉS 3/4

Face the front, 5th position, right foot front

Intro 1 2 *Hold the position*

3 4 *Place hand on the barre*

1-4 Développé devant with 1st port de bras, the head remains erect

5-8 Développé a la seconde closing 5th derrière with 1st port de bras, the head remains erect

1 2 Rise and patter turn to face the barre,

3 4

lower in 5th position on straight legs with the right foot derrière

5 6 7 Développé right foot to derrière

8 Close to 5th derrière through pointe tendu derrière

Arrive at the Retiré position by count 1 and continue with the Développé on counts 2 & 3 – there is no pause at the knee.

Stretching Exercise Teachers please read the notes carefully

Centre Adages **Port de Bras and Développés** – this exercise has been omitted.

Arabesque is now the only Centre Adage.

The walks are to be taken as in Grade 1 Classical Walks

Note that we chasse through to Croisé Derrière on a straight support leg, not a fondu

Basic Steps

Assemblé over and under

Assembles **New exercise as follows**
 Face the front, 5th position, left foot front, arms 5th en bas

- Intro 1-3 Hold the position
 4-6 Demi plié
 1 Assemblé over
 2 Stretch knees
 3 Demi plié
 4-12 Repeat the Assemblé Soutenu over 3 more times
 1-12 Repeat 4 more times with Assemblé Soutenu under

Arms - hands on shoulders throughout or hands on hips throughout or the usual demi 2nd to 5th en bas with each Assemblé
 The head inclined softly/slightly over the front foot at the end of the Assemblé, then erect for the Soutenu movement.

POSÉ COUPÉS & GALOPS This is still 4A but has been changed and will now be shown by both Girls and Boys – boys need to know Posé Coupé as a basic step. The Galops have been omitted and we now do:

- Stand at corner 3, face corner 1, 5th position, right foot front, arms 5th en bas
 Intro 1 2 Hold the position
 3 4 Chassé en arrière to pointe tendue the right foot devant, arms to presentation position (a low opened 5th en avant with palms turned upwards)
 1-8 4 Posés coupés onto the right leg to corner 1 with the last Posés coupés closing in 5th position – right foot front
 1-4 Chassé, coupé, Chassé, temps levé in 3rd arabesque on the right leg
 5-8 Run to corner 1 and chassé en avant into 3rd arabesque à terre carrying arms through 5th en avant to 3rd arabesque and hold
 Or step onto left leg and Chassé onto the right leg into 3rd Arabesque
 Close after the music
 Placement of leg is at mid calf at the back of the leg – not the side.

Autour de la sale This step has been omitted

Balancés This is now No. 5

The Balance may be shown as Down, up, down OR Down, up, up.

The head may incline over the supporting foot on the 1st movement or towards the direction that the Balancé travels to.

Music to be slowed down & will be available from head office

Unseen **Students must have been taught the steps from previous levels as these will be used for the unseen combination**

GRADE 4

Entering the room **Don't talk over the music when saying name – this applies to all Grades**

Theory Students must be taught the theory from Grades 2 & 3 with the addition of the theory in Grade 4 and will be asked as a group prior to going to the Barre or at the beginning of Exercices au milieu

Pliés The head stays erect for all demi pliés

Tendus Counts are the same both times - the tag is for the hand to lower off the barre

Barre Adage Tag at end is clarified as follows

Tag 1-3 Close right foot in 5th derrière on a rise, balance both arms in 5th en .avant.

4 Lower to 5th position, lower arms to 5th en bas

Relevés **New Exercise as follows**

Face the barre, 5th position, right foot front, arms in 5th en bas

Intro 1 2 Hold the position

3 Place hands on the barre

4 Demi plié

1 2 Relevé in 5th, demi plié

3 Relevé Devant

4 Demi plié in 4th position – right foot back

5 Relevé in Pirouette position

6 7 Hold

8 Close in a demi plié with right foot back

1-8 Repeat on the other side

1-16 Repeat all

Demi Rond De Jambé Note to teachers that 45° is acceptable – placement is the most important

Pirouette en dehors **New Exercise as follows – the music is Grade 3 Autour de la salle**

Face the front, 5th position, right foot front, arms in 5th en bas

Intro 1-3 *Hold the position*

4 *Demi plié*

1 2 Chassé, Pas de Bourrée under into 4th position, arms through 5th en avant to 2nd position then right arm directly from 2nd to 4th en avant when feet arrive in 4th position

3 4 Relevé devant, close in 5th devant in a demi plié, arms to pirouette position (don't lower the arms from pirouette position)

5 6 Chassé, Pas de Bourrée under into 4th position, repeat the arms from counts 1 & 2

7 8 Pirouette en dehors, close 5th derrière, arms to pirouette position (don't lower the arms from pirouette position)

1-8 Repeat all to the other side

Set Music for Allegro Teachers please note that only the set music will be used in exams

Soutenu turns Rond de Jambé wording has been omitted

Basic steps Jeté under and Pas de Bourrée over have been included in Basic steps.

Glissades The last 3 changements have been omitted, we now do an Assemblé over Soutenu with Glissades derrière and an Assemblé under with Glissade devant

Sissonnes The last counts have been changed to the following

13 14 **2 Sissonne** en avant de suite, arms held in 5th en avant

15 16 Girls - Chassé en avant, arms lift to 3rd Arabesque

Boys – Chassé en avant, left hand to hip & right arm in 2nd position with the palm facing upwards

Jetés This step has not altered but now we show it in reverse as a separate exercise.

