

Revision Summary Major Grades— Sep, 2023

PREFACE (page i)

The Major Syllabus follows the Senior Syllabus and is to be used by teachers and students for examination purposes, as a tool in the ongoing training of classical ballet.

This CDTA Ballet Syllabus has been created with the style and technique required for the traditional male and female ballet dancer.

In recognition of gender diversity, we aim to provide options for dancers of all genders to train and prepare for examinations in the CDTA syllabus in ways that are respectful and affirming.

In the Major Ballet Syllabus, where traditional “Pointe/Girl’s” or “Male” exercises are indicated, dancers may choose which work they will train and present in the examination, depending on what best aligns with their lived gender identity.

The development of the Major National Syllabus (Student Ballet Examinations) of the Canadian Dance Teacher’s Association has been a collaboration of representatives from the former CDTA provincial branches. Among the representatives have been Barbara Dearborn, Lorie-Gay Drewitz-Gallaway, Rhonda Gillrie, Ann Romeril, Aida Hughesman, Julie Dionne, and Gaëtane Hughes.

The representatives reviewed major methods of study and created a syllabus that may be used by professional teachers from a wide range of backgrounds. To this end, the terminology is eclectic and does not strictly adhere to any single method. We also realize that, at this level, it may not be possible for a set exercise to incorporate or reflect all methodologies. **Teachers may modify any set exercise to meet their Method requirements as long as the modification still reflects the grade level intended. A written copy of any modified exercise must be submitted to the Examiner prior to the exam.**

For centre work en diagonale and en manège, the line of dance may be adjusted to accommodate the studio dimensions.

It is highly recommended that students studying the Major Syllabus take at least three ballet technique classes a week in order to develop the strength and skill required to execute the work both safely and to the standard expected.

Whereas each Enrichment follows a corresponding Grade in the Junior and Senior Syllabus, Enrichments precede Grades in the Major Syllabus. Enrichment and Grade examinations may be taken at the same time or in separate years, following the order presented below.

*The Major Enrichments (optional) and Grades are done in the following order:

1. Intermediate Enrichment (Dance: Waltz)
2. Intermediate Grade: Level A or B
3. Advanced Enrichment (Dance: Ragtime)
4. Advanced Grade: Level A or B
5. Advanced Solo Award (Dance: Spanish)

The Major Syllabus is subdivided as follows:

Intermediate Enrichment and Grade: Level A (pointe section to be shown on pointe)
 Level B (pointe section to be shown demi-pointe)

Advanced Enrichment and Grade: Level A (pointe section to be shown on pointe)
 Level B (pointe section to be shown demi-pointe)

Advanced Solo Award

Add to General Guidelines

TERMINOLOGY - The teacher will prepare a sheet of terminology familiar to their students, to be used by the examiner throughout the examination.

TRAINING EXERCISES - any exercise marked as “Training Exercise” is not shown during the exam but should be taught in class.

Intermediate Revisions

3. Music: 2/4 Allegro **Battement Dégagé (Glissé, Jeté)**: Side to barre, 5th R foot devant, en effacé (1/8-turn away from the barre), arm en haut.

&1-&7	7 battements dégagés en effacé devant
8	Hold
&1-&7	7 battements dégagés to 2nd en écarté derrière, closing alternately 5 th derrière, devant, arm écarté
8	Turn 1/8-turn toward the barre
&1-&7	7 battements dégagés en effacé derrière, arm in arabesque
8	Hold
&1-&7	7 battements dégagés to 2nd en écarté devant, closing alternately 5 th devant, derrière
8	Turn en face
&1	Battement dégagé devant
&2	Battement dégagé derrière with inside leg
&3&4	2 battements dégagés to 2nd closing derrière, devant
&5	Battement piqué/double piqué to 2nd
6	Close 5 th derrière
&7&8	2 battements dégagés to 2nd closing devant, derrière
&1	Battement dégagé derrière
&2	Battement dégagé devant with inside leg
&3&4	2 battements dégagés to 2nd closing devant, derrière
&5	Battement piqué/double piqué to 2nd
6	Close devant
&7&8	2 battements dégagés to 2nd closing derrière, devant
&1	Battement dégagé devant
&2	Battement dégagé derrière with inside leg
&3&4	2 battements dégagés to 2nd closing derrière, devant
&5	Battement piqué/double piqué to 2nd
6	Close 5 th derrière
&7&8	2 battements dégagés to 2nd closing devant, derrière
&1&2	2 battements dégagés to 2nd closing devant, derrière
&3	Battement dégagé to 2nd closing devant en demi-plié
4	Relevé 5th
5-6	Demi-détourné
7-8	Lower heels en effacé (1/8-turn away from the barre)
1-64	Repeat all other side

4. Music: 3/4 **Rond de Jambe** (**remove word: Exercise**)
5. Music: 3/4 **Battement Fondu:** Feet 5th position en effacé (1/8-turn away from the barre).

