

BALLET THEORY QUESTIONS

Grade 1

Question	Answer
1. Can you demonstrate a Plié?	
2. Does demi mean half or full?	Half
3. Does plié mean bend or stretch?	Bend
4. Should the body remain straight in a demi plié?	Yes
5. Should the heels remain on the floor in a demi plié?	Yes
6. Demonstrate a Battement Tendu devant	
7. Does the toe leave the floor in a Battement Tendu?	No
8. What does Port de Bras mean?	Carriage of arms
9. Demonstrate 1 st - 2 nd - 3 rd - 4 th or 5 th positions of arms	
10. Can you demonstrate a Glissade devant?	
11. What does devant mean?	Front
12. Should both feet point in a glissade?	Yes
13. Do both toes remain on the floor in a Glissade in Grade 1	Yes
14. Demonstrate a Petit Sauté	
15. Does Petit mean large or small?	Small
16. What does Sauté mean?	Jump/Spring
17. Is it important to finish in a demi plié when landing in Petit Sauté?	Yes
18. Should the feet be fully stretched when jumping in Petit Sauté?	Yes
19. Is the back heel down in Spring Points?	Yes
20. What does Reverence mean?	Thank you

A candidate will be asked to demonstrate/answer two questions during the examination.

Theory questions can be asked from the Level being examined and from any previous level.

Please note that the questions may not be asked word for word as stated above.

BALLET THEORY QUESTIONS

Grade 2

Questions	Answers
1. In Exercise for Turn Out is the movement within the hip socket?	Yes
2. Is the thigh important for holding the turn out?	Yes
3. Should the Tendu derriere be taken straight back in line with the hip and shoulder?	Yes
4. Does the toe leave the floor in Battement Glissé?	Yes
5. What does Grand Battement mean?	Large beat
6. Demonstrate the correct placing of the foot in Pirouette?	
7. Should the weight be fully over the supporting leg in Pirouettes?	Yes
8. What does Développé mean?	Unfold
9. Do you press the thigh back at the start of the Developpé?	Yes
10. During the Développé what part of the foot leads the way?	Inside of the foot
11. Should the elbows be supported at all times?	Yes
12. Is there a change of feet in Glissade devant and derrière?	No
13. What is meant by derrière?	Back/behind
14. Is there a change of feet in Glissade over and under?	Yes
15. Demonstrate Glissade over and under?	
16. Do you step on a flat foot in Assemblé Soutenu in this grade?	Yes
17. What does 'tournant' mean?	Turn
18. Demonstrate a Petit Jeté derrière ?	
19. Demonstrate a Petit Sauté ?	

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A candidate should be asked to demonstrate/answer 2 questions in the examination

BRITISH BALLET ORGANIZATION

GRADE 3

Questions	Answers
1. How many Rond de Jambe à terre are there?	Two
2. What does demi detourné mean?	Half turn
3. What is a fondu?	A bend on one leg
4. What does 'cloche' mean?	Bell
5. When does the foot leave the floor in Battement en Cloche?	After Battement Tendu
6. What is the feeling of the body in Demi Pointe work?	Uplift and Support
7. How does a Relevé commence and finish?	In a demi plié
8. In Battement Tendu (centre) is the weight on the ball of the foot with the heel <u>very slightly</u> raised when changing direction?	Yes
9. Demonstrate 1 st , 2 nd or 3 rd Arabesque arm position	
10. Should the shoulders remain squarely in the forward direction in the 1 st , 2 nd and 3 rd arabesque positions?	Yes
11. What does Assemblé mean?	To join or assemble
12. In an Assemblé, what is the position of the feet <u>before</u> landing?	5 th en l'air
13. Should a swish be used in an Assemblé?	Yes
14. What is the difference between Petit Jeté and Jeté devant and Jeté derrière?	A swish
15. Demonstrate a Petit Jeté	
16. What does 'Pas de Chat' mean?	Step of the cat
17. Demonstrate Pas de Chat	
18. Demonstrate Pas de Bourrée derrière and devant	
19. Demonstrate Pas de Bourrée devant with the back foot	
20. What does 'en avant' mean?	Forward

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A candidate should be asked to demonstrate/answer 2 questions in the examination.

