

INTERMEDIATE SYLLABUS FOR GIRLS

THEORY

As in the Intermediate Syllabus

PRACTICE

I - EXERCICES A LA BARRE

1 Pliés

- 1a Traditional exercise, with two grands pliés in each position (but only in 2nd, 1st, 5th front, and 4th crossed in front)
- 1b Additional exercise for pliés
- | | | |
|------------------|----------|---|
| 6/8 | 2 counts | Hold |
| 32 bars | 2 counts | Preparation: tendu and place foot in 2nd position |
| 2 counts = 1 bar | 1 | Demi-plié, arm en bas or opening towards demi-seconde |
| | 2 | Straighten knees, arm en bas |
| | 3 | Rise smoothly to 3/4 pointe, raising arm to 5th en avant |
| | 4 | Lower heels, opening arm to 2nd position |
| | 5-8 | Grand plié with port de bras |
| | 9-12 | Bend sideways towards the barre, arm 5th en haut, and recover opening arm to 2nd position |
| | 13 | Tendu in 2nd position |
| | 14 | Hold |
| | 15 | Close foot to 1st position, lowering arm en bas |
| | 16 | Hold |
- Repeat counts 1-8 in 1st position
Forward bend, recovering with the arm 5th en haut on counts 9-12
Tendu à la quatrième devant, opening arm to 2nd on count 13, hold count 14
Place the foot in 4th opposite 5th, lowering arm en bas count 15, hold count 16
Repeat counts 1-8 in 4th position
Bend sideways, away from the barre, recovering through 5th en avant to 2nd on counts 9-12
Tendu à la quatrième devant on count 13, hold count 14, close 5th position, lowering the arm en bas count 15, hold count 16
Repeat counts 1-8 in 5th position
Back bend, moving the arm across from 2nd to 5th en avant and recover maintaining the arm in 5th en avant on counts 9-12 (alternatively the arm may be taken en haut).
Rise and balance in 5th position (feet drawn together) with the arms in either 5th en bas, en avant or en haut for counts 13-16

2 Battements tendus and dégagés

2a Traditional exercise, with sixteen battements tendus and sixteen battements dégagés

2b Additional exercise for battements tendus

4/4	2 counts	Musical introduction
16 bars	1	Tendu à la quatrième devant, arm to 5th en haut
2 counts = 1 bar	2	Close in 5th position, holding arm en haut
	and	Tendu à la quatrième devant
	3	Close to 5th position
	and	Tendu à la quatrième devant
	4	Close to 5th position in demi-plié

NB: The arm has remained en haut throughout the above

5-8 Repeat all à la quatrième derrière with the inside leg; the arm moves directly from 5th en haut into arabesque with the first tendu derrière, remaining there for 4 counts

9-12 Repeat all à la seconde with the front foot, the arm opens outwards to 2nd position from arabesque with the first tendu to 2nd, lowering to 5th en bas on count 12

13	Tendu to 2nd with épaulement
14	Close 5th devant, head erect
15	Tendu to 2nd, with head inclined away from the foot
16	Close 5th derrière, head erect

NB: The arms remain en bas for these last 4 counts

Alternative use of head on last four counts:-

13	Tendu to 2nd, head erect
14	Close 5th devant with épaulement
15	Tendu to 2nd, head and body erect
16	Close 5th derrière, head inclined

Repeat all in reverse, starting with the outside leg to arabesque

Set SA ending with "alternative use of head" on last 4 counts

2c Additional exercise for battements dégagés

2/4 (Allegro giocoso)	4 counts	Preparation: open arm through 5th en avant to 2nd position
16 bars		
2 counts = 1 bar	and 1	Dégagé à la quatrième devant, closing 5th front
	and 2	Repeat
	and	Dégagé à la quatrième devant
	3 and 4	Piqué and close 5th devant
	5-8	Repeat all à la quatrième derrière, using the inside leg
	9-12	Repeat all à la seconde, using the front foot and closing alternately back, front, back
	13-16	Four dégagés à la seconde, closing in 5th alternately front, back
	1-16	Repeat all starting derrière, with the outside leg Arm lowers to 5th en bas with the final closing to 5th position.

3 Battements jetés at 45°

6/8 (Allegretto)	4 counts	Preparation: open arm through 5th en avant to 2nd position
32 bars		Battement jeté à la quatrième devant to 45° close to 5th position
2 counts = 1 bar	1-2	Repeat
	3-4	Battement jeté à la quatrième devant to 45°
	5	Piqué à 45°
	and 6	Close to 5th position in demi-plié
	7	Straighten knees
	8	Repeat all, using the inside leg, to à la quatrième derrière
	9-16	Repeat all, using the outside leg, to 2nd position, ending in 5th back
	1-8	Battements balancés to 45°, back, front, back
	9-11	Hold
	12	Battements balancés to 45° front, back
	13-14	Close to 5th position derrière
	15	Hold
	16	
	1-32	Reverse all, closing arm en bas on final count.