1 count per bar Preparation according to Method taught

- 1-4 Battement fondu devant, opening en demi-pointe
- 5-8 Battement fondu to 2nd, opening en demi-pointe en face
- 1-2 Coupé dessus into cou-de-pied derrière (1/8- turn toward the barre)
- 3-4 Inside leg battement fondu derrière opening en demi-pointe to 1st arabesque (same arm as supporting leg)
- 5 Close 5th en demi-pointes
- 6 Demi-détourné to face other side
- 7-8 Lower heels en effacé (1/8-turn away from the barre) and prepare
- 1-16 Repeat other side, but lower heels en face (side to barre)
- 1-2 Extend leg pointe tendu devant and forward bend en fondu
- 3-4 Recover stretching supporting leg (sustaining the leg extended forward)
- 5-6 Back bend (arm en haut)
- 7-8 Recover (arm en haut)
- 1-5 Posé to a low arabesque en demi-pointe (arm opens through 2nd to 1st arabesque)
- 6 Release barre to balance
- 7-8 Lower heel sustaining arabesque en l'air
- 1-4 Balance (arm 1st arabesque)
- 5-8 Sustain balance as arms change to 2nd arabesque
- 1-4 Close 5th derrière en demi-pointes (arms en haut)
- 5-6 Demi-détourné to face other side
- 7-8 Lower heels en effacé (1/8-turn away from the barre) and prepare
- 1-64** Repeat all other side

8. Music: 3/4 or Adagio 4/4 **Adage:** Side to barre, 5th R foot devant. Arms: Teacher's arrangement.

- 1-8 Grand rond de jambe en l'air en dehors
- 1-2 Arabesque en fondu
- 3-4 Restretch supporting leg
- 5-6 Hold
- 7-8 Close 5th derrière
- 1-6 Repeat en dedans
- 7-8 Hold, sustaining the leg devant en l'air
- 1-2** **Fondu and releve, sustaining the leg devant en l'air**
- 3** **Fouetté to face barre (leg to 2nd en l'air en demi-pointe)**
- 4** **Fouetté to face other side (arabesque en demi-pointe)**
- 5** **Lower supporting heel to pointe tendu en fondu a terre**
- 6** **Hold**
- 7-8 Close 5th derrière

9. Music: 4/4 Tango **Grand Battement**: Side to barre, 5th R foot devant. Arms: Teacher's arrangement.

&1&2	2 grands battements devant
&	1 grand battement devant
3	Lower to pointe tendu and piqué to full height
&	Lower to pointe tendu devant
4	Close 5 th devant
&5-8	Repeat derrière with inside leg
&1-&3	3 grands battements to 2nd alternately closing 5 th derrière, devant, derrière
&4	Retiré passé closing devant
&	Dégagé (glissé) preparation devant
5-8	7 battements en cloche at full height or gradually to 90 degrees
a	Close 5 th derrière
&1-16a	Repeat in reverse beginning “&1”

11. Music: 4/4 **Barre Stretch**: Feet 5th position en croisé 1/8-turn toward the barre, arms en bas.

1-8	Développé devant to place the leg on the barre (R arm to 2nd, L hand onto barre)
1-2	Lower en fondu
3-4	Restretch
5-6	Forward bend toward leg
7-8	Recover
1-2	Backbend
3-4	Recover
5-8	Fouetté to face the barre, leg to 2nd
1-2	Lower en fondu
3-4	Restretch
5-6	Side bend toward leg
7-8	Recover
1-2	Extend the leg off the barre
3-4	Lower leg to the floor (pointe tendu)
5-6	Rotation (1/4-turn toward the extended leg)
7-8	Brush through 1 st position to pointe tendu derrière
1-4	Forward bend en fondu (full lunge, with back foot flat or stretched)
5-8	Recover
1-4	Extend to arabesque
5-8	Hold
1-2	Lower to pointe tendu
3-4	Chassé passé en avant (to pointe tendu derrière)
5-6	Rotation 1/2-turn to face the other side
7-8	Close 5 th devant, rotation to other side finishing with 1/8-turn toward the barre
1-64	Repeat all other side

