

FEARLESS DANCE STUDIO

BALLET ALL LEVEL

Study Guide



2026

GOALS, QUALIFICATIONS & VOCAB





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BALLET LEVEL 1-5

~WELCOME~

*Ballet makes
EVERYTHING
better!*



Welcome to Ballet at Fearless Dance Studio!

Whether your dancer dreams of becoming a professional ballerina or simply enjoys coming to class each week, ballet builds confidence, poise, discipline, focus, musicality, and body awareness. Strong ballet technique also creates a stronger foundation for every other style of dance.

We are excited to share our clearly defined ballet levels at Fearless. As our studio continues growing with a stronger emphasis on education and technical training, these standards will help students and families better understand expectations, growth, and advancement opportunities.

In addition to the technical requirements outlined in the following pages, we will be paying close attention to three important areas when considering level advancement:

Attendance:

Consistent attendance is essential. Ballet training builds week by week, and missed classes mean missed instruction, corrections, and progress.

Attire:

Proper ballet attire allows teachers to clearly see placement and technique so corrections can be given safely and effectively. Required attire can be found in our Studio Policies and includes:

- Pink tights, black leotard, pink ballet shoes, hair in a bun
- Boys: black ballet shoes, black pants, black or white shirt

Please reach out with any questions regarding dress code requirements.

Attitude & Readiness:

Students should arrive prepared, focused, and ready to learn — dressed appropriately, hair secured, and ready to support both their own growth and the learning environment of the class.

It is truly our honor to teach this timeless art form. We are passionate about preserving the principles of ballet while helping each dancer grow in confidence, artistry, and technique. We cannot wait to work with your children and be part of their journey this season.

DANCER CHECK-LIST



In order for your dancer to move to the next grade he/she must complete all of the following with excellence:



1

Dancer must be able to describe the 3 basic movements of ballet



2

Dancer must understand the importance of performance and the use of dance as personal expression



3

Dancer must know all class vocabulary by vocal recognition, physical demonstration, and pass final vocabulary test with a 90% or higher score



4

Dancer must have a basic awareness of anatomy terms used to describe areas of the body



5

Dancer must be able to perform all class exercises with proper alignment and quality



6

Dancer must consistently show they are ready to learn by coming to class prepared and following direction and earn an average a score of “4” on their yearly Progress Report

VOCABULARY

BALLET 1

Plié: bending of the knees

Demi: half

Grand: Big, large, full

Petit: little, small

Battement Tendu: stretched leg beat

Battement Glissé (dégagé): glided, slipped, stretched leg beat — disengages from the floor.

Sautés: jumps landing in the same position

Échappés: escaping to an open position

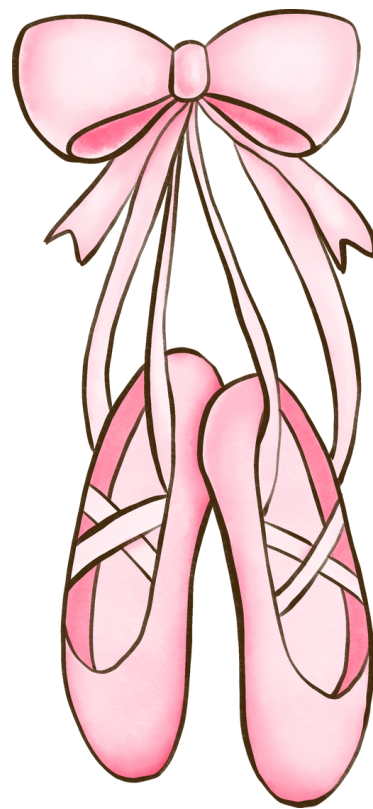
Échappés Sautés: jumps escaping to an open position

Ronds de jambe à terre: round movement of the leg executed on the floor

Grands Battements: large beat of the stretched foot

Port de Bras: carriage of the arms gracefully from position to position

Pas de Chat: step of the cat



VOCABULARY

Ballet 2

En croix: in the shape of a cross.
Executed front, side, back, side or
vice versa

