Red Belt Level (3 weekly classes required)
Student must achieve all standards to move up

Category/Step	Combination		Achieved
Terminology		Fouetté en tournant in center	
Barre Work	Tendu 1st	Complexity in tendu 1st warm up	
	Plié	Complexity in plié combinations, increasing depth of demi plié before heels lift, and 8 count balance in passé relevé, can change direction while balancing	
	Footwork/Demi Pointe	Strengthened tibialis muscle/over big-toe in all relevé/high enough relevé for pointe; flick, relax calf, and spread the toes	
	Tendu 5th	Complexity and sharpness in tendu combinations with epaulement/port de bras, transfer of weight and alternating 5th/1st	
	Degagé	Complexity in Degagé combinations (see tendu)	
	Rond de Jambe/Fondu	Complexity in rond de jambe combinations (add port de bras)/ Adding grand rond de jambe,	
	Rond de Jambe En l'aire	Complex rond de jamble en l'aire with square alignment, repeat in relevé. Double rond de jambe en l'aire, Fouetté en tournantnt at the barre	
	Frappé/Petit Battement	Complexity in frappe combinations/ repeat on relevé	
	Arabesque/ Penchée Arabesque	Arabesque above 90 degrees to work on penchée, perfecting the arabesque alignment behind the spine with the Balanchine open hip	
	Adagio at the barre	Extension above 90 degrees en croix/Can hold extension for full 4 or 8 count phrase	
	Grand Battement	Complexity and sharpness in grand battement and repeat on relevé	
Center Work	Body Directions	Using all body directions at all times and not misaligned during center work	
	Port De Bras	Expressive port de bras beyond "correct" execution	
	Barre Stretch	Mastery of full barre stretch and addition of independent stretching for personal improvement (knowing what you need)	
	Adagio	Full Stanley/Center adagios with balance on and off relevé	
	En Tournant	Chaîné arms 5th /Turning with Speed/Changing spots	
	Chassé	Complexity in chassé combinations with en tournant, sauté and changing legs	
	Pirouette	Double En dehor and Single En dedans without guidance, clean landing and can land either 5th or 4th	
	Waltz	Complex waltz combination with changing directions and changing partners	
	Petit Allegro	Complexity in petit allegro/Battu and Tudor style reversing; Balanchine style and speed combinations	
	Grand Allegro	Variations on the grand allegro, multiple phrase combinations	
Pointe Work		Can get onto pointe shoe correctly through elevé, relevé, demi roll up and pique; does not bend knees on pointe	
Alignment & Placement	Barre alignment	Full turn out and extension above 90 degrees. Knowledge of placement and alignment in all barre work	
	Fourth Position and Turn Out	Heel to toe/toe to heel at all times	
	Knees/Legs	Rotated à la seconde with heel forward and at the side of body. Straight supporting knee in all extensions	
	Relevé	Height of the relevé should be ready for pointe	
Movement Quality	Port de Bras during Jumps & Waltz	Held from the back, arms slower than legs in grand allegro, arms held in petit allegro	
	Jumps	Increased height and traveling in jumps with quiet landings	
	Musicality and performance quality	Is able to engage a character and convey a mood	
Flexibility		Front and side heel stretch, frog, splits, center split, deep penchée to floor, working towards full penchée arabesque	
Professional Demeanor		Dances year round, meets minimum class requirements, regularly attends auditions, workshops, and master classes	
		Awareness of dance history, choreographers, companies, styles of ballet, ballets, composers	
		Retention of a repertoire of choreography (between 3-5 pieces)	

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