12. Music: 4/4 **Port de Bras:** 5th position R devant en croisé, arms en bas, with strong épaulement to front foot.
- 1 Demi-plié (arms en bas)
 - 2 R foot extends devant (arms en avant)
 - 3 Temps lié en avant (transfer of weight through 4th en demi-plié to L foot pointe tendu derrière) (upstage arm en haut, downstage arm 2nd)
 - 4 Hold
 - 5-6 **Backbend**
 - 7-8 Recover
 - 1 Close 5th en face en demi-plié (L arm en avant)
 - 2 R foot extends to 2nd (arms 2nd)
 - 3 Temps lié de côté (transfer of weight through 2nd en demi-plié)
 - 4 Hold
 - 5-6 Allongé arms and side bend toward L foot (R arm en haut, L arm en bas)
 - 7-8 Recover (arms 2nd)
 - 1 Close 5th L devant en demi-plié en croisé (arms en bas)
 - 2 L foot chassé en avant and restretch, R foot pointe tendu derrière (R arm en haut, L arm 2nd)
 - 3-4 Lunge (en fondu with back foot flat on floor, R arm remains en haut)
 - 5-8 Circular port de bras/cercle du corps (forward bend, arms en haut; continue side stretch toward upstage, L arm en haut, R arm 2nd; continue back bend and recover changing arms, R arm en haut, L arm 2nd)
 - 1-4 Continue port de bras into 2nd arabesque en l'air
 - 5-6 Hold
 - 7-8 Close R derrière en croisé, arms en bas, with épaulement
- Candidate should prepare both sides. Examiner's choice of side in examination.**
13. Music: 4/4 **Centre Practice:** 5th position R devant en croisé (facing corner 2), arms en bas.
- 1-2 R foot battement tendu devant and close
 - &3&4 2 battements tendus devant
 - & R foot extends to battement dégagé (glissé) devant
 - 5-7 3 battements dégagés (glissés) en cloche (derrière, devant, derrière)
 - 8 Close 5th derrière
 - 9-16 Repeat in reverse (R foot extending derrière and closing 5th devant en face)
 - &1-2 R foot battement tendu relevé closing derrière
 - &3-4 L foot battement tendu relevé closing derrière
 - &5-&8 R foot 4 battements dégagés to 2nd alternately closing derrière, devant, with the last closing devant en face
 - &1 Relevé 5th (preparation for pirouette)
 - 2 Lower en demi-plié
 - 3-4 Pirouette en dehors (R foot closing derrière) finishing en face
 - 5-6 Full détourné to end en face
 - &7 R foot glissade changée travelling toward corner 4 to finish 5th L devant en demi-plié en croisé (facing corner 1)
 - 8 Restretch
 - 1-32** Repeat all other side

14. Music: 4/4 **Grand Battement**: 5th position R devant en croisé (facing corner 2), arms en bas.

Preparation	L arm en haut, R arm 2nd
&1-&3	3 grands battements croisé devant
4	Change arms to 2 nd arabesque
&5-&7	3 grands battements croisé derrière
8	Change arms to écarté devant
&1-&4	4 grands battements to 2nd écarté (alternately closing derrière, devant) closing the last one en demi-plié
5	R foot extends to grand battement to 2nd ecarté en relevé
6&a7	Tombé to 2nd and pas de bourrée dessous/under to finish 5 th L devant en demi-plié en croisé (face corner 1)
8	Restretch legs and prepare arms
1-16	Repeat all other side

15. Music: 4/4 **Battement Fondu** (45 degrees): 5th position R devant en croisé (facing corner 2), arms en bas.

1-4	Battement fondu devant (L arm en haut, R arm 2nd)
5-8	Battement fondu to 2nd en face (arms 2nd)
1-3	Battement fondu derrière en croisé (corner 1) (arms 2 nd arabesque)
4	Lower à terre en fondu
5&6	Pas de bourrée dessus/over en tournant en dedans (arm open to 2nd) finishing en croisé (corner 1)
7-8	Restretch legs and lower arms
1-16	Repeat all other side

16. Music: 4/4 **Adage**: 5th position R devant en croisé with épaulement, arms en bas.

To be shown at a minimum of 45 degrees.