Battement Fondus: a beat of the leg
while sinking down

Sous-sus: over-under. A relevé in 5th
position

Changements: springs in the air,
changing feet

Devant: in front

Derrière: behind

De côtés: to the side

Pas de chat: step of the cat

Petit Jetés: small throwing step,
jumping from one foot to the other

Soubresauts: sudden spring or
bound landing with the same foot in
front

Grands Jeté: large jeté. The legs are
thrown to 90 degrees with a
corresponding high jump

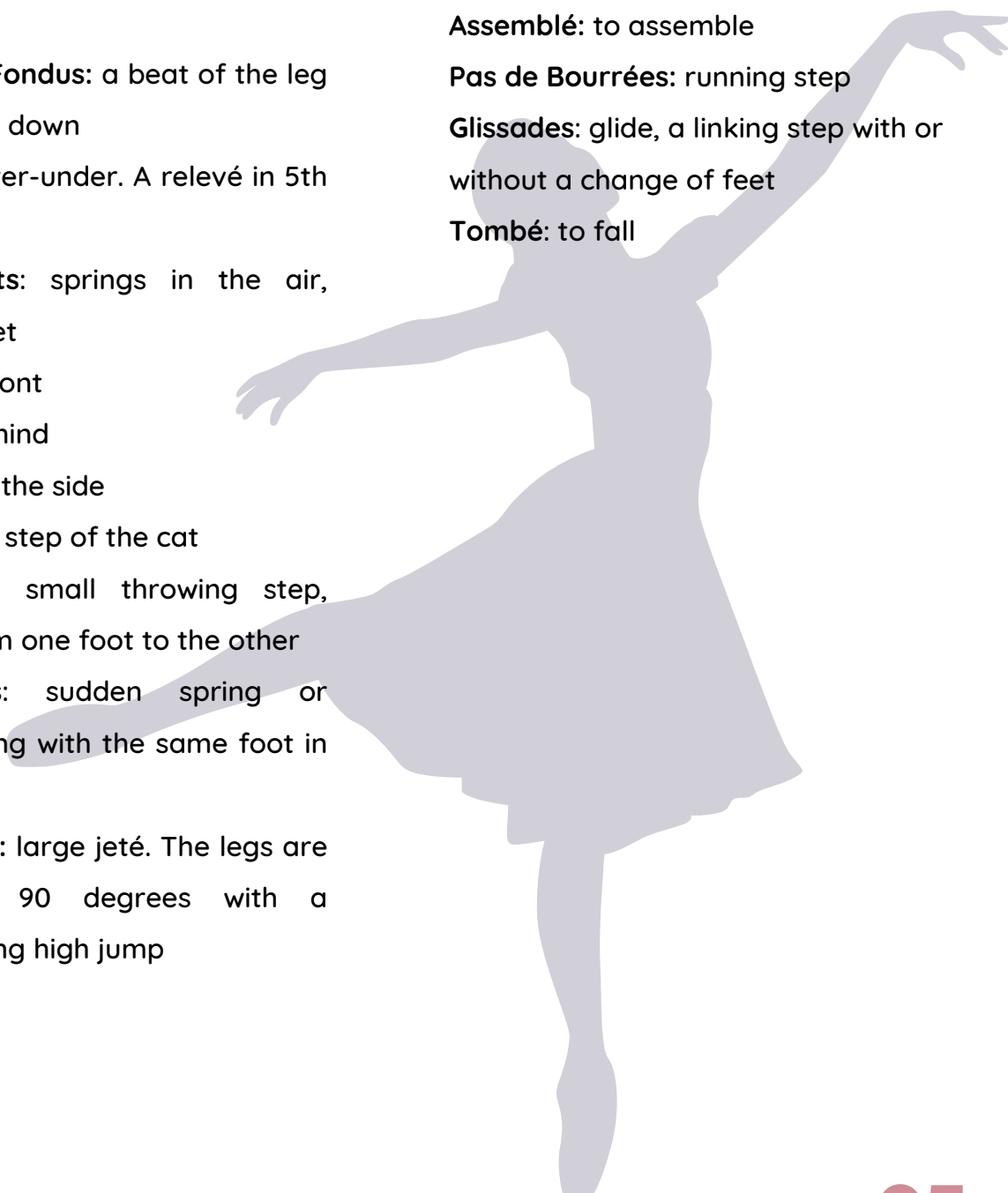
Coupés: cutting the weight of the
foot from one to the other

