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# **ISTD Ballet Exam Vocabulary**

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## PRE-PRIMARY & PRIMARY

At this stage children are not tested on the French terminology and the exercises and steps are all in English.

However it is always beneficial for the children to be familiar with certain arms positions as well as positions of the feet.

### Port de Bras - carriage of the arms



**Bras Bra**



**Seconde**



**En Avant**



**En Couronne**

### Positions of the feet



**1st position**



**2nd position**



**3rd position**



**4th position**

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# PORT DE BRAS (carriage of the arms)

Grades 1-4

**Port de bras is an important part of the ISTD graded examinations.**

Children are expected to know the names of certain arm positions and to be able to demonstrate them.

In addition to the previous arms positions learnt for Primary grade, the following arm positions are required for **GRADE ONE**



**Demi Seconde**



**Attitude Ordinaire**



**Bra Croise**



**Demi Bras**



**1st Arabesque**

In addition to the arm positions on the previous page, the following arm positions are also required for **GRADE TWO**



**Attitude Greque**



**2nd Arabesque**



**3rd Arabesque**

Children in **GRADE THREE AND FOUR** are required to know all the arm positions shown.

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## GRADE ONE

All exercises and terminology are in French.

Please go through the following words with your child and test them on the meanings. Test your child further to see if they can show you the steps and positions.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

### **Barre work**

|                         |            |
|-------------------------|------------|
| <b>Plie</b>             | to bend    |
| <b>Battement tendu</b>  | to stretch |
| <b>Retire</b>           | to draw up |
| <b>Grands battement</b> | big beat   |

### **Adage**

|               |          |
|---------------|----------|
| <b>Dégagé</b> | to point |
| <b>Chasse</b> | to chase |
| <b>Posé</b>   | to step  |

**Port de bras** carriage of the arms

Please go through the arm positions shown on previous pages

### **Allegro**

|  |  |
|--|--|
| <b>Sautés in 1st position</b>            | to jump in 1st position  |
| <b>Echappe to 2nd position</b>           | to escape (jump) to 2nd position                               |
| <b>Changements</b>                       | to change  |
| <b>Retire sautés en arriere</b>          | to draw up and travel backwards                                |
| <b>Petit jetés devant &amp; derriere</b> | small toss (jump) from one foot to the other behind & in front |
| <b>Posé temps levés</b>                  | step and hop   |
| <b>Gallops en avant and d'cote</b>       | gallop forwards and sideways                                   |
| <b>Skips</b>                             | to jump in 1st position  |

|                  |                         |
|------------------|-------------------------|
| <b>Polka</b>     | echappe to 2nd position |
| <b>Reverence</b> | curtsey or bow          |

## **Directions**

|                   |                  |
|-------------------|------------------|
| <b>En avant</b>   | forwards         |
| <b>En arriere</b> | backwards        |
| <b>D'cote</b>     | sideways         |
| <b>Devant</b>     | in front         |
| <b>Derriere</b>   | behind           |
| <b>En croix</b>   | shape of a cross |

## **Music section**

Children need to clap, count and recognise the following music tempos -

|              |                    |
|--------------|--------------------|
| <b>Polka</b> | and one and two    |
| <b>Waltz</b> | one two three      |
| <b>March</b> | one two three four |

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## GRADE TWO

All exercises and terminology are in French.

Please go through the following words with your child and test them on the meanings. Test your child further to see if they can show you the steps and positions.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

### **Barre work**

|                         |                         |
|-------------------------|-------------------------|
| <b>Plie</b>             | to bend                 |
| <b>Battement tendu</b>  | to stretch              |
| <b>Ronds de jambre</b>  | rounding of the leg     |
| <b>Assemble soutenu</b> | to assemble and sustain |
| <b>Retire</b>           | to draw up              |
| <b>Grands battement</b> | big beat                |

### **Adage**

|                       |           |
|-----------------------|-----------|
| <b>Dégagé</b>         | to point  |
| <b>Chasse</b>         | to chase  |
| <b>Posé</b>           | to step   |
| <b>Demi detournez</b> | half turn |

### **Port de bras**

carriage of the arms

Please go through the arm positions shown on previous pages

## Allegro

|  |  |
|--|--|
| <b>Assembles over &amp; under</b>        | to assemble  |
| <b>Glissades devant &amp; derriere</b>   | to glide   |
| <b>Pas de chat</b>                       | step of the cat  |
| <b>Soubresaut</b>                        | jump in 3rd position   |
| <b>Jete ordinaire</b>                    | toss (jump) from one foot to the other                         |
| <b>Balance</b>                           | waltz step   |
| <b>Sautés in 1st position</b>            | to jump in 1st position  |
| <b>Echappe to 2nd position</b>           | to escape (jump) to 2nd position                               |
| <b>Changements</b>                       | to change  |
| <b>Retire sautés en arriere</b>          | to draw up and travel backwards                                |
| <b>Petit jetés devant &amp; derriere</b> | small toss (jump) from one foot to the other behind & in front |
| <b>Temps levés</b>                       | to hop   |
| <b>Gallops en avant and d'cote</b>       | gallop forwards and sideways                                   |
| <b>Skips</b>                             | to jump in 1st position  |
| <b>Polka</b>                             | echappe to 2nd position  |
| <b>Reverence</b>                         | curtsey or bow   |

