

Exercises for New Advanced 1 Female & Male Syllabus

Barre

1. Plies
2. Battements Tendus
3. Battements Glisses and Battements Jetes
4. Ronds de Jambe a Terre
5. Battements Fondus and Ronds de Jambe en l'air
6. Battements Frappes and Petits Battements
7. Adage
8. Grands Battements and Battements en Cloche

Centre

9. Port de Bras - In Pairs

Centre Practice

10. Centre Practice and Pirouettes - In Pairs
11. Pirouette Enchainement - Solo
12. Adage - In Pairs

Allegro

13. Allegro 1 - In Pairs
14. Allegro 2 - In Pairs
15. Allegro 3 - In Pairs
16. Allegro 4 - Solo
17. Allegro 5 - Solo
18. Allegro 6 (Male only) - Solo
19. Allegro 7 (Male only) - Solo; candidate choice of side

Pointe Work

Barre

20. Rises - All Together
21. Poses and Fouettes - All Together

Centre

22. Pointe Enchainement 1 - In Pairs
23. Pointe Enchainement 2 - In Pairs
24. Pointe Enchainement 3 - Solo

Variations

1. Variation 1(Male/Female) - Solo
2. Variation 2 (Male/Female) - Solo

Reverence