Assemblé: to assemble

Pas de Bourrées: running step

Glissades: glide, a linking step with or
without a change of feet

Tombé: to fall



VOCABULARY



Ballet 3

Retiré: withdrawn, where the knee is raised at the side of the leg

Chassé: chased, gliding into an open position

Relevés: raised onto a Demi-pointe through a slight spring

Passé: passed, where the foot of the working leg passes the knee of the supporting leg

Croisé: crossed position

Ouverte (Effacé): open position

Écarté: separated, thrown wide apart, position of the body in 2nd à terre or en l'air

Posé: to step or place in a posed position

1st Arabesque: the leg is extended behind while the same arm as the front foot is extended forward

2nd Arabesque: the leg is extended behind while the same arm as the leg behind is extended forward

3rd Arabesque: the leg is extended behind while both arms are extended forward with the back arm to the audience (further from) being slightly higher

Attitude: a pose in which the lifted leg is bent and well turned out

Pas de Valse: waltz step

Balancés: rocking step similar to a pas de valse — 3 counts

Changement battus (royale): a changement with a beat

Pas de Basque: French Basque step consisting of 3 movements

En avant: traveling forward

En arrière: traveling backwards

Pirouettes en dehors: a turn executed outwards

Pirouettes en dedans: a turn executed inwards

Jetés: throwing step from one foot to the other, where the brushing leg appears to be thrown

Demi détourné: half turned aside turning towards the back foot

Temps Levé: time raised, a hop in a movements performed lightly and smoothly

VOCABULARY

Ballet 4

Assemblé battus: an assemblé beaten

Assemblés Soutenu à terre: to sustain before joining, executed on the ground.

Battements Frappés: a striking or knocking beat to develop power in elevation.

Ballottés: tossed

Contretemps: beating against time. Full contretemps is a compound step consisting of a coupe, chassé and temps levé chassé passé. Demi contretemps is the second half only, temps levé—chassé—passé

Entrechat quatre: interweaving or braiding. Four crossings. A jump beating the legs rapidly crossing before and behind each other, landing on 2 feet

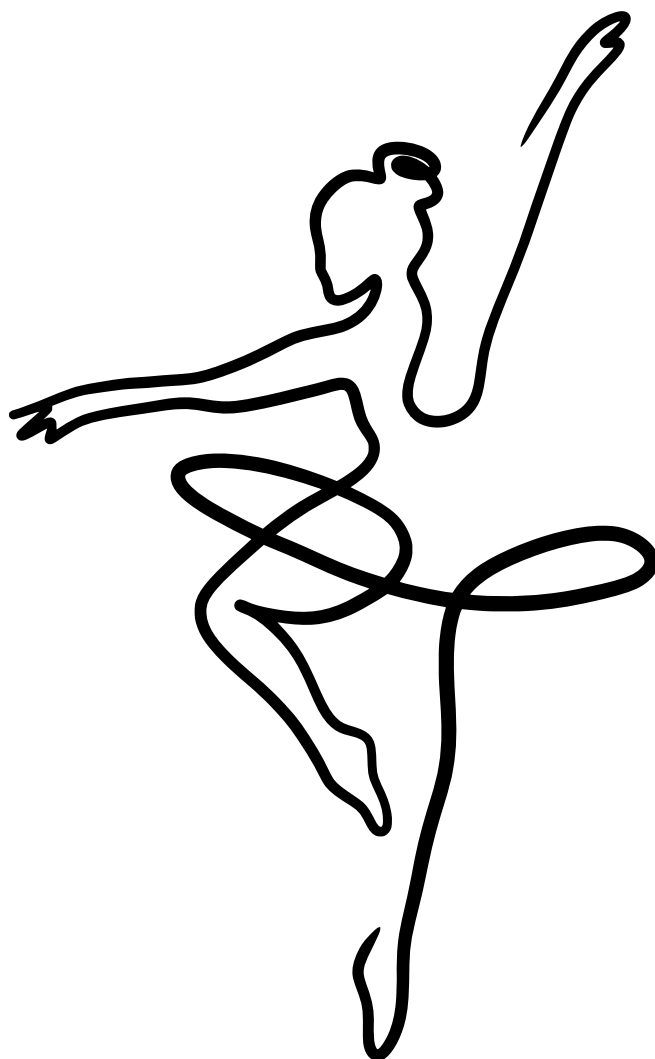
Entrechat trois: three crossings landing on 1 foot

