

# Ballet Competitive Level 1 Examination Contents

- Part 1: Flexibility, strength, and techniques (55 points):
  - Shoulder stretching 10 times (2 point)
  - Flex and point feet (2 point)
  - Hip stretching (4 point)
  - Middle split with blocks for one minute (2 points)
  - Side splits with two blocks: right/left, one minute for each side (2 points)
  - Standing half bridges 10 times at centre (2 point)
  - Standing bridges (2 points)
  - Leg holding: forward/side/backward (12 points)
  - The first and the fifth standing positions by barre (2 points)
  - Plie: the first position (2 points)
  - Tendu: forward/side/backward (3 points)
  - Releve by barre (2 points)
  - Passe (2 points)
  - Saute 30 times (2 points)
  - The first position saute 10 times (2 points)
  - Preparation for jump by barre (2 points)
  - Leg drops 20 times with certain speed (3 points)
  - Seesaw 20 times (3 points)
  - Techniques (optional, extra 4 points): handstands, back rollover, cheststands, cartwheels, shoulder stands, etc.
- Part 2: Dance (35 points):
  - Hands positions (3 points)
  - Solo dance portion (24 points): Please prepare a 1-1.5 minute long choreography. You may create your own or select one that was taught in class.
  - Mimicry ability (8 points): A teacher will do a demo choreography for 4X8 counts a total of 3 times. The examinee must mimic the demo dance.
- Please note:
  - The full score for the exam is 100 points. Students with 75 points and above will enter the Ballet competitive level 1 in September 2025. The maximum students we are taking is 12.
  - An email notification will be sent out one week before the exam with the exam groupings and the exam time for each grouping. All examinees must arrive 15 minutes prior to the exam time to warm up.
  - Please bring your own music for the solo dance portion. It should not exceed 1.5 minutes and there are no limitations with regards to style. Please prepare any required props in advance. If you need any music from a class, please contact your instructor in advance.
  - Exam results will be announced through email before April 20th, 2025.