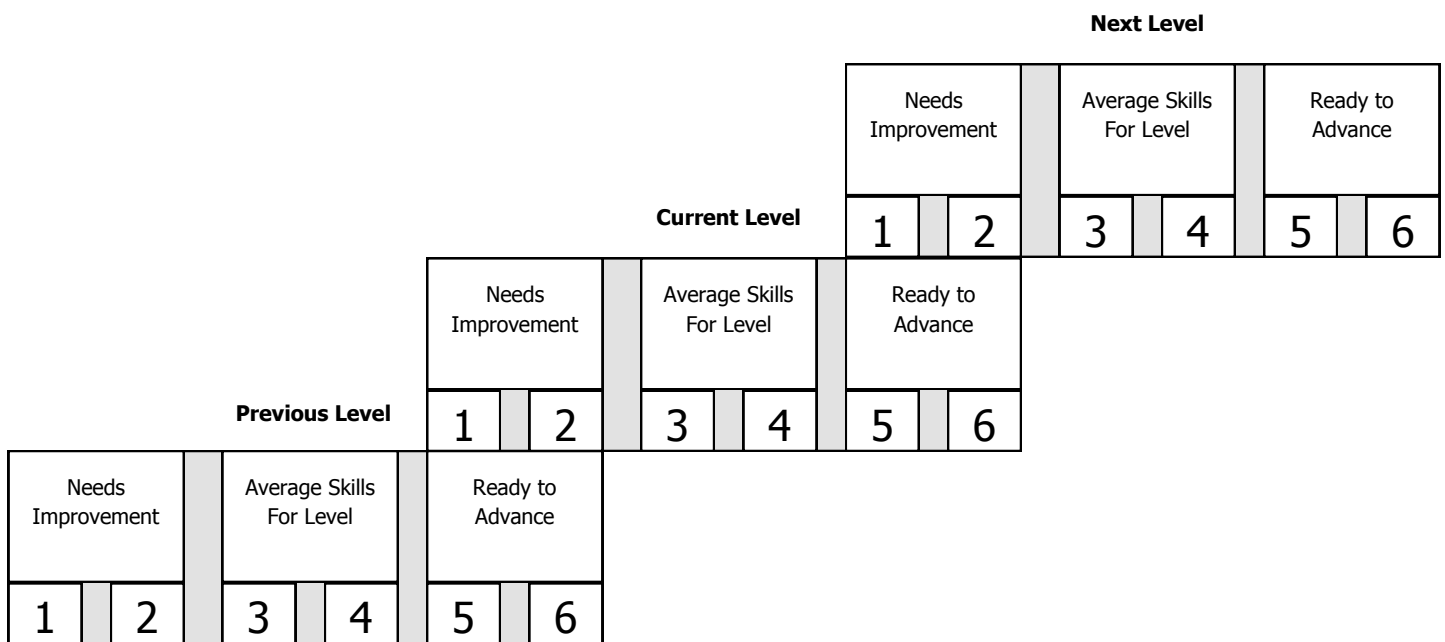


Advancement

Students do not normally advance in level each year. Our levels are defined by skill sets, not age or years in training. It should take multiple years to master the skills of focus in each level, particularly with dancers whose bodies are still growing and changing. Ballet builds in complexity to some degree in the intricacy of the steps, their combination or if they are performed en rélevé or pointe or partnered, but the basic positions remain the same. All ballet classes, at all levels, begin with pliés, tendues and dégagés etc. It is the execution and the stability within each movement that allows a dancer to build a foundation for more complex movements. The hardest class for an advanced level dancer to take is a beginning level class. It is not the level of difficulty of the steps that increases, the steps themselves may appear simple, but the perfect execution nearly impossible. Younger dancers may often be heard to say “I can do that, watch!” What we are training is the necessary strength and fine motor skills to remain stable between larger and faster changes in movement.



A visual representation of how each level flows into the next.

into I	into II	into III	into IV
<ul style="list-style-type: none"> • Attention focused • Kinesthetic awareness • Spatial awareness (patterns) • Able to follow directions 	<ul style="list-style-type: none"> • Uses rotators, knees not just pulled back • Visible articulation of the feet • Awareness of placement of the pelvis • Knows 6 basic positions of the feet and 1st, 2nd and 5th positions of the arms • Able to skip forward and backward using arms • Proficient head spot 	<ul style="list-style-type: none"> • Has control of rotators throughout barre and center • Able to hold rotation during changement and échappé • Demonstrates core stability • Correctly placed arabesque at tendue/dégagé height • Proficient single pirouette en dehors and en dedans, at the barre • Knows 1st, 2nd and 3rd arabesque positions • Proficient in Ballet II Syllabus steps 	<ul style="list-style-type: none"> • Has control of rotators and core in rélevé, two legs and one • Can demonstrate single/double pirouettes en dehors and en dedans • Proficient with fouetté turns at the barre • Proper technique in en dehors promenade (heel leading) • Ability to cleanly connect landing of one step into another

Examples of some of the skills necessary to advance into various levels of Ballet.