



ASSESSING THE BEST LEVEL FOR YOU

Beginners Level 1: For complete beginners or those needing to start afresh. You will have received an email when you registered with my recommendation. If you haven't done ballet since you were 14, you should attend this level. Equally, if you've only been attending casual drop-in classes, it would be best to start here.

Beginners Level 2: You will have a good understanding of correct posture and weight distribution (long spine, forward on the balls of the feet), how to turnout correctly (from the glutes and inner thighs and not the knees or ankles) and placement (hips and shoulders square). You'll also be competent with basic barre-work, balance' forwards, back and side (waltzes), chaine' (travelling turn on both feet) and a temps leve' in arabesque sequence such as these:

<http://bit.ly/L1-balance-body>

<http://bit.ly/L1-balance-enchainment>

If you've just completed B1, there will be lots of repetition to consolidate B1 material so in most cases, you will be fine to move up to Beginners 2 after your first term. (B2 is rarely taken for less than 3 terms.)

Beginners Level 3: You will have mastered balancing in retire' on demi pointe, releve' retire' passe's, pas de valse en tournant and pique' turns and be able to recall steps by name rather than copying; you should also be strong enough to perform continuous rises and releve's on one leg without the barre, retaining placement and stability! You'll be confident and polished with these:

<http://bit.ly/L2-pdv-p-soutenu-r>

<http://bit.ly/L2-pique-r>

(B3 is rarely taken for less than 3 terms.)

Beginner-General: You'll have attended Beginners Level 3 enough times to be able to recall all its steps confidently and competently and will now be in need of polishing and furthering your dance quality with each movement, working on linking steps better with dynamics and style.

You should be competent and confident with the steps in the following videos with a confident dance quality:

<http://bit.ly/L3-pdv-pir>

<http://bit.ly/L3-jete-pdb-pdchat>

Pre-Improvers: This class focuses on building technical strength and confidence while polishing arm, head & leg coordination in preparation for Improvers 1. There will be sessions specifically on epaulement, pirouettes and allegro with attention to transitioning between steps for smoother movements and musical dynamics. Some classes will be taken without the barre. Suitable for those who are confident and polished with Beginner 3 and Beginner-General material who are nearly ready for Improvers 1 level or for those already attending Improvers 1 who need a little extra help.

Improvers 1: You'll have mastered all of the above including single pirouettes with polish and neatness, coordinating arms, head and legs with grace and confidence and be strong enough for the challenge that Improvers 1 will bring including more steps and working on more challenging adage in the centre such as stepping forward into attitude and arabesque on demi pointe controlling through straight leg to a fondu. This level also starts *batterie*.

Men's Class: You will be at Improvers 1 level with approximately 3 years of recent structured ballet attendance. This class will be taken without the barre with a focus on men's pirouettes and allegro leading to learning a male variation.

Improvers 2: You'll be competent with en dehors and en dedans pirouettes and ready for doubles; you'll be comfortable with adagio involving penche's and grand rond de jambe en l'air; you'll have lots more allegro including beats like entrechat quatre and changement battu, and be able to link these with other steps without hesitation. You should have good isolation in your footwork and lower leg movements such as in frappe' and petit battement, entrechat quatre and changement battu. You should be competent with this:

<http://bit.ly/pre-imp-knitting-step>

Improver-General: for those who have already had at least a term of Improvers 2 and also for Advanced dancers. You'll need more beats under your belt like coupe' brise, placed adagio including penche', using epaulement and confidence to show off a bit! (Show me what you can do!) You'll have started to get to grips with fouette's and have sufficient strength and stamina to temps leve' more than twice with pointed foot on the same leg continuously as well as performing grand allegro without feeling pooped!

You'll be competent with this:

<http://bit.ly/Impl-jete-pdchat-brise>

Advanced 1: Advanced 1 follows a progressive structure like the Beginner and Improver levels, teaching complex steps including turns in attitude, cabrioles and Bournenville styled jumps and, like the Beginner and Improver levels, handouts and videos are provided. Classes are sometimes taken without the barre for added strength.

Advanced 2: Advanced 2 is like a professional company class, building on dance quality, virtuosity and artistry.

The Advanced Levels are reserved for higher skilled dancers, most of whom will have had vocational training till their late teens.