



## COMDANCE Ballet Syllabus Information

Classical

All syllabus packages comprise a detailed written syllabus, DVD and CD.

There is also a visual glossary of terms available in DVD form to assist in the understanding of theory.

All theory is provided in the Teachers Theory Book.

**The Foundation Grades Syllabus covers:**

- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**The Progressive Grades Syllabus covers:**

- Pre Ballet
- Primary
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6
- Dorothy Gladstone Award

**The Major Syllabus covers:**

- Sub Elementary
- Elementary
- Intermediate
- Advanced
- Martin Rubinstein Award
- Classical Premiere
- Teachers' Certificate
- Teachers' Diploma

This Syllabus features 118 pieces of original music especially composed for the Syllabus.

### **Foundation Grades 2-6**

These grades have been introduced into the syllabi to help and assist students in building their technique before advancing to the next level. It is recommended that the Foundation Grade be taken or covered before the actual 'Graded

Examination', therefore giving the student a stronger technical foundation in dance.

### **Progressive Grades**

Pre Ballet (age 5) & Primary (age 6). These courses are for beginning students of ballet and form an introduction to basic technique and to different rhythms in music, which will later develop into musicality and enjoyment in their dancing. They learn coordination of the various body parts and how to mime, which promotes self-expression and confidence.

### **Progressive Grades 1-3**

Grade 1 (age 7) Grade 2 (age 8) & Grade 3 (age 9).

Here the teaching of true ballet technique commences, along with increased emphasis on correct posture, placement and line. Flexibility and strength building are also necessary components. A variety of steps are introduced and students learn both the vocabulary and how to join these together in different ways, and importantly to show enjoyment in what they are doing. Elevation, presentation and dance quality are developed throughout.

### **Progressive Grades 4-6**

Grade 4 (age 10), Grade 5 & Grade 6 (age 11). Movements become increasingly complex and varied and students learn to develop quick responses through the use of unrehearsed work. Turning steps, beaten steps and demi-pointe exercises are practiced and developed, so greater strength and control is required. An increased sense of performance, awareness of space and dynamics and development of choreography are emphasised. National dance is introduced from Grade 5 and the choice of style is flexible. Grade 6 lays the foundation for Major work which follows.

### **Dorothy Gladstone Award**

An optional public performance at a transitional level, for candidates who have passed Grade 5 or 6 but not Sub Elementary.

Printed music, audio CDs and DVDs for all syllabi are available to members.

### **The Major Classical Syllabus**

Caters for candidates from 12 years and onwards. Sub Elementary, Elementary, Intermediate, Advanced, Martin Rubinstein Award, Classical Premiere, Teachers' Certificate, Teachers' Diploma.

### **Elementary Set Adage & Allegro For 2023**

Adage 2 & 3

Allegro 1, 3 & 6.

### **Sub Elementary (age 12)**

Students need a sound knowledge of vocabulary and an understanding of technique in order to commence Major work. Unset work is increased. Strength, flexibility and stamina are further built up for the demands of Elementary work and beyond. Pointe work is introduced at this stage. The course is completed with a performance-length dance which requires a range of interpretation and expression.

### **Elementary (age 13)**

Students by now will have increased awareness of the use of the body in both stationary and travelling movements. Balances are sustained, requiring core stability and technical accuracy. Use of phrasing, dynamics and response to music are key components. The ability to project to an audience should be demonstrated, especially in the performance dance. This examination is the qualifying stage for preparation of the Teachers' Certificate.

### **Intermediate (age 14)**

This is an important level as it prepares students for advanced performance study and/or teacher training in specialist institutions, colleges and universities, as it may constitute one of the admission requirements. Technical proficiency, ability to perform complex exercises, confidence and artistry are finely tuned so that students can demonstrate these with ease. Pointe work is more demanding and comprehensive and is required for the Repertoire dance. Unrehearsed work is vital at this pre-professional stage as it forms a large component of the exam. This examination is the qualifying stage as preparation of the Teachers' Diploma.

### **Advanced (age 15)**

This is a stronger level as it prepares students for a more professional performance study and/or teacher training in specialist institutions, colleges and universities, as it may constitute one of the admission requirements. Technical proficiency, the ability to perform complex exercises, confidence and artistry are finely tuned in this grade so that students can demonstrate these skills with ease. Pointe work requires extra strength and control and is a large focus of this exam. Unrehearsed work is vital at this pre-professional stage as it forms a large component of the exam. Students must hold Advanced to progress through to Classical Premiere and Martin Rubinstein.

### **The Martin Rubinstein Award**

An optional public performance of a high level follows Intermediate.

### **Classical Premiere**

An elite level of professional dancing. Candidates now have developed a strong core stability and technical accuracy showing an excellent dance quality and response to music. A great variety of barre, ports de bras, adage, en manège and allegro are studied at this very high level.

Printed music, CDs and DVDs for the syllabus are available to members.

Candidates who have achieved 'Honours' for their Advanced Exam may apply to sit the Classical Premiere Exam.