BARRE EXERCISES

1. PLIE
   *3/4 Slow waltz
   *Each position should take eight (8) measures
   *Left hand (only) on the barre

   In 1st, 2nd, 4th, and 5th positions
   ➢ One (1) demi-plié – straighten
   ➢ One (1) relevé – lower heels
   ➢ One (1) grand plié – straighten
   ➢ Tendu – change position

2. TENDU
   *4/4 Moderate tempo
   *Right hand (only) on the barre

   From 5th position – four (4) times in each direction (en Croix)
   ➢ One (1) tendu – closing w/ a plié
   ➢ One (1) tendu – closing w/ straight legs
   ➢ Finish w/ balance in 5th position sous-sus

3. DEGAGE
   *4/4 Faster tempo
   *Left hand (only) on the barre

   From 5th position – four (4) times in each direction (en Croix)
   ➢ Same exercise as above w/ dégagé
   ➢ Finish w/ balance front foot in cou-de-pied front

4. ROND DE JAMBE À TERRE
   *3/4
   *Right hand (only) on the barre

   Preparation tendu front – rond side
   ➢ Four (4) rond de jambe dehors
   ➢ Battement front 90° or higher
   ➢ Pasé to arabesque in plié
   ➢ Brush through 1st position to battement tendu front
   ➢ Repeat exercise en dedans
   ➢ Repeat battement back passé to à la quatrième devant in plié
   ➢ Finish w/ balance in retiré

5. FONDU
   *Left hand (only) on the barre

   Preparation tendu side
   ➢ Fondu, extend to the front – plié, rond the leg side
   ➢ Fondu, extend to the side – plié, rond the leg back
   ➢ Fondu, extend to the back – plié, brush though 1st position to relevé
   ➢ Quatrième devant – brush through 1st position plié, extending to relevé arabesque
   ➢ Finish w/ balance in 2nd arabesque

6. ADAGIO
   *Right hand (first) on the barre

   Preparation plié to 5th position sous-sus
   ➢ Développé front
   ➢ Développé side
   ➢ Développé back
   ➢ Plié in arabesque, while making a 1/2 turn toward the barre to relevé arabesque on the other side
   ➢ Close to 5th position
   ➢ Repeat entire exercise on the other leg

7. GRANDE BATTEMENT
   *4/4
   *Right hand (first) on the barre

   From 5th position
   ➢ Two (2) grand battement in each direction (en Croix)
   ➢ Repeat entire exercise on the other leg

CENTER EXERCISES

1. ADAGIO
   *To be done on both sides – begin w/ right leg

   Preparation 5th position croisé devant
   ➢ Développé croisé devant – hold position for two (2) counts
   ➢ Grand rond de jambe en l’air à écarté devant – hold position for two (2) counts
   ➢ Grand rond de jambe en l’air to first arabesque
   ➢ Promenade en dedans to 4th arabesque – lower to tendu
   ➢ Double pirouette dehors – finish in 4th position
   ➢ Repeat entire exercise to left side

2. TENDU
   *To be done on both sides – begin w/ right leg

   Preparation 5th position en face
   ➢ Two (2) tendu devant (’a la quatrième devant)
   ➢ Two (2) tendu derrière (’a la quatrième derrière)
   ➢ Two (2) tendu side – closing over into 5th position
   ➢ Pirouette dehors from 5th position – closing to the back
   ➢ Repeat entire exercise to the left side

3. TURN
   *To be done on both sides – begin w/ right leg

   Preparation left foot front in 5th position croisé
   ➢ Balancé right (upstage) – balancé left (downstage)
   ➢ Tombé effacé w/ the right leg
   ➢ Pas de bourrée to 4th position croisé
   ➢ DOUBLE pirotette dehors – finish in 4th position croisé
   ➢ Repeat pirotette dehors – finish tendu croisé derrière
   ➢ Repeat entire combination until diagonal completed
   ➢ Repeat entire exercise from the other diagonal w/ other leg

4. PETITE ALLEGRO
   *To be done on both sides – begin w/ right leg

   Preparation 5th position en face right foot front
   ➢ Two (2) changement de pied
   ➢ One (1) sauté échappé – changing feet
   ➢ Glissade to the right – w/ no change
   ➢ Jeté over – step coupé under
   ➢ Brush assemblé under
   ➢ Repeat entire exercise on the other leg

5. GRAND ALLEGRO
   *To be done on both sides – begin facing upstage w/ right leg

   Preparation 5th position w/ right leg front
   ➢ Piqué 1st arabesque
   ➢ Chassé back
   ➢ Step Grand jeté entrelacé – finish w/ right leg in arabesque
   ➢ Fouetté toward extended leg
   ➢ Sauté 1st arabesque
   ➢ Tombé, glissade – grand jeté en avant
   ➢ Repeat entire exercise from the other diagonal w/ other leg

CONTINUED ON BACKSIDE
ADDITIONAL COMBINATIONS FOR MEN

1. PETITE ALLEGRO
*To be done on both sides two (2) times (right, left, right, left)
*Begin w/ right leg
Preparation 5th position right foot front
- Two (2) changement
- Sous-sus
- Enrechat six
- Repeat combination w/ on other side
- Repeat entire exercise (both sides)

2. MEDIUM ALLEGRO
*To be done on both sides – begin w/ leg
Preparation 5th position w/ right foot back
- Tombé pas de bourree – traveling right
- Glissade under
- Assemble over
- Tendu w/ front leg in 2nd position
- Rond de jambe tendu 4th position back
- Multiple pirouettes dehors
- Repeat entire exercise on the other leg

3. TOUR EN L’AIR
*To be done on both sides – begin w/ left foot
Preparation 5th position w/ left foot front
- Two (2) chassé en avant
- Assemble back
- Double tour en l’air en dehors
OR
Preparation 5th position w/ right foot front
- Sous-sus
- Double tour
- Repeat entire exercise on the other leg

ADDITIONAL POINTE WORK FOR WOMEN

1. RELEVE
*Facing the barre – both hands on the barre
*To be done in 1st, 2nd, 4th, and 5th positions
Preparation in 1st position
- Two (2) slow counts to rise on pointe
- Two (2) slow counts back down
- Repeat this set two (2) times
- Tendu change positions
- Repeat entire combination in 2nd, 4th, and 5th positions
- Repeat 4th and 5th positions w/ other foot in front

2. SOUS-SUS – ÉCHAPPÉ
*Facing the barre – both hands on the barre
*To be done on both sides - begin w/ right side
Preparation in 5th position w/ right foot front
- Tendu front – close w/ a plié
- Sous-sus – lower
- Tendu side – close w/ a plié
- Sous-sus – lower
- Tendu back – close w/ a plié
- Two (2) échappe changé
- Repeat entire exercise to the other side

BARRE EXERCISES

1. ECHAPPE
*To be done on both sides – begin w/ right side
Preparation 5th position right foot front
- Échappé 4th position croisé – closing into 5th position
- Échappé 2nd position – closing into 5th position back
- Two (2) retiré passé - closing back
- Repeat entire exercise on the other leg

2. TURN
*To be done on one side (only)
Preparation B+ w/ right leg back
- Piqué 1st arabesque
- Brush back leg forward to 4th position croisé
- Pirouette en dehors – finish in 4th position
- Swivel to dehors – finish devant
- Tombé forward – coupé back foot
- Bourrée