

Examination Contents

For the Ballet Pre-competitive Junior Level

- Part 1: Flexibility, strength, and physical foundation (50 points)
 - Standard Level 2 Combination: Dancing with Animals - Abdominal Strength Assessment (2 points)
 - Standard Level 2 Combination: Dancing with Animals - Back Strength Assessment (2 points)
 - Standard Level 2 Combination: The Pinocchio - Développé & Battement Relevé Lent (2 points)
 - Forward fold (chest to legs), 5 sets × 10 seconds each (2 points)
 - Side splits (left & right), 20 seconds each side (3 points per side, total 6 points)
 - Middle split, 20 seconds (3 points)
 - Bridge (push up from floor, hold 15 seconds) (3 points)
 - Floor leg kicks (front / side / back), 10 each (5 points)
 - Check arch flexibility, then perform Level 2 flex-and-point combination (3 points)
 - Turnout control in isolated flex-and-point movement (3 points)
 - Lying on floor in 6th position: Battement relevé lent + turnout control (isolated movement assessment) (3 points)
 - Posture & placement assessment - 6th and 1st positions (2 points)
 - Demi plié (1st position) (2 points)
 - Relevé × 10 (3 points)
 - Sauté × 10 consecutive (height & landing control) (3 points)
 - Retiré jump × 8 (height & landing control) (3 points)
 - Single-leg pose balance, hold 8 seconds (3 points)
- Part 2. Ballet Artistry & Technique (50 points)
 - Walking on demi-pointe (2 points)

- Arm Positions & Port de Bras (3 points)
 - Rhythm & Coordination Test (5 points)
 - On-the-Spot Combination: teacher demonstrates a 3-5 × 8-count combination (including walking / Port de bras / Suivi / arabesque). (15 points)
 - Improvisation: teacher plays a piece of music. Student must improvise freely for 30 seconds based on the music (12 points)
 - Individual Dance variation: Prepare a 1:00-1:30 dance solo. (10 points)
 - Artistic Expression: overall performance quality: confidence, smile, eye contact, stage presence. (3 points)
- Part 3: Bonus Points (+1 point each, maximum +4 points. Not included in the 100-point total.)
- Excellent natural turnout
 - Ideal ballet body proportions ("three long, one small" standard)
 - Outstanding foot arch
 - Additional skills (e.g., cartwheel)
- Please note:
- The full score for the exam is 100 points. Students with 75 points and above will enter the Ballet pre-competitive Junior class in September 2026. The maximum students we are taking is 12 for each group.
 - 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, 2026.