

ADT-NJ Ballet Testing Study Guide

(Inspired by Dance Masters of America)

Methodology Note

ADT-NJ ballet testing is based primarily on the Cecchetti Method, which serves as the standard reference for all required terminology, positions, class structure, and technical concepts.

Candidates may also demonstrate knowledge of the Vaganova Method. While Vaganova terminology and methodology are not required for successful completion of the examination, candidates who are able to identify and explain significant Vaganova variations, additions, or differences may receive bonus points where applicable.

Unless otherwise specified, all ballet terminology and expectations within this study guide should be studied according to Cecchetti standards.

Examination Note

This study guide is intended as an outline of topics that may appear on the examination. Candidates should be prepared to define, demonstrate, and explain the listed concepts, as well as discuss their application in teaching situations.

Practical Section

(Candidates Must Demonstrate)

Basic Ballet Positions & Foundations

Positions of the Feet

1. First Position (premier)
2. Second Position (a la seconde)
3. Third Position (troisieme)
4. Fourth Position (quatrieme)
5. Fifth Position (cinquieme)

Positions of the Arms

1. First Position (premiere)
2. Second Position (a la second)
3. Third Position (troisieme)
4. Fourth Position (quatrieme en avant, quatrieme en haut)
5. Fifth Position (cinquieme en bas, cinquieme en avant, cinquieme en haut)

Positions of the Head

1. Head En Face/Erect
2. Head Turned
3. Head Inclined
4. Head Raised
5. Head Lowered

Body Positions

1. Croisé devant (crossed in front)
2. Quatrième Devant (to the fourth front)
3. Écarté (thrown wide apart, separated. Cecchetti uses only devant but other schools use derriere as well)
4. Effacé shaded (Cecchetti uses only devant but other schools use derriere as well)
5. A la seconde (to the second position)
6. Epaule (shouldered)
7. Quatrième Derrière (to the fourth back)
8. Croise derriere (crossed in back)

Standard Arabesques

1. First Arabesque
2. Second Arabesque
3. Third Arabesque
4. Fourth Arabesque
5. Fifth Arabesque

Standard Attitudes

1. Attitude Effacee
2. Attitude Epaulee
3. Attitude Croisee Derriere
4. Attitude Croisee Devant

Stage Directions

Upstage (US)

Downstage (DS)

Stage Right (SR)

Stage Left (SL)

Center stage (CS)

Down stage right (DSR)

Down stage left (DSL)

Upstage right (USR)

Upstage left (USL)

Fixed Points of the Practice Room (Cecchetti)

- #1 right front corner
- #2 left front corner
- #3 left back corner
- #4 right back corner
- #5 mirror
- #6 left wall
- #7 back wall
- #8 right wall

Fixed Points of the Practice Room (Vaganova)

- #1 mirror
 - #2 right front corner
 - #3 right wall
 - #4 right back corner
 - #5 back wall
 - #6 left back corner
 - #7 left wall
 - #8 left front corner
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Fundamental Movements of Dance

Seven Movements of Dance

1. Plier (to bend)
 2. Glisser (to glide)
 3. Sauter (to jump)
 4. Élancer (to dart)
 5. Relever (to rise)
 6. Étendre (to stretch)
 7. Tourner (to turn)
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Connecting Steps & Traveling Movements

1. Chassé
 2. Balancé
 3. Coupé
 4. Pas de Bourrée
 5. Glissade
 6. Pas de Basque
 7. Fondu
 8. Piqué
 9. Développé
 10. Temps Levé
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Turns

1. Chaîné Turns
 2. Soutenu Turn
 3. Piqué Turn
 4. Pirouette En Dehors
 5. Pirouette En Dedans
 6. Pas de Bourrée En Dehors
 7. Pas de Bourrée En Dedans
 8. Attitude Turn
 9. Chassé En Tournant
 10. Tour Jeté
 11. Fouetté Turn
 12. Sauté de Basque
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Jumps & Allegro

1. Changement
 2. Échappé
 3. Temps Levé
 4. Assemblé
 5. Jeté
 6. Pas de Chat
 7. Sissonne
 8. Sauté Arabesque
 9. Brisé
 10. Entrechat Quatre
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Musicality & Timing

Musical Theory

1. Time
2. Tempo
3. Rhythm
4. Tag
5. Measure / Bar
6. Pickup/ Vamp
7. Synchopation

Teachers must also have a general knowledge of the types of time signatures that are needed for the particular dance style they are testing in.

Choreography

- How would you use directions in choreography?
 - How would you use patterns & formations in choreography?
 - How would you use levels in choreography?
 - How would you use theatrical elements in choreography?
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Class Structure & Organization

Order of a Standard Ballet Barre

1. Pliés
2. Tendus
3. Dégagés (Jetés)
4. Rond de Jambe
5. Fondus
6. Frappés
7. Adagio
8. Grand Battements

Order of a Standard Ballet Class

1. Barre
 2. Center Practice (au milieu)
 3. Adagio
 4. Pirouettes
 5. Petit Allegro
 6. Grand Allegro
 7. Reverence
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Teaching & Application Questions

Physical Development

- How would you develop a student's flexibility?
- How would you develop a student's strength & endurance?
- How would you develop a student's balance?

Technical Development

- How do you develop turnout?
- How do you develop balance?
- When is plié used?

Other Important Elements of Teaching Dance

- Teachers need to have a general knowledge of human anatomy/kinesiology
- Teachers need to know how to break down skills from beginner to intermediate to advanced