Preparation for Chaîné As follows

Stand at corner 3, face corner 2, right foot front in 5th Croisé, arms in 5th en bas

Intro 2 *Hold the position*

3 *Arms to 5th en avant*

4 *Pointe tendu right foot devant, arms to 4th en avant – right arm forward*

1 2 Small step towards corner 1 with right, small step with left making a ½ turn, eyes remain to corner 1

Arms to pirouette position

3 4 Lower heels and rise, arms remain in pirouette position

5 6 Small step towards corner 1 with left, small step with right completing the turn with a head spot, arms remain in pirouette position

7 8 Lower heels and rise

1-4 2 Chaînés towards corner 1, arms in pirouette position

5-8 Step on the right foot and carry left foot through a petit développé (cou de pied height) to pointe tendu devant facing corner 1, arms to 4th en avant – left arm forward

1-16 Repeat all to the other side.

The hands may be place on the shoulders on the preparation and remain throughout this exercise. If this option is used then the hands would be placed on the shoulders on the introduction.

Unseen **Students must have been taught the steps from previous levels as these will be used for the unseen combination**

Classical study for Girls or Boys

On the first count of 8 on the step forward (after the Sissonnes) the arms open to demi 2nd

8 Step forwards on right leg to wall 5 and place left leg in short tendu derrière, lower arms and open to demi 2nd

GRADE 5

Entering the room **Don't talk over the music when saying name – this applies to all Grades**

Theory Students must be taught the theory from Grades 2. 3 & 4 with the addition of the theory in Grade 5 and will be asked as a group **prior to going to the Barre or at the beginning of Exercices au milieu**

Barre Tendus The arm shows 5th en haut and then places on the barre when we turn to the other side,

Fondus Now only faces the front. Arms as per notes

Adage 45° has been omitted, therefore the Retire will be at the knee. Teachers are reminded that hip placement must be secure if taken higher than 45 °

Grands Battements Teachers must show the correct arms as written for the detourné.

Ballet Runs to the Centre Only half the music from the cd will be played in exams.

Arabesque Ensure students show the 2nd count of 1 2 3 4 correctly i.e. as follows:

Lower to pointe tendue derrière and straighten supporting leg to 3rd Arabesque croisé

Pirouette en dehors Counts after the pirouette are as follows

3 4 Pirouette en dehors to the right side finishing croisé in a lunge to corner 1, arms remain in presentation position

5 6 **Hold the position**

7 Straighten supporting leg and carry arms to 3rd arabesque croisé

8 Close 5th derrière en face, close arms to 5th en bas.

Tour en l'air The Grade 6 boys Tour en l'air is now being shown in Grade 5. The music from Grade 5 remains

Basic Steps Entrechat Quatre is omitted and Entrechat Royale has been added.

Set Music for Allegro Teachers please note that only the set music will be used in exams

Changements & Sautés in 5th et Assembles The inclined head on the Grand Sautés have been omitted

Batterie The Grade 6 Batterie is now being shown in Grade 5. The Grade 5 music remains the same

Unseen **Students must have been taught the steps from previous levels as these will be used for the unseen combination**

Spanish Waltz Cinderella Teachers please note that after each Posé in Attitude devant, the next movement is a **Tombé**. After the 2 last Step, Pas de bourrée travelling in the circle, the Temps Levé in Arabesque has been omitted – this gives the students counts 5-8 to run into the centre.

Grade 6

Entering the room Theory **Don't talk over the music when saying name – this applies to all Grades**
This is a revision of all Grades and will be asked as a group prior to going to the Barre or at the beginning of Exercices au milieu. The Student Theory Book has additional information i.e. The basic theory of Port de Bras but this will **not** be asked in the exam

Barre Tendus The head is inclined over the working foot in the Tendu devant and derrière position and when reversing the exercise – the head is inclined over the supporting foot

Degagés The Degagés devant & Derrière on counts 1 & 5 do close into 5th position, they don't stay open like the Degagé to 2nd position

Grands Battements Choice of closing 1st or 5th on tag.

Centre Adage

Fondu & Attitudes The extensions from the fondus are as follows

- 1 Fondu and place right foot to cou-de-pied devant, lift arms to 5th en avant through 5th en bas
- 2 Straighten on the left leg **and extend to pointe tendu in 4th devant a'terre**, open right arm to 2nd
- 3 Fondu and place right foot to cou-de-pied devant, hold the arm line
- 4 Straighten on the left leg **and extend the right to 2nd position a'terre**, open the left arm to show 2nd position

Pirouette en dehors A double pirouette may be shown on the repeat to each side – student's choice.
Please note that a student who shows 4 clean single pirouettes throughout this exercise would be marked highly, but a student who shows 2 clean singles and 2 weak doubles will have marks lowered.

Tour en l'air New exercise as follows. The Grade 6 tour en l'air music remains the same

Face the front, feet in 5th position, right foot devant, arms 5th en bas

Intro 1-3 Hold the position

4 *Demi plié*

1 2 2 Changements, the arms will lift to 4th en avant when landing the 2nd Changements

3 Tour en l'air

4 Hold the Demi plié

5-7 Straighten knees and arms slowly open to a forward 2nd position

8 Demi plié and close the arms to 5th en bas

1-8 Repeat all on the other side.

1-16 Repeat all

Basic Steps Entrechat Royale is omitted and Entrechat Quatre has been added.
Soubresauts have also been added.

Set Music for Allegro Teachers please note that only the set music will be used in exams

Batterie This is the Grade 5 Preparation for entrechat quatre - the Grade 6 music remain the same

Reverence New exercise as follows

GIRLS Face the front; stand on left foot with right in short tendu derrière

2 bar intro Hold the position

1 Step forward on the right and open the right arm to 2nd position

2 Step forward on the left and open the left arm to 2nd

3 4 Step to the side on the right foot and curtsy lowering the arms to demi 2nd

5-8 Repeat to the other side.

BOYS As above but with arms to a full 2nd only and a simple bow.