4 Ronds de jambe à terre

4a Traditional exercise and ending, with eight en dehors and eight en dedans

4b Additional exercise for ronds de jambe

Waltz (Andantino)	2 counts	Preparation: traditional preparation
32 bars	1-4	Four ronds de jambe en dehors
1 count = 1 bar	5 *	Commence 5th rond de jambe, carrying the leg to à la quatrième devant at 90°, arm raised to 5th en avant, passing through en bas
	6	Open leg to à la seconde at 90° arm to 2nd position
	7	Hold
	8	Lower leg to pointe tendu à la seconde
	9-16	Reverse all, closing to 5th position
	1-8	Circular port de bras, starting towards the barre
	9-15	Reverse the circular port de bras
	16	Rise in 5th position and balance, arms in 2nd

Musical intro + 1st section (16 bars) without repeat followed by the following 8 bars which is repeated = 32 bars end on a chord of D flat major

* Alternatively taken carrying leg a la quatrième devant, at 90° en fondu, and straightening the supporting leg when opening to second position.

5 Battements fondus take at 45°

2/4 Habanera	4 counts	Preparation: open arm through 5th en avant to 2nd position and pique tendu à la 2nd.
16 bars		
2 counts = 1 bar	1	Fondu on the supporting leg, bringing the front foot sur le cou-de-pied devant, fully stretched, arm moving towards 5th en bas
	2	Rise to 3/4 pointe, raising the arm to 5th en avant

Tempo suggestion: Moderato

3	Fondu in this position	1-16	Repeat all as counts 1-16
4	Rise, opening the leg to 4th devant at 45°, arm opening to 2nd position	1-16	Petits battements on 3/4 pointe
5-8	Repeat all, opening the leg to 2nd position at 45°	1	Coupé over on 3/4 pointe
and	Coupé under	2-4	Turn slightly towards the barre and retiré the inside leg, arm en avant. Passé to attitude derrière, arm en haut
9-12	Repeat all to 4th devant, using the inside leg	5-8	Hold
13-14	Lower the heel slowly (<i>Before lowering it, by the side of the foot, make arabesque. Pointe en bas.</i>)	9	Both arms en haut
15	Lower the leg to pointe tendue devant	10-16	Balance in attitude and then extend to arabesque, arms to open 5th en haut
16	Close to 5th position (arm remains in second position)		<i>Close to 5th</i>
1-16	Reverse all, closing the arm on the final count		

6 Battements frappés

6a A series of battements frappés to 2nd position: Traditional exercise with sixteen taken on the whole foot (singles) and sixteen on 3/4 pointe (doubles)

6b Additional exercise for battements frappés

2/4 March (Marcato)	2 counts	Hold
32 Bars	2 counts	Preparation: Tendu to 2nd position, opening arm through 5th en avant to 2nd position
1 count = 1 bar	and	Foot to cou-de-pied
	1-8	Two single frappés in each position en croix
	9-12	Rise and one double frappé in each position en croix on 3/4 pointe
	13-16	Repeat counts 9-12
	17-32	Repeat all, starting derrière

Balance after music in final position, arms 5th en avant or en bas

7 Battements fouettés à terre

2/2 Hornpipe (Allegretto)	2 counts	Hold
8 Bars	2 counts	Preparation: Tendu to 2nd position
2 counts = 1 bar		A series of battements fouettés à terre (timing as in advanced). Taken either straightening the supporting knee on the dégagé to 2nd, or remaining en fondu on the dégagé to 2nd and stretching the knee on the next fouetté movement

8 Petits battements

8a Petits battements sur le cou-de-pied: traditional exercise, with ending: taken with 16 on the whole foot (8 bars) and 16 on 3/4 pointe (8 bars)

8b Additional exercise for petits battements

2/4 (Allegro vivace)	4 counts	Preparation: Tendu to 2nd position and place the foot sur le cou-de-pied devant
32 bars		Beat back, front, hold
2 counts = 1 bar	and 1-2	Repeat twice
	3-6	Beat back, front, back, hold
	and a 7-8	Repeat all, reversing
	9-16	

Counts 1-16: fondu in attitude and then extend to arabesque. Pointe en bas.

