



**Imperial Society of Teachers of Dancing  
Cecchetti Classical Ballet**

Cecchetti Society Classical Ballet

# **Grade 1 - 6 Syllabi**

Theory & Basic Steps Tables

as revised April 2023



# Grade theory and basic steps

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| <b>Grade 1</b>                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                 |
| <b>Theory</b> , each candidate will be asked <b>1 question</b>                                                                                                                                                                                                                                                                                                                                                 |                                                                 |
| <b>Points of the room:</b>                                                                                                                                                                                                                                                                                                                                                                                     | corners 1-4                                                     |
| <b>Positions of the feet:</b>                                                                                                                                                                                                                                                                                                                                                                                  | 1st; 2nd; 3rd                                                   |
| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps                                                                                                                                                                                                                                                                                                             |                                                                 |
| Sauté in 1st position<br>Échappé sauté to 2nd position from 1st position<br>Simple polka sideways<br>Spring points<br>Posé temps levé<br>Galops sideways                                                                                                                                                                                                                                                       |                                                                 |
| <b>Grade 2</b>                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                 |
| <b>Theory</b> , each candidate will be asked <b>1 question</b>                                                                                                                                                                                                                                                                                                                                                 |                                                                 |
| <b>Points of the room:</b>                                                                                                                                                                                                                                                                                                                                                                                     | walls 5-8                                                       |
| <b>Positions of the feet:</b>                                                                                                                                                                                                                                                                                                                                                                                  | 4th; 5th                                                        |
| <b>Positions of the arms:</b>                                                                                                                                                                                                                                                                                                                                                                                  | 2nd; 5th en bas; 5th en avant; 5th en haut                      |
| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps                                                                                                                                                                                                                                                                                                             |                                                                 |
| Pas de Chat<br>Petits jetés devant<br>Petits jetés derrière<br>Temps levé with foot sur le cou-de-pied devant or derrière<br>Balletic polka forwards<br>Balletic polka sideways<br>Galops forwards<br>Changement<br>Échappé sauté changé from 3rd position                                                                                                                                                     |                                                                 |
| <b>Grade 3</b>                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                 |
| <b>Theory</b> , each candidate will be asked <b>2 questions</b> (1 theory question may be taken from a previous Grade)                                                                                                                                                                                                                                                                                         |                                                                 |
| <b>Positions of the arms:</b>                                                                                                                                                                                                                                                                                                                                                                                  | 1st; demi-seconde                                               |
| <b>Directions of the body:</b>                                                                                                                                                                                                                                                                                                                                                                                 | à la quatrième devant; à la quatrième derrière;<br>à la seconde |
| <b>Movements in dancing:</b>                                                                                                                                                                                                                                                                                                                                                                                   | plier (to bend); sauter (to jump)                               |
| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps                                                                                                                                                                                                                                                                                                             |                                                                 |
| Assemblé dessus (over) soutenu<br>Assemblé dessous (under) soutenu<br>Balancé sideways<br>Chassé en avant<br>Coupé dessus (over) sauté. Coupé dessous (under) sauté*<br>Jeté dessus (over)<br>Jeté dessous (under)<br>Pas de bourrée dessous (under) soutenu. Pas de bourrée dessous (under) de suite<br>Posé coupé en avant<br>Posé en avant into arabesque with arms 5th en avant, palms half-turned upwards |                                                                 |
| * considered as one step in a subsequent grade unseen enchaînement<br>NB jeté temps levé dessus or dessous may be used as one step in subsequent unseen enchaînement                                                                                                                                                                                                                                           |                                                                 |



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| <b>Grade 4</b>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                      |
| <b>Theory</b> , each candidate will be asked <b>2 questions</b> (1 theory question may be taken from a previous Grade)                                                                                                                                                                                                                                                                                          |                                                                      |
| <b>Positions of the arms:</b>                                                                                                                                                                                                                                                                                                                                                                                   | 4th en avant; 4th en haut                                            |
| <b>Positions of the head:</b>                                                                                                                                                                                                                                                                                                                                                                                   | head erect; head inclined; head turned; head raised;<br>head lowered |
| <b>Directions of the body:</b>                                                                                                                                                                                                                                                                                                                                                                                  | croisé devant; croisé derrière                                       |
| <b>Movements in dancing:</b>                                                                                                                                                                                                                                                                                                                                                                                    | relever - to rise                                                    |
| <b>Arabesques:</b>                                                                                                                                                                                                                                                                                                                                                                                              | 1st; 2nd; 3rd                                                        |
| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps                                                                                                                                                                                                                                                                                                              |                                                                      |
| <p>Glissade devant soutenu<br/>           Glissade derrière soutenu<br/>           Sissonne en avant fermée soutenu. Sissonne en avant fermée de suite<br/>           Temps levé chassé pas de bourrée dessous (under)*<br/>           Chassé coupé en avant<br/>           Chassé temps levé in arabesque<br/>           Soutenu turn en dedans<br/>           Échappé sauté à la 2nde closing with a beat</p> |                                                                      |
| * considered as one step in a subsequent grade unseen enchaînement                                                                                                                                                                                                                                                                                                                                              |                                                                      |

