

# Movement Training

## Ballet "Barre"

- Plie', releve', and port de bras
- Tendu
- Degage'
- Grand Battements
- Ronds de jam
- Balance work: fondu, retire', developpe', pique, arabesque, etc.
- Combine skills w/a follow

## Dance Skill work

- Jumps
- Turns
- Side chasse,' Jette', assemble', etc.

## Floor Work

- Contraction Exercise
- Ball-Pin-X

## Across the Floor

- Tondue step walk
- Jazz run
- Walk/run vary facings and step size
- Chasse'
- Sote'
- Leap (Grand Jette')
- Kicks, attitudes
- Chane' turns
- Air tors
- Tor jette
- Combos
- Combos w/ equipment