9 Ronds de jambe en l'air

9a Traditional exercise for ronds de jambe en l'air (half the exercise): One set with singles on the whole foot and one set with doubles on 3/4 pointe

9b Additional exercise for ronds de jambe en l'air

Light Waltz (Moderato)	2 counts	Preparation: Arm through 5th en avant to 2nd position
16 bars	1	Battement to 2nd position
1 count = 1 bar	and a 2	Single rond de jambe en dehors
	and a 3	Double rond de jambe en dehors ending en fondu
	4	Close to 5th derrière
	5-8	Reverse, en dedans
	9-12	Repeat counts 1-4, but ending the double rond de jambe with a rise instead of en fondu. Close 5th with straight knees
	13-16	Repeat counts 9-12, en dedans

NB: The leg may be taken to 45° or higher, but the height established on the initial extension must be maintained

To be done: arabesque penchée

10 Adage studies

10a Ballottés, grand rond de jambe and arabesque penchée OR fondu, rise and fouetté

2/2 (Andante con moto)	2 counts	Musical introduction
16 bars	1-2	Start facing diagonally towards the barre
2 counts = 1 bar		Développé à la quatrième devant, opening the arm through 5th en avant to 2nd position
	3	Fondu
	and	Lower the leg to pointe tendue devant
	4	Rise to 5th position, lowering the arm to en bas
	and 5-8	Coupé and reverse all derrière
	and 9-12	Coupé and développé à la seconde, facing front, arm through 5th en avant to 2nd position
	13-14	Close to 5th position devant on 3/4 pointe lowering arm to 5th en bas
	15-16	Détourné to face the other way, arm passing through 5th en avant to 2nd position
	1-4	Lowering the supporting heel, and arm to 5th en bas, développé à la quatrième devant, arm 5th en avant

- 5-7 Grand rond de jambe en dehors, arm moving to 2nd position (N.B. Counts 5-16 girls only)
 8 Close 5th derrière arm en bas
 9-10 Développé the inside leg derrière, arm to arabesque
 11-13 Penchée *using slightly forward*
 14-16 Recover

Ending for men:

- 5-7 On the grand rond de jambe the arm moves through 2nd, 5th en bas and 5th en avant into arabesque
 8 Hold the arabesque line
 9-10 Fondu in arabesque and straighten the supporting knee
 11-12 Rise and lower, leg held in arabesque
 13-14 Demi-grand rond de jambe en dedans, arms in 2nd position
 15-16 Rise and fouetté to face the barre (balance after music in final position, arms in 2nd)

10b Jetés of adage à la seconde, en avant and en arrière

- 2/4 Facing the barre
 (Adagio Marcato) Chord Introduction: *5 counts*
 16 bars 1-4 Développé à la seconde with front leg
 2 counts = 1 bar 5 Fondu
 6 Jeté of adage à la seconde
 7 Lower the supporting heel
 8 Close to 5th position devant
 9-16 Repeat, using the other leg

Turn en dehors with 1/4 turn away from the barre and continue immédiatement en avant:-

- 1-4 Développé à la quatrième devant, arm to 5th en avant
 5 Fondu
 6 Jeté of adage en avant, arm to 2nd
 7 Lower the supporting heel
 8 Close to 5th derrière, arm 5th en bas
 9-16 * Reverse, using the inside leg

11 Grands battements

Grands battements en croix, four in each position

12 Grands battements and battements balancés

12a Traditional exercise

12b Additional exercise

- Spanish Waltz 4 counts Preparation: Wait 2 counts then lift arm through (Allegretto moderato)
 32 bars 1 5th en avant to 5th en haut
 1 count = 1 bar 2 Grand battement to 4th front (accent up)
 3-4 Close to 5th position
 Repeat

- 5-8 Repeat à la seconde, arm moves from 5th en haut to 2nd position on count 5, lowering en bas on count 8. Close alternately front and back.
 9-12 Repeat counts 1-4 with the inside leg to 4th devant, arm en haut
 13-15 Battements balancés back, front, back, with the outside leg, opening the arm à la seconde on count 13
 16 Close 5th derrière, lowering arm en bas

Repeat all, reversing. (The arm moves through 5th en avant into arabesque with the first grand battement derrière and opens à la seconde with the first grand battement à la seconde)

II - EXERCICES AU MILIEU

- 1 1st and 2nd set of port de bras
 2a Grands battements to the 4th devant, à la seconde, 4th derrière. (Half of the traditional exercise)
 2b Grands battements in any of the eight directions of the body. Set sequence of 8 positions - 1 or 2 in each direction
 3 Sixteen battements tendus and sixteen battements dégagés with ending: double pirouette sur le cou-de-pied, taken on 1/4 pointe *Ending: Leading pirouette of the barre*
 4 Ronds de jambe à terre, with ending: eight en dehors and eight en dedans *Count: 8 counts en dehors, 8 counts en dedans*
 5 Battements frappés et petits battements, with change of foot and first ending: eight battements frappés (8 bars) and 16 petits battements (8 bars), on each side
 6 A simple unset sequence based on movements from the Elementary centre practice. This may include changes of direction and a pirouette.