1-8	Grand rond de jambe en l'air en dehors finishing in 2 nd arabesque en croisé (corner 1)
1-2	Change to attitude croisé derrière
3-8	R leg développé en tournant (through retiré/passé then développé to 2nd to end en face) and close 5 th derrière (arms en avant, open to 2 nd then lower en bas)
1-4	L leg développé to 2nd (arms en avant then to 2 nd)
5-8	Fouetté to 1 st arabesque facing wall 8
1-2	Lower en fondu retaining height of arabesque en l'air
3&4	Pas de bourrée piqué (full height) ending 5 th L devant en demi-plié, en face
5-6	Rise (arms en haut)
7-8	Lower heels en croisé with épaulement
1-32	Repeat all other side

17. Music: 2/4 **Pirouette en dehors:** 5th position R devant en face, arms en bas.

- &1 Temps lié en avant (glissade en avant en demi-pointes) (arms en avant)
- 2 Demi-plié (L arm to 2nd)
- 3-4 Single pirouette en dehors closing 5th derrière
- 5-8 Repeat with L foot
- &1-2 Pas de basque glissé extending en croisé (to corner 2) R foot pointe tendu derrière en croisé (corner 1)
- & 4th position-en demi-plié
- 3-4 Single pirouette en dehors finishing 4th
- &5 Double pirouette en dehors
- 6 Close 5th derrière
- 7 Relevé 5th en croisé
- 8 Lower heels en face
- 1-16** Repeat all other side

18. Music: 2/4 (slow tempo) **Pirouette en dedans:** 5th position R devant en croisé, arms en bas.

- &1 Glissade en avant
- & Restretch, extending R foot pointe tendu devant
- 2 Lunge (4th position, R foot en fondu, L foot flat on floor)
- 3-4 Single pirouette en dedans (1-1/4 turns) closing 5th L devant en croisé (facing corner 1)
- 5-8 Repeat other side, to end facing corner 2
- 1-4 Repeat with double pirouette, closing 5th L devant en croisé (end facing corner 1)
- &5-&8 4 glissades changées traveling R en diagonale toward corner 4
Examiner may ask to see this **exercise** on the other side.

21. Music: 3/4 **Allegro Set Enchainement:** 5th position R foot derrière en face, starting upstage L (corner 3), arms en bas. Enchaînement traveling toward downstage R (corner 1):

- &1&2 Assemblé double over (R foot closing derrière then devant)
- & Sissonne ouverte en avant to corner 1
- 3 Chassé passé en avant
- &4 Assemblé fermé derrière (R foot closing 5th derrière)
- &5&6 2 brisés dessus/over toward corner 1
- &a7 3 runs en fondu toward corner 3 (R, L, R, turning upstage)
- &8 L foot swishes into assemblé dessus/over en tournant (making a 3/8-turn clockwise) to finish 5th L front en face
- 1-8, 1-8 Repeat 2 more times (3 times in all) traveling en diagonale toward corner 1
- 1-8 Turning to the R, run to the upstage R (corner 4), and prepare to repeat
- 1-32** Repeat the enchaînement to the other side, traveling en diagonale toward corner 2.

22. Music: 3/4 **Batterie:** Feet 5th position R foot devant en face.

- &1 Entrechat trois derrière
- &a2 Pas de bourrée derrière
- &3 Entrechat trois derrière
- &a4 Pas de bourrée derrière

...Continued

- &5&a6 Échappé sauté battu changé
 &a7&a8 2 entrechats quatre
 1-8 Repeat other side
 1-16 Repeat all with entrechat trios devant and pas de bourée devant

23. Music: 2/4 **Grand Allegro:** Feet 5th position R foot devant en face.

- 1-4 2 échappés sautés changés to 2nd making a 1/2-turn on each opening
 &5 Glissade en avant
 &6 Assemblé en avant
 &7 Glissade en arrière
 &8 Assemblé en arrière
 &1-2, &3-4 2 petits pas de basque en tournant traveling toward corner 1
 5-8 2 posé pirouette (piqué) turns en dedans
 1&2 - 7&8 4 country pas de basque at 45 degrees (traveling en avant completing 1/2-circle toward R finishing upstage L (in corner 3)
 1& R foot posé temps levé in 1st arabesque toward downstage R (corner 1)
 2& L foot posé temps levé in retiré derrière
 3& Run run
 4 Grand jeté en avant
 5-8 Free ending
 Candidate should prepare both sides. Examiner's choice of side in examination.

