Syllabus amends - Set exercises and variations Advanced 1 Ballet, female

(January 2015)

The following amendments have been made to the Set Exercises and Variations, Advanced 1 Ballet, female (printed in 2013)

- Most recent amendments are added to the beginning of the document (except where notes and Benesh are listed together for clarity)
- Each correction is contained within a box
- Each box contains the date of the amendment
- The correction itself is shaded

P14 – A1-05: Battements fondus and ronds de jambe en l’air (October 2014)

Description of correction: ‘Développé’ changed to ‘Extend leg’:

2 Extend leg to 2nd at 45° en demi-pointe

a3 Turning to face other side petit battement beating devant en demi-pointe and derrière en fondu with fully stretched foot  Arm 1st

4 Extend leg derrière at 45° en demi-pointe with inside leg Arm to 1st arabesque line

P15 – A1-05: Battements fondus and ronds de jambe en l’air (October 2014)

Description of correction: Clarification of head on counts 1-2

1-2 Close 5th devant en demi-pointes and lower heels Arm to 2nd hand to barre by count 2 Head to centre on count 2
P17 – A1-05: Battements fondu and ronds de jambe en l’air (October 2014)

*Description of correction:* Clarification of head on counts 1-2

P20 – A1-07: Adage (October 2014)

*Description of correction:* Clarification of &8 count

&8 Posé en avant through demi-plié in 4th to dégagé derrière straightening supporting leg

Arm through 1st to 1st arabesque line

P21 – A1-07: Adage (October 2014)

*Description of correction:* Clarification of &8 count, amendment to Benesh notation
P25 – A1-09: Port de bras (October 2014)

Description of correction: Clarification of last counts 1-3 & 4 &

1-3 2 walks en avant to dégagé derrière en fondu

& Left arm circles across body and arms through bras bas and 1st to 3rd arabesque line  Head follows arms

& Straighten supporting leg

4 Turn to right to face 7 and step forward with right leg into dégagé derrière

& Arms 3rd right arm forward

Swivel to right to face 5

& Arms to 3rd left arm forward  Eyeline to right hand

P27 – A1-09: Port de bras (October 2014)

Description of correction: Clarification of last counts 1-3 & 4 &

2-3 Hold

4 Small step forward into classical pose  Arms to 1st

&5& Hold  Circular port de bras commencing left and recover arms 4th left arm raised

6 Hold  Left arm circles across body

P36 – A1-12: Adage (October 2014)

Description of correction: Revised counts for first set of counts 2-3 through to count 6

2-3 Hold

4 Small step forward into classical pose  Arms to 1st

&5& Hold  Circular port de bras commencing left and recover arms 4th left arm raised

6 Hold  Left arm circles across body
P39 – A1-12: Adage (October 2014)

Description of correction: Revised counts for first set of counts 2-3 through to count 6

P48 – A1-17: Allegro 5 (October 2014)

Description of correction: Clarification of pirouette in the introduction

4&  Pirouette en dehors single or double  Arms 1st and 3rd right arm forward
    finishing right leg devant at 45° en fondu

P50 – A1-17: Allegro 5 (September 2013)

Description of correction: Clarification of pirouette in the introduction
**P49 – A1-17: Allegro 5 (October 2014)**

*Description of correction:* Clarification of arms for counts 6& and 7-8

6&  
2 Steps forward turning to face 5  
Right arm through 1st and bras bas to arms 2nd

7-8  
Posé en avant with left leg grand jeté en avant in attitude derrière facing 5  
Arms through 1st to demi-bras  
Head to 1

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**P50 – A1-17: Allegro 5 (October 2014)**

*Description of correction:* Clarification of arms for counts 6& and 7-8

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**P60 – A1-21: Pointe enchaînement 2 (October 2014)**

*Description of correction:* Clarification of movement and timing from Introduction through into count a1

a1  
Lower onto left foot and right leg posé en avant en pointe with petit développé action  
Left arm through 1st to arms 4th left arm raised  
Eyeline to left arm

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**P69 – A1-23: Variation 1 (October 2014)**

*Description of correction:* Clarification to arm and head movement for count &a3-4

&a3-4  
Pas de bourée dessous travelling en avant into grand jeté en avant  
Arms through 1st to 2nd arabesque  
Head érect and to 1
**P72 – A1-23: Variation 1 (October 2014)**

*Description of correction:* Clarification to arm and head movement for count &a3-4

![Diagram of arm and head movement for count &a3-4](image)

**P77 – A1-24: Variation 2 (October 2014)**

*Description of correction:* Clarification to arm movement for counts 2-3

2-3  Courus en arrière in parallel 1st  
Arms to 1st and undersweep to 2nd  
palms facing down  Head erect

**P80 – A1-24: Variation 2 (October 2014)**

*Description of correction:* Clarification to arm movement for counts 2-3

![Diagram of arm movement for counts 2-3](image)

**P77 – A1-24: Variation 2 (October 2014)**

*Description of correction:* Clarification to arm movement for counts 6 &

6&  Step forward with right leg and low grand  
Arms to 2nd palms facing down  Body  
jeté en avant in attitude derrière  and head erect
P80 – A1-24: Variation 2 (October 2014)

Description of correction: Clarification to arm movement for counts 6&

P42 – A1-14: Allegro 2 (September 2013)

Description of correction: Count &3 finishing position of Brisé amended (no Benesh amendment):
&3 Step forward with right leg and 
brisé devanat to cou-de-pied devant

P58 – A1-20: Pointe enchaînement 1 (September 2013)

Description of correction: timing of Emboîtés corrected

a6 2 Emboîtés  Arms demi-seconde Eyeline over front foot

P59 – A1-20: Pointe enchaînement 1 (September 2013)

Description of correction: Benesh Movement Notation - timing of Emboîtés corrected:
**Description of correction:** Amends to timing on counts 4&5, &6

<table>
<thead>
<tr>
<th>Count</th>
<th>Description</th>
<th>Correction</th>
</tr>
</thead>
<tbody>
<tr>
<td>4&amp;5</td>
<td>Coupé dessous facing 1 and soft spring to</td>
<td>Arms to 3rd left arm forward</td>
</tr>
<tr>
<td></td>
<td>left placing right leg into dégagé devant</td>
<td>Head</td>
</tr>
<tr>
<td></td>
<td>en fondu facing 5</td>
<td>turned over left arm</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Soft spring to right placing left leg into</td>
<td>Right arm starts to undersweep</td>
</tr>
<tr>
<td></td>
<td>dégagé devant en fondu facing 6</td>
<td>toward body</td>
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</tbody>
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**P80-81 – A1-24: Variation 2 (September 2013)**

Description of correction: Amends to timing on counts 4&5, &6
Description of correction: Glissade should be performed *dessous*, not *devant*

3  Glissade *dessous*          Arms to 2nd