

ADT-NJ Jazz Testing Study Guide

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.

Jazz Fundamentals

Candidates should demonstrate and explain:

- Proper jazz posture and alignment
 - Proper use of parallel and/or turned-out positions
 - Correct weight placement
 - Dynamic use of the torso
 - Coordination of upper and lower body movement
 - Musicality and performance quality
-

Jazz Positions

Jazz Hand Positions

1. Jazz Hand
2. Flat Hand
3. Flexed Hand
4. Inverted Hand
5. Fist

Standard Jazz Arm Positions

All arm positions can be executed with any of the hand positions listed above.

1. 1st (low V)
2. 2nd (arms to sides)
3. 3rd (L position)
4. 4th (middle position - L front of chest)
5. 5th (high V)

Other Jazz Arm Positions

1. Jackknife
 2. Folded
 3. Crossed
 4. Parallel
 5. Diagonal
-

Warm-Up & Conditioning

Jazz Warm-Up

Teachers should be able to describe and explain the common elements of a jazz warm-up utilizing all parts of the body, including:

- Pre-Warm-Up (alignment exercises)
 - Warm-Up
 - Isolations
 - Balance Work
 - Specific Skill Development
 - Progressions across the floor
 - Short combinations, neuromuscular coordination
 - Longer combinations and choreography
 - Improvisational studies
 - Cool down
 - Reverence
-

Jazz Walks & Runs

Teachers should be able to describe and/or demonstrate at least five different jazz walks and/or runs. Examples may include (but are not limited to):

1. Boogie Woogie
2. Bounce Jazz Walk (flick kick walk)
3. Cagney Walk
4. Camel Walk
5. Cuban Walk
6. Flat Jazz Walk
7. Follies Walk
8. Funk Walk
9. Jazz Run
10. Sugar Foot

General Jazz Skills

1. Flat Back
 2. Arabesque
 3. Attitude
 4. Piqué
 5. Jazz Square / Box Step
 6. Jazz Pas de Bourrée / Ride Out
 7. Body Roll / Body Wave / Undulation
 18. Jazz Split
-

Jazz Turns

1. Pivot Turn
2. Chaîné Turn
3. Pencil Turn
4. Jazz Pirouette
5. Compass Turn
6. Barrel Turn

Teachers should be able to explain how to teach spotting.

Jazz Kicks

1. Flick Kick
 2. Développé Kick
 3. Fan Kick
 4. Hitch Kick
-

Jazz Jumps & Leaps

1. Flea Hop
2. Tuck Jump
3. Stag Leap
4. Split Leap / Grand Jeté
5. Développé Leap / Sauté Chat
6. Switch Leap
7. Russian Jump / Straddle Jump / Dutchman / Toe Touch

General Dance Teacher Info

The following information is on every ADT-NJ exam, regardless of the dance style the teacher is testing in. You may see a repeat of this information already incorporated into the study guide in a different section.

Seven Movements of Dance

1. Plier (to bend)
2. Glisser (to glide)
3. Sauter (to jump)
4. Élaner (to dart)
5. Relever (to rise)
6. Étendre (to stretch)
7. Tourner (to turn)

Eight 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)

Five Positions of the Head

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

Five Ballet 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)

Five Ballet 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)

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

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?

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?

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.

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