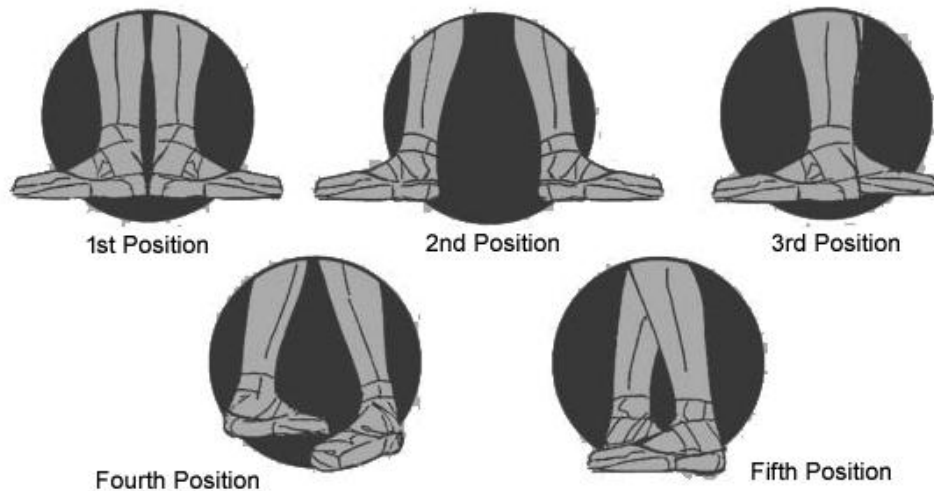
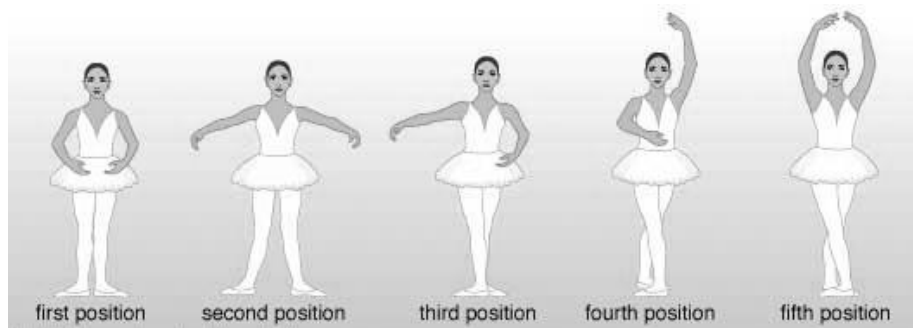


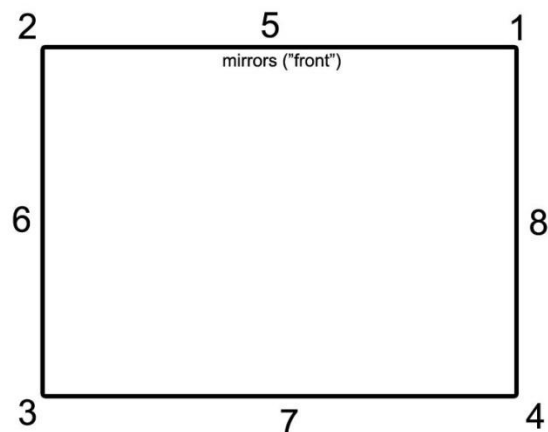
Strive – Mini Ballet Audition Study Guide

Terminology

- Plié – to bend
- Tendu – to stretch
- Dégagé – disengaged
- Rond de Jambe – circle of the leg
- Know 1st, 2nd, and 3rd positions of the legs and arms
- Sauté – jump
- Échappé – escape
- Relevé – raise/rise



- Know the 8 parts of the room



General Questions

1. Name and explain the basic 5 focuses, in the correct order.

Posture, Placement, Positions, Preparations, and Transitions.

2. What are the basic ways of moving in ballet?

Rise, Fall, Turn, Jump, and Turning while jumping

3. What are some other ways of moving in ballet?

Gliding and floor work

4. What are the five “progressive” levels we travel through?

Plie, Straight legs, Demi-pointe, Full pointe, and Release or jump

5. What are the five positions that make up every step in ballet? Hint: They make a circle

Tendu, Dégagé, Attitude, Retiré, and Cou de Pied

6. What five ways do we learn? (Hint: Use your five senses)

Watching, Listening, Feeling, Smelling, and Tasting

7. How do these ways of learning constitute a 100% effort?

Watching = 25%, Listening = 25%, Doing = 25%, and our energy = 25%

8. When dancing as a group, who is always the leader?

The person that is in front.

18. What makes up “a step”?

Position, transition, position

Additional resources for all levels:

<https://www.masterclass.com/articles/a-basic-ballet-dictionary>

<https://www.balletbeautiful.com/blog/complete-ballet-glossary/>

<https://ballethub.com/ballet-terms-dictionary/>

<https://www.abt.org/explore/learn/ballet-dictionary/>