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| <b>Grade 5</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                          |
| <b>Theory</b> , each candidate will be asked <b>2 questions</b> (1 theory question may be taken from a previous Grade)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                          |
| <b>Positions of the arms:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 3rd                                      |
| <b>Directions of the body:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | écarté; épaulé                           |
| <b>Movements in dancing:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | étendre (to stretch); glisser (to glide) |
| <b>Arabesques:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 4th; 5th                                 |
| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                          |
| <p>Soubresaut<br/>           Assemblé dessus (over) de suite<br/>           Assemblé dessous (under) de suite<br/>           Glissade devant de suite<br/>           Glissade derrière de suite<br/>           Pas de bourrée dessus (over) soutenu<br/>           Sissonne en avant ouverte<br/>           Sissonne en arrière fermée soutenu. Sissonne en arrière fermée de suite<br/>           Balancé en avant. Balancé en arrière*<br/>           Chassé temps levé in 1st arabesque with balancé en tournant*<br/>           Petits tours<br/>           Entrechat quatre<br/>           Jeté in attitude devant (as in the round the room step)</p> |                                          |
| * considered as one step in a subsequent grade unseen enchaînement                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                          |



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| <b>Grade 6</b>                                                                                                         |                                                                                                                                                     |
| <b>Theory</b> , each candidate will be asked <b>2 questions</b> (1 theory question may be taken from a previous Grade) |                                                                                                                                                     |
| <b>Directions of the body:</b>                                                                                         | effacé                                                                                                                                              |
| <b>Attitudes:</b>                                                                                                      | attitude effacé; attitude croisé derrière                                                                                                           |
| <b>Movements in dancing:</b>                                                                                           | élancer - to dart; tourner - to turn                                                                                                                |
| <b>Five movements of the foot:</b>                                                                                     | pied à terre (flat on the ground); pied à quart (¼ pointe);<br>pied à demi (½ pointe); pied à trois quarts (¾ pointe);<br>sur la pointe (on pointe) |
| <b>Arm position:</b>                                                                                                   | troisième arabesque en croisée/en arrière                                                                                                           |

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| <b>Basic Steps</b> , candidates are required to have a knowledge of the following individual steps |  |
| Échappé sauté to 4th position                                                                      |  |
| Assemblé en avant                                                                                  |  |
| Sissonne dessus (over) fermée soutenu. Sissonne dessus (over) fermée de suite                      |  |
| Pas de bourrée devant                                                                              |  |
| Pas de bourrée derrière                                                                            |  |
| Soussus                                                                                            |  |
| Pas de bourrée couru                                                                               |  |
| Demi-contretemps                                                                                   |  |
| Assemblé dessus (over) élané                                                                       |  |
| Grand jeté en tournant                                                                             |  |
| Grand jeté en avant                                                                                |  |
| Posé développé                                                                                     |  |
| Posé tour en dedans                                                                                |  |
| Entrechat royale                                                                                   |  |
| Entrechat trois derrière                                                                           |  |
| Assemblé coupé derrière                                                                            |  |

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| <b>Additional information for unseen enchaînements:</b>                                                                |                                                                                 |
| * steps marked with an asterisk will be deemed as 1 step in a subsequent grade unseen enchaînement                     |                                                                                 |
| <b>In addition to the number of steps permitted in an unseen enchaînement the following movements may be included:</b> | chassé, step or relevé into an end position<br>walks<br>runs<br>step and pointe |

## Candidate route options

Candidates should follow **either** option 1 **or** option 2 pathways.

It is not permitted to show a combination of both pathways in an examination.

## Abbreviations

à la 2<sup>nde</sup> - à la seconde (to the 2nd position) ; à la 4<sup>ème</sup> devant - à la quatrième devant (to the 4th devant)

à la 4<sup>ème</sup> derrière - à la quatrième derrière (to the 4th derrière) ; demi-2<sup>nde</sup> - demi-seconde position of the arms