III - ADAGE

Those movements contained in the Elementary syllabus with the addition of:

- slow lift of the leg
- dégagé en tournant en l'air
- arabesque penchée
- promenade en dedans in arabesque and in attitude effacée
- promenade en dehors in second position
- jeté movement of adage in any basic position of the body

- 1 Cinq relevés *4/4 8 bars*
 2 Grand rond de jambe en dehors et en dedans *4/4 8 bars*

coupe fouette

- 3 Study for promenades en arabesque and à la seconde
- 6/8 (Andante cantabile) Commence in 5th position, facing ^{croisé} effacé to Corner 4-2.
- 16 bars 2 counts Musical introduction
and a 1 2 Chassé into 1st arabesque ^{forcing corner}
2 Hold
3-5 Promenade en dedans, returning to corner 1, hold on
- 6
- 7-8 Fondu, pas de bourrée under, ending en face in 5th position (straighten knees), arms en bas
9 Battement to 2nd position using the back leg, arms raised sideways to 2nd position
10 Hold
11-13 Promenade en dehors, hold on 14
and a 15 Pas de bourrée over (straight to demi-pointe) into demi-plié in 5th, arms to en bas
16 Straighten the knees. ^{bring arms to support}
- Repeat all with the other leg
- 4 Pas de Chaconne ^{4 counts}
- 5 Temps de Courante Cecchetti ^{6 counts}

IV - PIROUETTES

- 1 Grande préparation pour pirouette en dedans, with one or two turns
- 2 Starting en face, tendu croisée devant, plié (lunge), single pirouette en dedans in attitude, ending in effacée line. Retiré en face, arms through 2nd to 5th en bas, close 5th devant.
Can also be taken with single pirouette en dedans in first arabesque, ending facing the wall.
(Four times in attitude OR four times in arabesque)
- 3 Tendu to 2nd, close 5th, double pirouette en dehors ending in extension en l'air. (Taken to 4th devant and 2nd, OR to 2nd and 4th derrière).

4 Pirouettes en diagonale

- Spanish Waltz Commence in corner 3, facing corner 1, feet in 5th position
16 bars croisée, arms 5th en bas
1 count = 1 bar 4 counts Preparation: Wait for 2 then demi-plié and chassé forwards to pointe tendue derrière, arms open to demi-seconde
and a 1-2 Temps levé chassé pas de bourrée under into a demi-plié in 4th position croisée, arms pass through 5th en avant and 2nd into 4th en avant
3 and a 4 Double pirouette en dehors ending in a croisée lunge, arms in open 5th en avant. Focus to 5.

NB:

The chassé starts from the extended position as the back leg is brought forward with a low développé action

- 5-12 Repeat twice
13-14 Repeat, but with a coupé into the chassé pas de bourrée, moving towards corner 2, ending in a croisée lunge, arms in 4th position right arm forward
15 Double pirouette en dedans, arms in pirouette position
and 16 Close 5th devant croisée in demi-plié and relevé in 5th, arms 5th en haut

5 Eight fouettés rond de jambe (demi-pointe)

V - ALLEGRO

The movements contained in the Elementary Syllabus with the addition of:

- entrechat cinq
- coupé fouetté raccourci
- brisé dessous
- cabriole derrière
- jeté battu à la seconde
- grand jeté à la seconde
- sissonne battue dessus, dessous, en avant and en arrière
- pas de basque en avant et en arrière
- temps de cuisse dessus and dessous

SET ENCHAINEMENTS

1 Assemblés soutenus and de suite

- Light Waltz (Allegro) 2 counts Musical introduction
16 bars
1 count = 1 bar and a 1-2 Assemblé soutenu over
and a 3-4 Two assemblés de suite over
5-8 Repeat starting with the other leg
9-16 Reverse all

2 Assemblé, temps levé, assemblé, grand temps levé (en avant only)

3 Glissade, assemblé, temps levé en arabesque, pas de bourrée dessous, pas de bourrée en tournant, rond de jambe sauté, pas de bourrée en tournant, grand changement

