

Requirements to earn the much anticipated . . .

## STUDIO JACKET

Of course, becoming a better dancer is “prize” in and of itself, but extra rewards along the journey are always nice. :)

Dancer must be able to demonstrate:

### *At the Barre*

*Relevé* endurance, full out  
Strong and steady *arabesque* lift, with a *plié* and *relevé*  
During a *tendu* or *rond de jambe* exercise, be able to move arms and legs independently of each other  
No noodle arms!, and relaxed fingers  
*Battements*, *petite* at 45 degrees, and *grand* at 90 degrees  
*Developpé*—hold *en croix* for 8 counts each way

### *In the Centre*

Execute strong *saute* jumps  
*échappé*  
*Entrechat*  
*Jeté*  
*Sissonne*  
*Glissade*  
*Pa de chat*  
*Assemblé*  
*Pirouette*—double outward, right and left  
single inward, right and left  
*Balancé*  
Waltz Step

### *Conditioning*

crunches: 3 different sets of 10 repetitions

### *Across the Floor*

*Grand jeté* leap, right and left (straight legs)  
*Fouetté*  
*Tour jeté*  
Turns: (with each turn, be able to transition smoothly from your prep to your turn)  
*Chaîné*  
Double *chaîné* (as in double time)  
*Pique*  
Double *Pique* (as in double time)  
*Soutenu*  
*Fouetté en tournon*

Take the ‘terms test’—showing your knowledge of ballet terms and able to identify the 8 body positions (see both attachments to study!)