## Directions

|                   |                  |
|-------------------|------------------|
| <b>En avant</b>   | forwards         |
| <b>En arriere</b> | backwards        |
| <b>D'cote</b>     | sideways         |
| <b>Devant</b>     | in front         |
| <b>Derriere</b>   | behind           |
| <b>En croix</b>   | shape of a cross |
| <b>A terre</b>    | on the ground    |

## **Music section**

Children need to clap, count and recognise the following music tempos -

|                  |             |
|------------------|-------------|
| <b>Semibreve</b> | four counts |
| <b>Minim</b>     | two counts  |
| <b>Crotchet</b>  | one count   |
| <b>Quaver</b>    | half counts |

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## GRADE THREE

All exercises and terminology are in French.

Please go through the following words with your child and test them on the meanings. Test your child further to see if they can show you the steps and positions.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

### **Barre work**

|                               |                              |
|-------------------------------|------------------------------|
| <b>Plie</b>                   | to bend                      |
| <b>Battement tendu</b>        | to stretch                   |
| <b>Ronds de jambre</b>        | rounding of the leg          |
| <b>Assemble soutenu</b>       | to assemble and sustain      |
| <b>Retire</b>                 | to draw up                   |
| <b>Grands battement</b>       | big beat                     |
| <b>Frappe</b>                 | to strike                    |
| <b>En fondu</b>               | to melt                      |
| <b>Developpe</b>              | to unfold and extend         |
| <b>Echappe en demi pointe</b> | to escape on the demi pointe |

**Port de bras** carriage of the arms

Please go through the arm positions shown on previous pages

### **Adage**

|                                 |                                  |
|---------------------------------|----------------------------------|
| <b>Dégagé</b>                   | to point                         |
| <b>Chasse</b>                   | to chase                         |
| <b>Posé</b>                     | to step                          |
| <b>Demi detournez</b>           | half turn                        |
| <b>Attitude ordinaire</b>       | same arm high as working leg     |
| <b>1<sup>st</sup> arabesque</b> | same arm front as supporting leg |
| <b>2<sup>nd</sup> arabesque</b> | same arm front as working leg    |

## Allegro

|  |  |
|--|--|
| <b>Assembles devant &amp; derrière, over &amp; under</b>                                 | to assemble  |
| <b>Glissades under &amp; over, devant &amp; derriere</b>                                 | to glide   |
| <b>Simple coupes over &amp; under</b>  | to cut   |
| <b>Pas de basque glisse en avant</b>   | step of the Basque traveling forwards                          |
| <b>Pas de basque sauté en avant</b>  | step of the Basque with jump traveling forwards                |
| <b>Petit assemble</b>  | small assemble   |
| <b>Pas de bouree devant &amp; derriere with either foot and under with the back foot</b> | triple step devant & derriere                                  |
| <b>Echappe sauté to en croix</b>   | to escape and jump   |
| <b>Sissonne ouvert</b>   | like scissors  |
| <b>Pas de chat</b>   | step of the cat  |
| <b>Soubresaut</b>  | jump in 3rd position   |
| <b>Jete ordinaire</b>  | toss (jump) from one foot to the other                         |
| <b>Balance</b>   | waltz step   |
| <b>Sautés in 1st position</b>  | to jump in 1st position  |
| <b>Echappe to 2nd position</b>   | to escape (jump) to 2nd position                               |
| <b>Changements</b>   | to change  |
| <b>Retire sautés en arriere</b>  | to draw up and travel backwards                                |
| <b>Petit jetés devant &amp; derriere</b>   | small toss (jump) from one foot to the other behind & in front |
| <b>Temps levés</b>   | to hop   |
| <b>Gallops en avant and d'cote</b>   | gallop forwards and sideways                                   |
| <b>Skips</b>   | to jump in 1st position  |
| <b>Polka</b>   | echappe to 2nd position  |
| <b>Reverence</b>   | curtsey or bow   |

## Directions

|                   |                                    |
|-------------------|------------------------------------|
| <b>En avant</b>   | forwards                           |
| <b>En arriere</b> | backwards                          |
| <b>D'cote</b>     | sideways                           |
| <b>Devant</b>     | in front                           |
| <b>Derriere</b>   | behind                             |
| <b>En croix</b>   | shape of a cross                   |
| <b>A terre</b>    | on the ground                      |
| <b>En l'air</b>   | in the air                         |
| <b>Croise</b>     | facing the corner/crossed leg line |
| <b>Ouvert</b>     | open                               |

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## GRADE FOUR

All exercises and terminology are in French.