4 Jetés battements en avant et en arrière

5 Ballonné à trois temps (3 times) and pas de basque en avant

6 Jeté, double ronds de jambe sauté en avant et en arrière.

7 Sissonne en avant changée, entrechat quatre, sissonne en avant changée, entrechat quatre, deux sissonnes dessus, deux sissonnes dessous - en avant et en arrière

8 Pas de bourrée en avant, en arrière, devant, derrière, dessous, dessus, en tournant en dehors et en dedans

9 Introduction: Chassé croisé to C.1
Chassé, temps levé, pas de bourrée, grand jeté en tournant

10 Entrechat quatre, royale, entrechat quatre, royale, trois entrechats quatre, grand changement *Take at one speed, once on each side.*

11 Deux brisés soutenus, deux brisés de suite, temps de cuisse, entrechat quatre. Reverse as a separate exercise

12 Glissade derrière, cabriole devant effacée, glissade en arrière, cabriole derrière; temps levé chassé, pas de bourrée dessous (twice), using first port de bras. Repeat all

13a Temps levé chassé, fouetté relevé (8 times) *4 bars 1/2, 1/2, 1/2, 1/2, 1/2, 1/2, 1/2, 1/2*

13b Temps levé chassé, fouetté sauté (8 times) *4 bars 1/2, 1/2, 1/2, 1/2, 1/2, 1/2, 1/2, 1/2*

14 Autour de la salle: - *4 bars intro 1 last 1/2 bars*

14a Temps levé with rond de jambe movement into chassé, pas de bourrée dessous, deux pas de chats *4 bars intro 1 last 1/2 bars*

14b Introduction: 4 counts (Wait 2 counts, then chassé croisé to C.1)

Chassé, temps levé in first arabesque, balancé en tournant, two posé turns, taken across three sides of a square and across the diagonal (any simple ending). Alternatively petits tours across the diagonal (candidate's choice)

15 Unseen enchaînements

Candidates may be asked to show any of the movements contained in these enchaînements singly or in a series

VI - TEMPS DE POINTE

Those contained in the Elementary Syllabus with the addition of the following:

- relevés from one foot extending the other from cou-de-pied to open positions
- soutenus turns en dehors and en dedans
- petits tours
- coupé fouetté (raccourci)
- tours posés
- petits pas de basques en tournant
- posés développés

BARRE

1 Rises

Face barre: 1st position
32 bars
smooth Waltz 2 counts Introduction
1 count = 1 bar 1-4 Slow rise to pointe and lower (demi-pointe, full pointe, demi-pointe, flat - smoothly)

5-8 Rise to pointe, lower, rise to pointe, lower
1 Rise to pointe
and 2 Quick lower to 3/4 pointe and return to pointe
and 3 & 4 Repeat twice as in count 2
5 Hold on pointe
and 6 Demi-plié
7-8 Tendu to 2nd and lower heel

Repeat all in 2nd, closing back to 1st position

2 Echappés and relevés

Face barre: 5th position

2/4 (Allegro) 4 counts Introduction
16 bars
2 counts = 1 bar
1-2 Echappé relevé to 2nd, 5th plié, changing feet
3-4 Relevé in 5th, plié 5th
5-6 Echappé relevé to 4th, 5th plié
7-8 Relevé in 5th, plié 5th

9-16 Repeat all starting with the other foot

1-16 Repeat all

3 Relevés passés

Face barre 5th position (right foot front)
4 counts Introduction: plié on count 4
1 Relevé on left foot, right foot to cou-de-pied devant
2 Lift right foot to retiré, sustaining the relevé
3 Lower right foot to cou-de-pied, sustaining the relevé
4 Plié 5th front
5 Relevé devant
6 Plié 5th front
7-8 Relevé passé closing, 5th back
1-8 Repeat all on other foot

1-16 Repeat reversed, starting with left foot back

4 Pas de bourrée piqués and coupés fouettés raccourcis

Face barre: 5th position (left foot front)
2/4 (allegro/leggiero)
16 bars
2 counts = 1 bar
4 counts Introduction: release the right foot cou-de-pied derrière on count 4
1-8 4 pas de bourrée piqués taken at cou-de-pied height passing through 5th en pointe and lowering into fondu (count each pas de bourrée 1 and 2 and)
1-6 3 Coupés fouettés raccourcis taken at 45°
7 and Bourrée in 5th adjusting distance from barre
8 Fondu releasing back foot to cou-de-pied derrière

17-32 Repeat all on other foot ending in 5th position on pointe, arms 5th en haut