Entrechat cinq: five crossings landing on 1 foot

Petits battements sur le coup-de-pied: small beat on the ankle

Retiré: withdrawn, where the knee is raised at the side of the standing leg

Saut de basque: a traveling step where the dancer turns in the air with one foot drawn under the knee



VOCABULARY

Ballet 5

Battements frappés fouettés: a striking whipped beat. Executed from 2nd position en l'air to the knee

Brisés: broken, breaking. A small beating step in which the movement is broken

Courus: running on the toes by a series of small even steps with the feet close together (bourrée)

Demi grands ronds de jambe: half-large round movement of the leg

Fouetté of Adage: whipping of the leg from front to back or vice versa, performed with a slow rotation

Fouettés ronde de jambe en tournant: whipped circle of the leg turning

Pas de Basque glissé: French Basque step done gliding close to the floor

Pas de Basque sautés: French Basque step done with a jumping motion



Pas de bourée piqués: running step pricked and picked up sharply

Petits battement serrés: small beat tightened continuously

Ronds de jambe en l'air: round movement of the leg in the air where the toe draws an oval while the thigh is kept motionless

Temps lie: connected movement transferring the weight of the body from one position to the next

Tour en l'air: turn in the air

VOCABULARY



MISCELLANEOUS

Ballonnés composé: a composite ballonné where the ballonné simple is followed by a chassé and closed in 5th

Ballonnés simple: a simple bouncing, ball-like step where one leg extends as you spring and returns to the knee as it is landed

Cabriole: an allegro step where the extended legs are beaten in the air

Chainés: chain links. Rapid turns done in a straight line or circle

Coupe fouettés raccourcis: A compound step consisting of a cutting motion followed by a whip and shortening of the working leg from 2nd to retire

Échappés sautés battus fermées: an escaping jump that is closed with a beat of the legs

Emboîté: boxed, fitted together. Can be done with a jump or en relevé

En manège: circular like a circus ring. The dancer performs around the room in a circle

Failli: giving way. Fleeting movement done in one count, keeping the feet close together in the air

Grands battements en cloche: large battement like a bell

Grands jeté en tournant: large jeté turning

Jeté battements: a petit battements executed during a jeté

Jetés battus: a jeté beaten

Penchée: leaning, inclining

Positions of the arms: bras bas; first; second; third; fourth; fourth crossed; fifth; open fifth/alongée; demi-second; demi-bras; arabesque

Positions of the feet: first; second; third; fourth; fifth; (sixth/parallel)

Renversés: upset or reversed

VOCABULARY

MISC. CONT:

Sissonne Doublée: a compound step consisting of a sissonne ouverte, coupe and assemblé

