

White Belt Level (1 Weekly Class)

Must achieve 85 or higher to move up



Category/Step	Combination		Value	Score
Terminology		Plié, tendu, relevé, élevé, penchee, cambre, pique, detourné, ronde de jambe (a terre, en l'aire/en dehor, en dedans), port de bras, en croix, devant, a la seconde, en errière, cous de pieds, epaulement, developé, frappe, passé, pas de cheval, pas de bourre, grande battement, fondu, adagio, allegro, echappé, chainé, chassé, balancé, pas de chat, assemblé, glissade, sauté, jeté	7	
Barre Work	Tendu 1 st	Tendu, plié 1 st / Tendu demi pointe/ Relevé Elevé	2	
	Plie	2 demi, 2 grande in 1 st 2 nd 5 th , balance in 4th	2	
	Footwork/Demi Pointe	4 slow/ 8 quick demi full in coupé/ repeat in tendu, balance in 1 st position	2	
	Tendu 5 th	8 tendu en croix, 4 degagé en croix, 2 pas de cheval en croix, balance in coup de pieds	2	
	Degagé	4 Sutenu, 4 pique, 4 degagé, balance passé	2	
	Ronde de Jambe/Fondu	Varies	2	
	Frappe/Petit Battement	4 en croix with petit battement accented	2	
	Developé/Grande Battement	1 developé, 2 grande battement with tendu	2	
Center Work	Body Directions (Devant)	Croisé, en face, effacé, ecarté, a la seconde	7	
	Port De Bras	1 st , 2 nd , 3 rd , high 5 th /low 5 th , elbow-wrist-finger/ tea cup fingers	5	
	Arabesques	1 st – 4 th	5	
	Adagio with tendu walk	Part 1 of Stanley, promenade without wobble, turned out toe-ball-heel in tendu walk	5	
	Chaîné	Spotting, high relevé, straight knees, arms 1 st	5	
	Chassé	Toe-ball-heel, turned out 4 th , in effacé	5	
	Waltz	Balancé back with clean waltz en tourna and tombé pas de bourré	5	
	Piques	Straight supporting leg, pointed gesture leg, building to en tourna	5	
	Petit Allegro	Sauté in center/glissade pas de chat glissade assemble in 1 st or without changing	5	
	Grande Allegro	Sauté faille glissade grande jeté (as battement, battement) (With assistance)	5	
Alignment & Placement	Barre alignment	Shoulders square over straight hip alignment belt for all of barre	5	
	Knees/Legs	Straight knees in tendu, pique, ronde de jambe	5	
	Epaulement/Port De Bras	Should be able to engage in epaulement and port de bras during barre/adagio and grande allegro	5	
	Coups de pieds/B+	Must not sickle at least with verbal assist	5	
Musicality		Able to count and move with music, recognize mood of music	2	
Class Etiquette	Dress Code	Dress code, bun and appropriate shoes at all times	1	
	Paying Attention/Focus/Fidgets	Minimal distractions, can refrain from fidgets with at least verbal reminder, is engaged in class at all times	2	
	Retention and Home Practice	Student remembers corrections and applies them	2	