BRITISH BALLET ORGANIZATION

Grade 4

Questions	Answers
1. What does the word 'en face' mean?	To face front
2. What is the cou de pied'?	The neck of the foot
3. What does Frappé mean?	To strike
4. What joints are used in Battement Frappé?	Knee and ankle
5. What does en l'air mean?	In the air
6. Describe the working leg in Grand Battement?	Thrown up and controlled down
7. What is a Développé?	Unfolding the leg to a raised/open position and holding it there
8. Is the height in Battement en Cloche the same front & back	Yes
9. What does Pas de Bourrée Pique mean?	A picked up Pas de Bourrée with foot placement to the knee
10. What is an Echappé Relevé?	An equal escapement of both feet
11. What is the eye focus and movement of the head during Pirouettes?	The last to leave the front and first to arrive
12. Demonstrate a Pas de Bourrée over and under	
13. What does Petit Allegro mean?	A small quick movement
14. Demonstrate an Assemblé over and under	
15. What steps are in Grand Allegro?	Large steps of elevation
16. Demonstrate Sissone Fermé en avant	
17. What does fermé mean?	Closed
18. Should hips, torso and shoulders face the direction of travel in Sissone en avant and Sissone fermé en avant ?	Yes

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BRITISH BALLET ORGANIZATION

Grade 5

Questions	Answers
1. In a Plié in 4 th how is the weight distributed?	Equally centred between two feet
2. What does 'en croix' mean?	In the shape of a cross
3. What does 'en arrière' mean?	To the back/ backwards
4. What does Recourcé mean?	Shortened
5. What does Fouetté mean?	Whipped
6. Should the emphasis be up or down during demi and full pointe work?	Up. To stay up twice as long as down
7. In an Echappé Relevé are the feet equally distributed?	Yes
8. Should one foot totally cover the other in Relevé in 5 th ?	Yes
9. What is a Demi Detourné?	A Relevé in 5 th with a half turn towards the back foot
10. What does 'Rotation' mean?	To rotate/turnout
11. What does 'Tombé' mean?	To fall onto
12. Describe a Pas de Bourrée dessus /over?	Step front-side-behind
13. Describe a Pas de Bourrée dessous/under?	Step behind-side-front
14. Can these be executed with both the front and back foot?	Yes
15. How do you land from elevated movements?	Through the feet with resistance to the floor
16. What does 'Pas de Valse' mean?	Waltz step

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BALLET THEORY QUESTIONS

Grades 6, Grade 7, Intermediate Foundation and Intermediate

Question	Answer
1. What is the correct height of a Rond de Jambe en l'air?	When the thigh of the working leg is horizontal
2. How many ways can a Rond de Jambe be executed?	Two, en dehors and en dedans
3. Where should the Rond de Jambe be executed ?	Second, and forward of the supporting leg line
4. What are the movement of the arm and leg from devant to second in Fouetté Rond de Jambe?	The arm and leg move together
5. How many directions of turning are there in Pirouettes?	Two, en dehors and en dedans
6. In Posé Turn and Preparation for Posé Turn what happens to the weight of the body?	The weight is taken fully over the supporting leg on the Posé
7. How should the Coupé be executed in Posé Turn and Preparation for Posé Turn?	The Coupé should be taken straight behind the supporting leg and not fall backwards or away
8. What is an Arabesque?	A position of the body in which the supporting leg is extended to the back and straight. It can be à terre and en l'air
9. What does Penché mean?	Leaning
10. What is an Attitude?	A balance on one leg bent either in 4 th devant or derrière
11. What is an epaulment?	A movement of the shoulders with one forward and one back
12. Describe a Sissone Doublee?	A Sissone Ouverte followed by a Coupé and Assemblé
13. What is the essential movement of the feet in Relevé in 5 th ?	To snatch both feet together so that one foot covers the other
14. What is the movement of the supporting leg in Relevé on one foot?	To draw it underneath the centre of the body
15. What is the meaning of Couru?	Running
16. What is the meaning of Emboité?	Dovetailed
17. Give the French word for: a. Front b. Forwards c. Back d. Backwards e. Sideways f. Open g. Closed	Devant En Avant Derrière En Arrière De Coté Quverte Fermé

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