

Yellow Belt Level (1 Weekly Class)

Must achieve 85 or higher to move up



Category/Step	Combination		Value	Score
Terminology		All White Belt terminology Plus: Attitude, Changement, Battu, Pirouette, Temps lié, Sissone, upstage, downstage	2	
Barre Work	Tendu 1 st	<ol style="list-style-type: none"> 1. All White Belt Combinations 2. Variations with sutenu combos 3. Variations with use of demi pointe combos 	2	
	Plié	<ol style="list-style-type: none"> 1. 2 demi, 2 grande in 1st 2nd 5th, balance in 4th with correct counts & musicality for port de bras. Penchee to flat (arms in 1st), cambré a la coté with fingers to shoulder, cambré back with arms in 1st 2. Chassé to fourth with cambré arms high 5th and balance. Transfer to sous-su 5th without barre 	2	
	Footwork/Demi Pointe	<ol style="list-style-type: none"> 1. Tendu, plié 1st / Tendu demi pointe combinations 2. Plie, chassé, relevé combinations 3. Variations facing toward barre or side and using fourth position 4. Correct placement over the big toe and strength in tibialis should be achieved without teacher assistance 	2	
	Tendu 5 th	<ol style="list-style-type: none"> 1. Introduction to patterns on tendu combination/accenting/syncopation/articulation and transferring weight 2. Tendu 5th should be done at barre and in center 3. Dancers can detourné to left side without pause 	2	
	Degagé	<ol style="list-style-type: none"> 1. Introduction to patterns on degagé combination/accenting/syncopation/articulation and transferring weight 2. Introduce pique 3. Incorporate soubresaut in degagé center combinations to establish the 5th 	2	
	Rond de Jambe/Fondu	<ol style="list-style-type: none"> 1. Students should be familiar with a standard rond preparation: sutenu devant count 7, open a la seconde count 8, to begin en dehor 2. Allongé can be added 3. Balance in attitude & arabesque can be added 4. Fondu can be added into rond combinations 5. Fondu a terre, fondu en l'aire, envelope, developé combinations 	2	
	Frappé/Petit Battement	<ol style="list-style-type: none"> 1. Frappé with accent 2. Frappé en relevé 3. Petit battements with clear accent and clear distinction sur la coups de pieds front and back 	2	
	Arabesques	Basic awareness of Cecchetti method arabesques but only responsible for Vaganova		
	Developé/Grand Battement	<ol style="list-style-type: none"> 1. All white belt requirements plus: variations on developé and grand battement combinations <ul style="list-style-type: none"> • Can be done at barre or in center with straight belt 	2	
Center Work	Body Directions (En Errière)	Croisé, en face, effacé, ecarté, a la seconde	6	
	Port De Bras	<ol style="list-style-type: none"> 1. As white belt, plus 4th position port de bras 	5	

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		2. 'mermaid arms'		
	Adagio	1. Part 1 of Stanley as white belt without guidance, with turn out, epaulement, relaxed shoulders, square arabesque, coups de pieds (no sickling) 2. Degagé retire, degagé, close first 3. Articulate tendu walks	5	
	Waltz	1. Polonaise & Pas de basque 2. Clean waltz en tournant combo without assistance, and tombé pas de bourré to croisé fourth (Balanchine 4 th in prep for en dehors pirouette)	5	
	Consecutive Piques En Tournant	1. Straight supporting leg, pointed gesture leg, building to en tournant 2. Spotting side. Awareness of spotting en face	5	
	Pirouettes	1. Stanley pirouettes en dehor with tambourine/prop	5	
	Petit Allegro	1. Sauté in 1 st , 2 nd and 5 th with variations in counts and syncopation 2. Changement in center with and without temps d'arrêt 3. Glissade, pas de chat, glissade, assemble with 5 th (using soubresaut) 4. Introductoin to entrechat quatre lying down	5	
	Grand Allegro	Sauté faille glissade grande jeté (as battement, battement) (Without assistance), up-and-over with hold in arabesque landing	5	
Alignment & Placement	Barre alignment	1. Shoulders square over straight hip alignment belt for all of barre 2. Student should be aware and avoiding rolling over and sickling while in 1 st 3. Student should be able to engage appropriate physicality while standing at the barre – hips under ribs, belly button to small of back, shoulders down, neck long, chin parallel to the floor, arms in front of the body, wide collar bone, length through front of the hips, stretched knees, deep demi plie with knee over center toe	8	
	Knees/Legs	Straight knees in tendu, pique, rond de jambe, allongé, etc.	8	
	Epaulement/Port De Bras	Should be able to engage in epaulement and port de bras during barre/adagio and grand allegro	8	
	Coups de pieds/B+	Must not sickle at least with verbal assist	8	
Musicality	Counting	Able to count and move with music, recognize mood of music	2	
	Accenting	Accenting and Syncopation of frappe and petit allegro		
Class Etiquette	Dress Code	Dress code, bun and appropriate shoes at all times	1	
	Paying Attention/Focus/Fidgets	Minimal distractions, no fidgets at the barre, is engaged in class at all times	2	
	Retention and Home Practice	Student remembers corrections and applies them	2	