POINTE WORK:

Barre:

25. Music 4/4 **Warm-up:** Facing barre, feet 1st position. Examiner's choice of side.

- 1 Lower en demi-plié
 &2 Press up to pointe sustaining plié
 3-4 Restretch legs en pointes
 5-6 Hold
 7-8 Lower heels
 1-7 Repeat in 1st position
 &8 R foot pointe tendu to 2nd, lower heel to 2nd position
 1-16 Repeat in 2nd position with tendu closing 5th devant on the last &8
 1-16 Repeat in 5th devant with tendu closing to 5th derrière on the last &8
 1-16 Repeat in 5th derrière with tendu closing to 1st on the last &8

27. Music: 4/4 **Échappé and Relevé:** Facing barre, feet 5th R devant.

- 1-2 Échappé to 2nd sans changer
 3-4 Échappé to 2nd changé
 5-6 Relevé devant
 7-8 Relevé derrière
 1-8 Repeat other side
 1-16 Repeat all

28. Music: 2/4 **Bourrées (Courus):** Facing barre, feet 5th R devant.
 Preparation according to Method taught
- | | |
|------------|--|
| &1-2 | Coupé fouetté raccourci |
| 3-4 | Bourrées (courus) de côté toward front foot |
| &5-6 | Coupé fouetté raccourci |
| 7-8 | Bourrées (courus) de côté toward front foot |
| &1-2, &3-4 | 2 coupés fouettés raccourcis |
| 5&6 | Petit pas de bourrée piqué under finish en fondu |
| 7-8 | Bourrées (courus) toward front foot in circle sur place to finish facing barre |
| 1-16 | Repeat all other side |

30. Music: 2/4 **Glissades and Assemblés Relevés:** Feet 5th R devant en croisé. Arms: Teacher's arrangement.

- | | |
|------|--|
| &1-2 | R foot temps lié sur pointe en avant (glissade en avant to 5 th en pointes) en croisé (to corner 2) |
| &3-4 | R foot temps lié sur pointe en avant (glissade en avant to 5 th en pointes) en face (downstage) |
| &5-6 | R foot temps lié sur pointe en avant (glissade en avant to 5 th en pointes) en effacé (to corner 1) |
| &7-8 | L foot assemblé relevé dessus en croisé (facing corner 1) |
| 1-8 | Repeat other side |

34. **Examiner's Enchaînement for Pointe:** 16 bars maximum per side.

37. Music: 3/4 **Men's Grand Allegro en Diagonale:** Feet 5th R devant en croisé (facing corner 2), starting upstage L (corner 3).
 Arms: Teacher's arrangement.
 Enchaînement travels toward downstage R (corner 1).

- Preparation L foot dégagé derrière (arms demi-bras)
- | | |
|------|---|
| &1 | Demi-contretemps into chassé en avant toward downstage R (corner1) |
| &2 | R foot brushes forward into cabriole fermée devant (L arm en haut, R arm 2 nd) |
| &3-4 | Sissonne ouverte into chassé passé en avant, |
| &5 | Run, run |
| &6 | R foot brushes forward into cabriole fermée devant (L arm en haut, R arm 2 nd) |
| &7& | Run, run, run (R,L,R) |
| a8& | Grand jeté en avant L landing in arabesque (arms demi-bras) and relevé to finish
Examiner may ask to see the other side. |

38. **Examiner's Enchaînement for Men's Grand Allegro:** 16 bars maximum per side.

The examiner will set a Grand Allegro Enchaînement that may include steps from:

- | | |
|--|---|
| a) All previous Allegro and Grand Allegro work | e) Assemblé en Tournant |
| b) Grand jeté en tournant | f) Cabriole fermée |
| c) Grand jeté en avant | g) Pirouettes (en dehors and en dedans) |
| d) Tour en l'air | |