

Knowledge of the Purpose of the Exercises on the Barre is required:-

- 1Q. What is the purpose of performing plies at the beginning of a Ballet class?
- A. Plies help to:-
- . warm up all the muscles in the legs
 - . strengthen the legs
 - . establish turn-out
 - . sustain the upright position of the body.
- 2Q. What is the purpose of Grands Battements en cloche?
- A. The main purpose of grands battements is to loosen and strengthen the legs. Battement en cloche develops the fullest range of movement.
- 3Q. What is the purpose of the Preparatory Exercise for Fouette Rond de Jambe en Tournant?
- A. This exercise helps to establish coordination and balance ready for turning.
- 4Q. What is the purpose of Battements sur le cou-de-pied?
- A. This exercise develops speed and control in the use of the lower leg, preparatory to beaten steps. It also helps understanding of how some part of the leg can move independently of the others.
- 5Q. What is the purpose of Exercise for Fouette of Adage?
- A. All adage movements help to develop the slow, smooth control of the legs and the strengthening of the back. The fouette requires the ability to use the hinge-like movement of the torso and the hip joint as the working leg circles from side to back, and to centre the weight over the supporting leg.
- 6Q. What is the purpose of the Demi Pointe enchainments on the barre?
- A. These strengthen feet and legs and prepare for pirouettes and pointe-work,

THEORY FOR THE VOCATIONAL GRADED BALLET EXAMINATIONS

No theory questions will be asked in the Vocational Graded Ballet Examinations.