

Talent Add On - Ballet

You have informed the advisor in your country that you would like to train whilst you are in the UK. It may be possible for you to train in your high school but it is more probable that you will have to go to an institute or club outside school. To help you find the right training, we should exchange information.

You need to know...

There are 8 Grades for children and 4 further levels for older children and young adults who might dance professionally. There is a minimum age for each level. There is no maximum age. It may be possible to place you in a class which works towards the right Grade.

	Minimum age
Grades 6-8	11
Intermediate Foundation	11
Intermediate	12
Advanced Foundation	13
Advanced 1	14
Advanced 2	15
Solo Seal Award	15

A good ballet school will assess you on arrival but we can estimate which level you could need and find out if there is theoretically a suitable school near enough. We can check the qualifications and safeguarding requirements of teachers but we can not guarantee your acceptance in particular classes or that all classes will run the year you arrive. We can tell you how far away the school is and how you can get there. Of course, we will also help you to register before or after arrival. We will follow your progress with interest because we like to see our students succeed.

Grade 6 minimum requirements:

Barre

Pliés, Battements tendus and battements glissés, Ronds de jambe à terre and battements fondus, Battements frappés, Exercise for ronds de jambe en l'air with port de bras, Adage, Grands battements and battements en cloche, Demi-pointe, enchaînement.

Centre

1st Port de bras or 2nd Port de bras, Pirouette en dehors, Pirouette en dedans, Adage study, Soubresauts and échappés sautés to 4th position, Pas de bourrées, Petit allegro.

Grade 7 minimum requirements

Barre

Pliés, Battements tendus and battements glissés, Ronds de jambe à terre and battements fondus, Battements frappés, Ronds de jambe en l'air, Adage study, Grands battements and battements en cloche, Coupé fouetté raccourci.

Centre

Port de bras, Pirouette enchaînement, Adage, Petit allegro, Allegro.

Grade 8 minimum requirements

Grade 8 develops solo performance as a culmination of the Graded Examination syllabus. Candidates are required to perform solos in the three styles of dance previously studied - Classical, Free Movement and Character.

Intermediate Foundation

Barre

Pliés, Battements tendus, Battements glissés, Ronds de jambe à terre, Battements fondus, Battements frappés, Petits battements, Ronds de jambe en l'air, Adage, Grands battements and grands battements en cloche.

Centre

Port de bras, Centre practice and pirouettes en dehors, Pirouettes en dedans and posé pirouettes, Adage, Allegro 1, Allegro 2, Free enchaînement, Allegro 3.

Pointe Barre

Rises, Relevés passés derrière OR devant Posés and coupé fouetté raccourci.

Pointe Centre

Temps lié and courus, Relevés and échappés relevés.

Advanced Foundation

Barre

Pliés, Battements tendus with petits retirés, Battements glissés with battements glissés en cloche, Ronds de jambe à terre, Battements fondus, Battements frappés, Ronds de jambe en l'air, Petits battements serrés, Développés sur la demi-pointe, Grands battements, Grands battements en cloche.

Centre

Port de bras, Port de bras, Centre Practice Temps lié, Battements tendus and battements glissés with pirouettes, Ronds de jambe à terre, Battements fondus, Grands battements

(A and B), Pirouettes, Pirouettes en dehors
Pirouettes en dehors and en dedans, Adage
1st Adage (A and B), 2nd Adage, Allegro, Pe-
tits changements, Jetés battements, Pas de
bourrée en avant, en arrière, and en tournant,
Failli, Free enchaînement, Entrechats trois
and cinq, Brisés dessus, Sissonnes ouvertes
to arabesque, Grands jetés en avant and en
tournant

Pointe Barre

Warm-up exercise, Assemblés piqués and
battements glissés, Posés de côté and
relevés, Posés into arabesque, Sissonnes fer-
mées relevées, Exercise for fouetté of adage

Pointe Centre

Temps lié, Echappés and relevés, Pas de
bourrée, Cœurs, Posés passés, Assemblés
piqués and emboîtés, Pirouettes en dehors,
Pirouettes en dedans, Petits soutenus, Posés
pirouettes en dedans, Dance Studies, Waltz
or Galop.

Solo Seal

The aims of the Solo Seal Award are to pro-
vide students with an opportunity to achieve
at a high level, and be assessed on variations
performed in front of an audience. Candidates
are required to prepare three variations: Set
variation, a choice of one variation from the
21st Century, a choice of one variation from
the Classical Repertoire.



We need to know...

How many years have you studied ballet?

How many times a week do you train?

What is the highest examination you have taken in your home country?

According to the descriptions here, which level do you believe you have?

What else can you tell us about your ballet?