

RAD Intermediate Foundation

BARRE

Plies

Battements Tendus

Battements Glisses

Ronds de Jambe a Terre

Battements Fondus a Terre

Petits battements sur le cou-de-pied and battements frappes

Adage

Grands battements and grands battements en cloche

Centre

Port de bras - male and female

Centre Practice

Centre practice and pirouettes en dehors - male and female

Pirouettes en dedans - male and female

Adage

Adage - male and female

Allegro

Allegro 1 - male and female

Allegro 2 - male and female

Allegro 3 - female

Allegro 3 - male

Allegro 4 - male

Allegro 5 - male

Variations

Variation 1 - Female

Variation 2 - Female

Variation 1 - Male

Variation 2 - Male

Pointe Work

Barre

Rises

Echappes releves and courus

Centre

Echappes releves and classical walks

Reverence

Reverence - Male and Female