

## BALLET EXAM GUIDELINES

Dear Applicant:

The following is a study guide for the DTCB/AS ballet exam. If additional help is required, please contact the Membership Examiner who will assist you in locating the information requested. Please note the bibliography at the bottom of this sheet. Best of luck!

1. Clear definition of “Ballet”.
2. Benefits of study, body faults, and basic lesson plan.
3. Adagio and Allegro – definitions and differences.
4. Understand musical measures, types of music (such as waltz, polka, etc.) and time signatures.
5. Understand how to choreograph at various levels and in various time signatures.
6. Understand feet, head, arm, body, arabesque positions.
7. Know the seven movements of dance, room and stage directions.
8. Pointe work.
9. Terminology (includes French translations and correct pronunciation).
10. Demonstration of specific, commonly taught steps.
11. Basic history: famous ballet dancers from early years, George Balanchine’s dancers.
12. Famous ballets (includes musical composers and choreographers of same).

### Bibliography:

Technical Manual and Dictionary of Classical Ballet: Gail Grant (Dover Books)

The Art of Teaching Ballet

On the Wings of Joy: History of Ballet from the 16<sup>th</sup> Century to Today

Understanding Ballet from classroom to Stage: John Gregory (Octopus Books)

The World of Ballet and Dance: Fernau Hall-Hamlyn Publishing

The Young Dancer (in association with the royal Ballet School-DK Publishing)

John Martin’s Book of the Dance-The Background and Development of the Dance in All Forms  
And Periods: John Martin –Tudor Publishing 1963

Balanchine-A Biography: Bernard Taper-Times Book Publishers

Dancing For Balanchine: Ashley Merrill –Dutton Publishers

The Dancer who flew-a memoir of Rudolf Nureyev: Linda Maybarduk – Tundra Books

\*Source for finding the above: The Guide to Performing Arts at STAGESTEP (catalogue)  
800-877-3342, email address:stagestep@stagestep.com