Technical Competency Requirements

In order to advance to the next level of technique, students should demonstrate:

**General:**
- Consistent proper alignment for genre
- Grasp of class exercises and concepts
- Spatial awareness in studio and in relation to others
- Rhythmic accuracy and qualitative understanding
- Exploration of movement without extraneous tension/correct use of breath
- Performance presence
- Exploring range and depth; going beyond one’s comfort zone
- Creativity/improvisational ability within genre
- Commitment to class assignments and activities
- Professional skills and responsible preparation for class
- Consistent attendance without excessive absences or tardies
- Consistent effort and focus in class without record of disruptive or apathetic behavior
BALLET

In order to advance to the next level of technique, students should be able to perform the following elements correctly:

**Ballet I to Ballet II**
- Basic barre (demi and grande plie, tendu, degage, rond de jambe, fondu, frappe, grande battement)
- Releve/Eleve
- Correct use of port de bras and head at the barre
- Directions of the body – at least en face and croisee
- Arabesque – 1st, 2nd
- Correct use of rotation of the legs
- Single En dehors pirouettes from 4th and 5th
- Traveling Turns – pique turns, chaine turns
- Petit Allegro (use of plie, heels down, rotation) – jete, glissade, assemble, changement, saute; pas de chat
- Grand Allegro (use of plie, heels down, rotation) – saut de chat; grand jete
- Articulation of feet and ankles

**Ballet II to Ballet III**
- All of the above plus:
- Arabesque positions (1-4) – Cecchetti
- Basic grande allegro - Saut de chat/grande jete, tour jete, fouette sauté
- Positions of the body – en face, croisee, efface, ecarte
- Ability to extend leg correctly at or above 90 degrees devant, a la seconde, and derriere
- Clean single/double pirouette (en dehors & en dedans) from 4th and 5th
- Promenade on 1 standing leg

**Ballet III to Ballet IV**
- All of the above plus:
- Ability to change direction spatially throughout combos.
- Multiple pirouettes (en dehors & en dedans)
- Basic batterie – quatre, trois, royale
- Fouette (turns, sauté)
- Allegro with beats
- Ability to reverse combos
- Musical nuances and phrasing
- Long adage with promenade in multiple positions
- Variety of steps in allegro: brise, sissonne (multiple directions), ballotte, ballonne
- Ability to sustain working leg in multiple positions at higher than 90 degrees
MODERN

In order to advance to the next level of technique, students should be able to perform the following elements correctly:

Modern I to Modern II

- Ability to drop weight into floor
- Correct use of parallel position
- Undercurve/Overcurve
- Spiraling
- Lateral movement
- Level changes
- Basic Bartenieff movement: x rolls, body halves, crosslaterals, core/distal, head/tail

Modern II to Modern III

- All of the above plus:
- Spiral in and out of floor
- Articulation of spine (round, scoop, flat back, lateral)
- Use of alternative bases of support
- Fall and recovery
- Contraction
- Weight shift with directional change
- Floorwork (rolls, presses, slides)
- Awareness of body in space and in relationship to other dancers
- Ability to reverse combos
- Exploration of Bartenieff fundamentals

Modern III to Modern IV

- All of the above plus:
- Advanced transitions in and out of the floor
- Musicality/creative phrasing
- Qualitative versatility
- Off-balance control
- Weight shift with directional change
- Ability to utilize multiple alternative bases of support/inversions
- Clear use of Bartenieff fundamentals to support movement
- Clear understanding of the body in space and time
- Clear use of core
- Competency in release technique
JAZZ

In order to advance to the next level of technique, students should be able to perform the following elements correctly:

**Jazz I to Jazz II**
- Single Pirouette (regular & forced arch)
- Pas de bourree
- Work in and out of parallel
- Chasse
- Shifting weight (pivot, step touch, ball change, dig)
- Simple traveling turns – piques, chaines
- Simple balances (passé, coupe)
- Simple leaps (saut de chat, grand jete, seconde)

**Jazz II to Jazz III**
- All of the above plus:
- Syncopation
- Jumps: 2nd, hitch kick, double tuck, calypso, etc.
- Correct battement and tilt kicks
- Clean single,double pirouettes (en dehors & en dedans) (regular & forced arch)
- Single turns (pencil, drag)
- Weight into the floor without collapse
- Attention to stylistic differences
- Attention to control of body in space

**Jazz III to Jazz IV**
- All of the above plus:
- Multiple turns (en dehors & en dedans) (regular & forced arch)
- Advanced jumps: back saut de chat, axel, renverse, tilt, switch leap, directional leaps
- Smooth transitions in and out of floor
- Ability to show stylistic variations
- Turning leaps
- Fouette turns
- Open turns in seconde
- Clear control of body in space
- Working leg height (in held extensions) of 90 degrees or higher