5 Relevés to open positions

5a Face barre: 5th position (right foot front)

3/4 Polka Mazurka 6 counts Introduction:
16 bars 1-3 Plié on count 3
3 counts = 1 bar 4-6 Relevé on pointe, hold count 5, lower to demi-plié releasing front foot to cou-de-pied devant

Sequence:
1-3 Relevé à la seconde 45°, hold, plié in cou-de-pied derrière
4-6 Repeat, bringing to cou-de-pied devant
7-9 Repeat as 1-3 but closing in 5th derrière demi-plié
10-12 Relevé 5th with slight soussus as necessary, release cou-de-pied devant

Repeat the sequence three times with alternate legs - ending 5th on flat

5b Stand sideways to the barre: 5th position

3/4 Polka Mazurka 6 counts Introduction:
16 bars 1-3 Plié on count 3
3 counts = 1 bar 4-6 Relevé on pointe, arms 5th en avant, hold count 5, lower releasing front foot to cou-de-pied devant

Sequence:
1-3 Relevé devant 45° arm à la seconde, opening with the leg, hold, plié in cou-de-pied devant
4-6 Repeat, holding arm
7-9 Repeat, this time lowering to 5th position devant
10-12 Relevé 5th, détourné to face other side, arm en avant lowering on count 12, releasing front foot cou-de-pied devant

Repeat the sequence three more times, ending by lowering to 5th on flat

6 Posé relevé in arabesque

Taraballo Me
Face on diagonal to the barre, left hand on barre, right foot cou-de-pied à terre derrière, arm en bas

6/8 (Allegretto) 4 counts Introduction: low développé devant en fondu on count 4 into:
16 bars 1-4 Posé 1st arabesque, plié, relevé, plié
2 counts = 1 bar 5-8 Relevé, hold, hold; fondu with low développé devant to face other diagonal.

Repeat alternately three more times.
Last time: Relevé 5, hold 6, plié in 5th on 7 with arms en bas, and relevé in 5th on 8 with arms 5th en haut. Close after music.

CENTRE

1 Echappé changé, relevé derrière, échappé sans changer, relevé derrière, deux relevés passés derrière, deux relevés passés devant

2 Echappé, soussus, relevé devant, un tour en dehors

3 Relevés and pirouettes

En face, 5th position, arms en bas

2/4 Polka (Allegretto 4 counts Musical introduction
ma non troppo)
16 bars 1-4 Relevé devant, relevé pirouette en dehors closing devant, usual arms
2 counts = 1 bar 5-8 Repeat
9-12 Repeat (this time closing derrière)
13-16 Relevé 5th, arms to open 5th en avant (or 5th en haut), hold, hold, lower to 5th en bas

Repeat to the other side

4 Posé in first arabesque, relevé in first arabesque

N.B. The développé through is at calf height

5 Balancés Start near C.3, facing C.1, left foot front

Lyrical Waltz 4 counts Introduction: Wait 2 counts, then chassé croisé to pointe tendue derrière, arms demi-seconde
(Allegretto)
16 bars 1-2 Balancé forward and back
3-4 Two balancés en tournant, travelling to corner 1 (downstage arm sweeps down and forward to arabesque, second arm makes a "kissing" gesture)
5-6 Chassé, arms to 2nd, pas de bourrée dessous passing left foot through cou-de-pied into a lunge facing corner 1 (preparing for pirouette) left arm passing through en bas to 4th en avant
7-8 En dedans pirouette, lower, arms en bas and relevé in 5th croisée, arms demi-seconde

Repeat to the other side

Alternative: any simple port de bras in the balancés, but using both arms

Optional: demi-pointe/pointe in balancés counts 1-4 and in pas de bourrée, 'and a 6'

INTERMEDIATE SYLLABUS FOR MEN

THEORY

As in the Elementary Syllabus

PRACTICE

I - EXERCICES A LA BARRE

Those contained in the girls' Intermediate syllabus

II - EXERCICES AU MILIEU

Those contained in the girls' Intermediate syllabus with the addition of:

4a Ronds de jambe with single tour en l'air ending

III - ADAGE

Those movements contained in the girls' Intermediate syllabus and:

1 Trois relevés

2 Grand rond de jambe en dehors et en dedans (*girls as well*)

3 Study for promenades en arabesque and à la seconde
(See girls' syllabus)

4 Deux grands ronds de jambe avec arabesque

5 Coupé et fouetté *2/4*

6 Temps lié sauté

Taken by posé: en avant into attitude (arms 4th en haut) or into 2nd arabesque croisée; à la seconde; and en arrière into croisée devant