Please go through the following words with your child and test them on the meanings. Test your child further to see if they can show you the steps and positions.

The examiner may ask the meaning of the terminology and to demonstrate any of the following -

### Barre work

|  |   |
|--|---|
| <b>Plie</b>  | to bend                                 |
| <b>Battement tendu</b>                                     | to stretch                              |
| <b>Ronds de jambre</b>                                     | rounding of the leg                     |
| <b>Assemble soutenu</b>                                    | to assemble and sustain                 |
| <b>Retire</b>  | to draw up                              |
| <b>Grands battement</b>                                    | big beat                                |
| <b>Frappe</b>  | to strike                               |
| <b>Battement fondu</b>                                     | to melt                                 |
| <b>Developpe</b>   | to unfold and extend                    |
| <b>Sur le cou de pied</b>                                  | on the neck of the foot                 |
| <b>Petit battement</b>                                     | small beats                             |
| <b>Echappe en demi pointe</b>                              | to escape on the demi pointe            |
| <b>Releve devant &amp; derriere &amp; passe en arriere</b> | snatch in front, behind and pass behind |

**Port de bras** carriage of the arms

Please go through the arm positions shown on previous pages

### Adage

|                                 |                                  |
|---------------------------------|----------------------------------|
| <b>Dégagé</b>                   | to point                         |
| <b>Chasse</b>                   | to chase                         |
| <b>Posé</b>                     | to step                          |
| <b>Demi detournez</b>           | half turn                        |
| <b>Attitude ordinaire</b>       | same arm high as working leg     |
| <b>1<sup>st</sup> arabesque</b> | same arm front as supporting leg |

|  |  |
|--|--|
| <b>2<sup>nd</sup> arabesque</b>  | same arm front as working leg                                  |
| <b>Temps lie</b>   | "time linked" - transference of weight                         |
| <b><u>Allegro</u></b>  |  |
| <b>Ballonne</b>  | to bounce  |
| <b>Sissonne change</b>   | scissors like changing   |
| <b>Echappe saute battu fermes</b>  | to beat as the feet close                                      |
| <b>Epaulment</b>   | use of the shoulders   |
| <b>Assembles devant &amp; derriere, over &amp; under</b>                                 | to assemble  |
| <b>Pose assemble soutenu en tournant</b>   | Step, assemble, sustain and turn                               |
| <b>Glissades under &amp; over, devant &amp; derriere</b>                                 | to glide   |
| <b>Simple coupes over &amp; under</b>  | to cut   |
| <b>Pas de basque glisse en avant</b>   | step of the Basque traveling forwards                          |
| <b>Pas de basque sauté en avant</b>  | step of the Basque with jump traveling forwards                |
| <b>Petit assemble</b>  | small assemble   |
| <b>Pas de bouree devant &amp; derriere with either foot and under with the back foot</b> | triple step devant & derriere                                  |
| <b>Echappe sauté to en croix</b>   | to escape and jump   |
| <b>Pas de chat</b>   | step of the cat  |
| <b>Soubresaut</b>  | jump in 3rd position   |
| <b>Jete ordinaire</b>  | toss (jump) from one foot to the other                         |
| <b>Balance</b>   | waltz step   |
| <b>Sautés in 1st position</b>  | to jump in 1st position  |
| <b>Echappe to 2nd position</b>   | to escape (jump) to 2nd position                               |
| <b>Changements</b>   | to change  |
| <b>Retire sautés en arriere</b>  | to draw up and travel backwards                                |
| <b>Petit jetés devant &amp; derriere</b>   | small toss (jump) from one foot to the other behind & in front |
| <b>Temps levés</b>   | to hop   |
| <b>Gallops en avant and d'cote</b>   | gallop forwards and sideways                                   |
| <b>Skips</b>   | to jump in 1st position  |
| <b>Polka</b>   | echappe to 2nd position  |
| <b>Reverence</b>   | curtsey or bow   |

## Directions

|                   |                                    |
|-------------------|------------------------------------|
| <b>En avant</b>   | forwards                           |
| <b>En arriere</b> | backwards                          |
| <b>D'cote</b>     | sideways                           |
| <b>Devant</b>     | in front                           |
| <b>Derriere</b>   | behind                             |
| <b>En croix</b>   | shape of a cross                   |
| <b>A terre</b>    | on the ground                      |
| <b>En l'air</b>   | in the air                         |
| <b>Croise</b>     | facing the corner/crossed leg line |
| <b>Ouvert</b>     | open                               |