

**Pink Belt Level (2-3 weekly classes required)**  
Student must achieve all standards to move up



Category/Step	Combination		Value	Score
Terminology		Ballonné, Balloté, Brissé, Volé, Pas de Basque, Italian Pas de Chat, Tour Jeté battu, Cabriole, Poisson, Gargliade	6	
Barre Work	Tendu 1 <sup>st</sup>	Complexity in tendu 1 <sup>st</sup> warm up	2	
	Plié	Complexity in plié combinations and 8 count balance in passé relevé, can change position while balancing	2	
	Footwork/Demi Pointe	Strengthened tibialis muscle/over big-toe in all relevé/high enough relevé for pointe	2	
	Tendu 5 <sup>th</sup>	Complexity and sharpness in tendu combinations with epaulement/port de bras, transfer of weight and alternating 5 <sup>th</sup> /1st	2	
	Degagé	Complexity in degagé combinations (see tendu)	2	
	Rond de Jambe/Fondu	Complexity in rond de jambe combinations (add port de bras)/ Adding grand rond de jambe,	2	
	Rond de Jambe En l'aire	Simple rond de jambe en l'aire with square alignment, repeat in relevé. Fouette en tournant at the barre	2	
	Frappé/Petit Battement	Complexity in frappe combinations/ repeat on relevé	2	
	Penche Arabesque	Arabesque at 90 degrees to work on penche	5	
	Adagio at the barre	Extension to 90 degrees en croix/Can hold extension for full 4 or 8 count phrase	2	
	Grand Battement	Complexity and sharpness in grand battement and repeat on relevé	2	
Center Work	Body Directions	Using all body directions at all times and not misaligned during center work	2	
	Port De Bras	Shows resistance in port de bras (with weight) during all movement including jumps, turns, adagio, performance, etc.	7	
	Barre Stretch	Knows and can execute full barre stretch	7	
	Adagio	Full Stanley/Center adagios with balance on and off relevé	2	
	En Tournant	Chainé arms 5 <sup>th</sup> /Turning with Speed/Changing spots	2	
	Chassé	Complexity in chassé combinations with en tournant, sauté and changing legs	2	
	Pirouette	Double En dehor and Single En dedans without guidance, clean landing and can land either 5 <sup>th</sup> or 4 <sup>th</sup>	2	
	Waltz	Complex waltz combination with en dehors pirouette	2	
	Petit Allegro	Complexity in petit allegro/Battu	2	
	Grand Allegro	Variations on the grand allegro combination including tombé pas de bourre prep, tombé coupé jeté, sauté faille prep	5	
Alignment & Placement	Barre alignment	Full turn out and extension to 90 degrees. Knowledge of placement and alignment in all barre work	7	
	Fourth Position and Turn Out	Heel to toe/toe to heel at all times	7	
	Knees/Legs	Rotated a la seconde with heel forward and at the side of body. Straight supporting knee in all extensions	7	
	Relevé	Height of the relevé should be ready for pointe	7	
Movement Quality	Port de Bras during Jumps & Waltz	Held from the back, arms slower than legs in grand allegro, arms held in petit allegro	2	
	Landings	Quiet jumps, toe-ball-heel landing and stretched achilles	2	
Flexibility		Increasing Flexibility and ability to self stretch regularly	2	
Class Etiquette	Dress Code	Dress code, bun and appropriate shoes at all times.	2	