Taken by chassé: en avant into 2nd arabesque croisée; à la seconde; and en arrière into croisée devant

IV - PIROUETTES

1 Basic pirouettes en dedans: tendu croisée devant, plié (lunge), double pirouette en dedans, close 5th devant

6 Posé, coupé

2/4 (Galop)
16 bars
2 counts = 1 bar

- 4 counts Introduction: 1-3 Chassé en arrière, arms to 4th en avant in opposition, wait on count 4
- 1-4 Posé, coupé (twice) in effacée line (arms remain in 4th en avant position)
- 5-6 Posé, close into 5th position demi-plié (arms remain in 4th en avant)
- 7-8 Relevé 5th and demi-plié releasing front foot to cou-de-pied (arms remain in 4th en avant)
- 1 Relevé into full effacée line
- 2 Fondu holding line of arms bringing working foot to cou-de-pied devant
- 3-4 Repeat 1 and 2
- 5 Repeat relevé into effacée
- 6 Tombé into open arabesque line (arms extended diagonally, palms down, head inclined away from audience)
- 7-8 Pas de bourrée dessous bringing arms down to 5th en bas and ending facing 5
- 17-32 Repeat to the other side

7 Tours en diagonale (with traditional or any other simple ending)

7a Posé tours en dedans

2/4 (Galop)
8 bars

8 counts Introduction: pointe tendue 4th croisée devant arms 4th en avant
Seven posé turns en dedans with ending

7b Petits pas de basque en tournant en dedans

2/4 (Galop)
8 bars

4 counts Introduction: as for posé turns
Seven petits pas de basque en tournant en dedans with ending

7c Petits tours

2/4 (Galop)
8 bars

8 counts Introduction: as for posé turns
Petits tours with ending

8 Pas de bourrée couru, taken en diagonale, with any simple use of the arms

Candidates may be asked to show any of the movements contained in these enchainements in a series or singly

Révérence

- 2 Basic pirouettes en dehors: double pirouette en dehors taken from 4th, 2nd or 5th, closing 5th derrière
- 3 Grande préparation pour pirouette en dedans, with double turn
- 4 Tendu croisée devant, plié (lunge), single pirouette en dedans in attitude or first arabesque, retiré, close 5th devant
- 5 Tendu to 2nd or 4th (candidate's choice), double pirouette en dehors ending in extension en l'air. (Taken to 4th devant and 2nd, OR to 2nd and 4th derrière)
- 6 Pirouettes en diagonale
See girls' syllabus number 4
- 7 Tendu preparation to 2nd, quatre tours relevés in 2nd and double turn at the knee. (The final pirouette ends in a lunge)

V - ALLEGRO

The movements contained in the Elementary Syllabus with the addition of:

- grands jetés en attitude and à la seconde
- entrechat cinq
- entrechat six
- entrechat six de côté
- double tour en l'air (from preparation of own choice)
- sissonne battue dessus, dessous, en avant and en arrière
- pas de basque en avant et en arrière

SET ENCHAINEMENTS

- 1 Assemblé Cecchetti
- 2 Assemblé, temps levé, assemblé, grand temps levé (en avant et en arrière)
- 3 Jetés battements en avant et en arrière
- 4 Double tour en l'air (candidate's choice of preparation from a relevé or from a sauté)
- 5 Jeté, double ronds de jambe sauté en avant et en arrière
- 6 Jeté, fouetté, fouetté sauté en tournant, temps levé
- 7 Glissade, jeté battu à la seconde, glissade, jeté battu à la seconde, deux jetés battus en attitude, assemblé coupé derrière, entrechat six
- 8 Entrechat quatre, royale, entrechat quatre, royale, trois entrechats quatre, entrechat six
- 9 Deux brisés soutenus, deux brisés de suite, temps de cuisse, entrechat quatre. Reverse as a separate exercise

- 10 Glissade derrière, cabriole devant, glissade en arrière, cabriole derrière
- 11 Deux échappés sautés changés, quatre changements, échappé, pas de bourrée, deux changements, échappé, pas de bourrée deux changements
- 12 Temps levé chassé fouetté relevé or sauté. (To be seen separately - see girls' syllabus)
- 13 Sissonne en avant changée, entrechat quatre, sissonne en avant changée, entrechat quatre, deux sissonnes dessus, deux sissonnes dessous - en avant et en arrière
- 14 Sissonne retombée, relevé in 5th, entrechat six
- 15 Two steps into jeté en avant in 2nd arabesque effacée, repeat into 2nd arabesque croisée, repeat into 2nd arabesque effacée, one step, posé in 1st arabesque effacée sur la demi-pointe and fondu in arabesque; pas de bourrée, grand jeté en tournant en dehors (three times); assemblé, sissonne ouverte en avant and hold
- 16 Autour de la salle: coupé dessous en tournant, chassé (three times); coupé jeté en tournant - finish with petits tours en diagonale
- 17 En diagonale: series of douze jetés en tournant en dedans finishing with petits tours
- 18 Unseen enchaînements