Sissonnes fermées: closed sissone. Jumping from 2 feet and closing to 2 feet

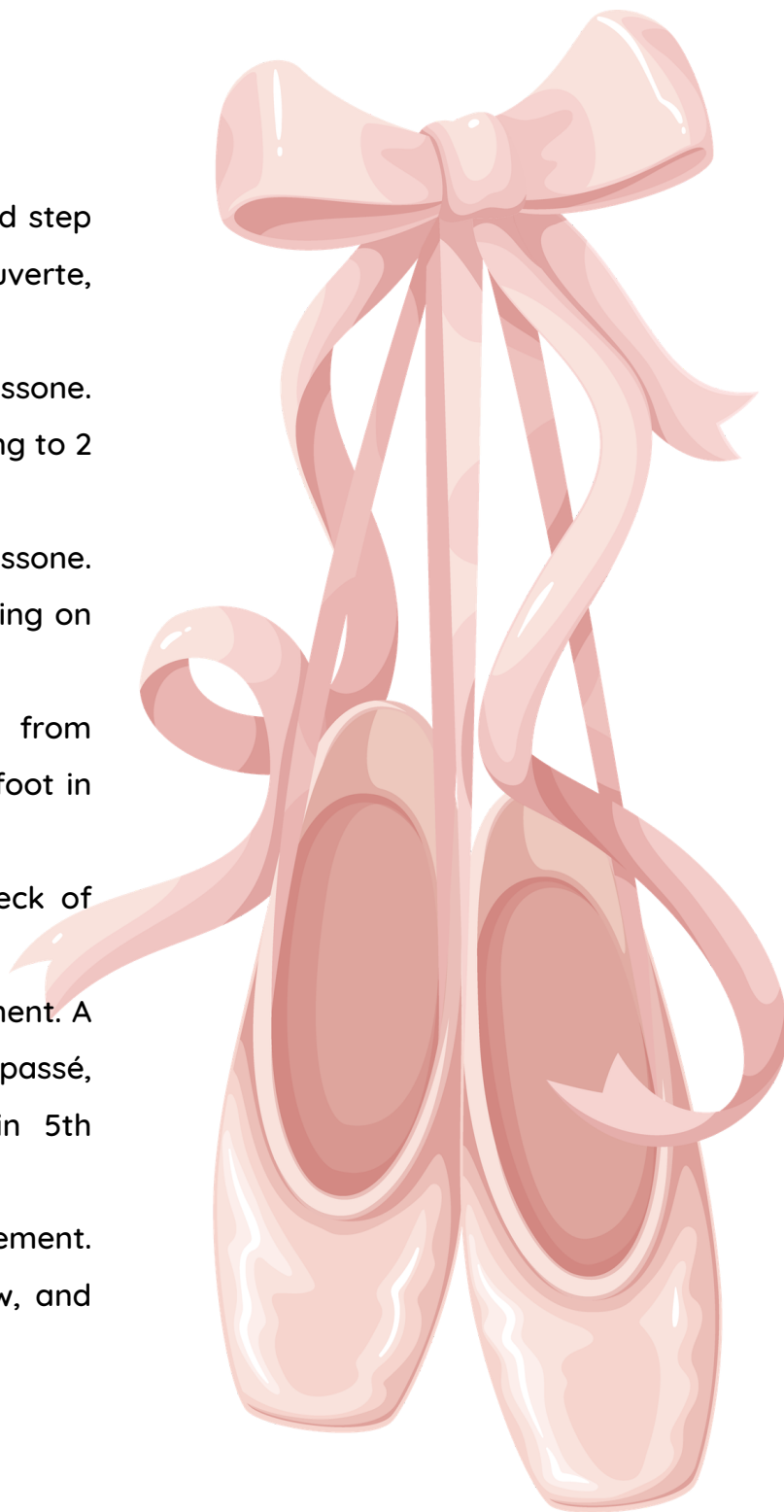
Sissonnes ouverte: open sissone. Jumping from 2 feet and landing on 1 foot

Sissones ordinaires: a spring from 5th position to land with one foot in sur le coup-de-pied

Sur le cou-de-pied: on the neck of the foot

Temps de cuisse: thigh movement. A compound step with a passé, dégagé or coupé finishing in 5th followed by a sissonne fermé

Temps de flèche: arrow movement. The first leg acts like the bow, and the second like the arrow



FEARLESS DANCE BALLET



We thank you for your continued support in Fearless Dance!!

Contact

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