Candidates may be asked to demonstrate any of the movements contained in these enchaînements singly or in a series

Bow

- 5-12 Repeat twice
 13-14 Repeat, but with a coupé into the ~~chassé~~ pas de bourrée, moving towards corner 2, ending in a croisée lunge, arms in 4th position right arm forward
 15 Double pirouette en dedans, arms in pirouette position
 and 16 Close 5th devant croisée in demi-plié and relevé in 5th, arms 5th en haut

5 Eight fouettés rond de jambe (demi-pointe)

V - ALLEGRO

The movements contained in the Intermediate Syllabus with the addition of:

- 1 • entrechat cinq
- 2 • coupé fouetté raccourci
- 3 • brisé dessous
- 4 • cabriole derrière
- 5 • jeté battu à la seconde
- 6 • grand jeté à la seconde
- 7 • sissonne battue dessus, dessous, en avant et en arrière
- 8 • pas de basque en avant et en arrière
- 9 • temps de cuisse dessus and dessous

ADVANCED I - NEW ORDER OF ALLEGRO

SET ENCHAINEMENTS

Track

- Petit Allegro
- 45 1 Assemblés soutenus et de suite
- Light Waltz (Allegro) 2 counts Musical introduction
 16 bars
 1 count = 1 bar and a 1-2 Assemblé soutenu over
 and a 3-4 Two assemblés de suite over
 5-8 Repeat starting with the other leg
- 9-16 Reverse all
- 45 2 Jetés battements en avant et en arrière
- 49 3 Ballonné à trois temps (3 times) and pas de basque en avant
- 50 4 Jeté, double ronds de jambe sauté en avant et en arrière
- 51 5 Sissonne en avant changée, entrechat quatre, sissonne en avant changée, entrechat quatre, deux sissonnes dessus - en avant et en arrière
- 52 6 Pas de bourrée en avant, en arrière, devant, derrière, dessous, dessus, en tournant en dehors et en dedans
- 54 7 Entrechat quatre, royale, entrechat quatre, royale, trois entrechats quatre, grand changement

Track

- 55 8 Deux brisés soutenus, deux brisés de suite, temps de cuisse, entrechat quatre. Reverse as a separate exercise
- Grand Allegro
- 47 9 Glissade, assemblé, temps levé en arabesque, pas de bourrée dessous, pas de bourrée en tournant, rond de jambe sauté, pas de bourrée en tournant, grand changement
- 46 10 Assemblé, temps levé, assemblé, grand temps levé (en avant only)
- 53 11 Introduction: Chassé croisé to C.1
 Chassé, temps levé, pas de bourrée, grand jeté en tournant
- 56 12 Glissade derrière, cabriole devant effacée, glissade en arrière, cabriole derrière; temps levé chassé, pas de bourrée dessous (twice), using first port de bras. Repeat all
- 57 13a Temps levé chassé, fouetté relevé (8 times)
- 58 13b Temps levé chassé, fouetté sauté (8 times)
- 14 Autour de la salle:-
- 59 14a Temps levé with rond de jambe movement into chassé, pas de bourrée dessous, deux pas de chat
- 60 14b Introduction: 4 counts (Wait 2 counts, then chassé croisé to C.1)
 Chassé, temps levé in first arabesque, balancé en tournant, two posé turns, taken across three sides of a square and across the diagonal (any simple ending). Alternatively petits tours across the diagonal (candidate's choice)

Candidates may be asked to show any of the movements contained in these enchainements singly or in a series

Unseen enchainements

VI - TEMPS DE POINTE

Those contained in the Intermediate Syllabus with the addition of the following:

- 1 • relevés from one foot extending the other from cou-de-pied to open positions
- 2 • soutenus turns en dehors and en dedans
- 3 • petits tours
- 4 • coupé fouetté (raccourci)
- 5 • tours posés
- 6 • petits pas de basques en tournant
- 7 • posés développés

BARRE

1 Rises

32 bars
 smooth Waltz
 1 count = 1 bar

Face barre: 1st position

Introduction
 Slow rise to pointe and lower (demi-pointe, full pointe, demi-pointe, flat - smoothly)