

BALE PROGRAMI DERS MÜFREDATI

1. SINIF

BAR

- 1- EXERCISE FOR FEET WITH RISES
- 2- DEMI - PLIES
- 3- DIVIDED BATTEMENTS TENDUS
- 4- PORT DE BRAS

ORTA

- 5- SKIPS
- 6- FLOOR EXERCISE - Exercise for Turnout and Flexing
- 7- EXERCISE FOR RELAXATION - Free Movement
- 8- DEMI – PLIES
- 9- TRANSFER OF WEIGHT
- 10- STEP CLOSE STEP POINT
- 11- 1ST PORT DE BRAS
- 12- 2ND PORT DE BRAS
- 13- RUN AND PAUSE WITH RISE - Free Movement
- 14- SWAYING - Free Movement
- 15- RUN AND PAUSE
- 16- CLASSICAL WALKS - Girls
- 17- CLASSICAL WALKS - Boys
- 18- WALKS AND POINT
- 19- STORK WALKES
- 20- SKIP CHANGE OF STEP
- 21- SAUTES
- 22- SAUTES AND ECHAPPES SAUTES
- 23- EXERCISE FOR POISE - Free Movement
- 24- SOUBRESAUTES
- 25- EXERCISE FOR EYE FOCUS
- 26- SPRING POINTS - Training Exercise
- 27- GALOPS AND SPRING POINTS
- 28- DANCE

RHYTHM AND CHARACTER STEPS

- 29- RHYTHM IN 2/4
- 30- RHYTHM IN 3/4
- 31- JUMPS WITH EYE FOCUS
REVERANCE

2. SINIF

1 SKIP CHANGE OF STEP

BARRE

2 EXERCISE FOR FEET

3 PLIES

4 BATTEMENTS TENDUS - A. A la Seconde & Devant from 1st position

5 BATTEMENTS TENDUS - B. A la Seconde & Devant from 3rd position

6 BATTEMENTS TENDUS - C. Derriere

7 BATTEMENTS GLISSES

8 EXERCISE FOR BATTEMENTS FONDUS

9 GRANDE BATTEMENTS - A. Devant

10 GRANDE BATTEMENTS - B. A la Seconde

11 RISES

12 PORT DE BRAS

CENTRE

13 SKIP CHANGE OF STEP AND GALOPS

14 1ST PORT DE BRAS

15 2ND PORT DE BRAS

16 DEMI - PLIES - 1st, 2nd and 3rd positions

17 BATTEMENTS TENDUS WITH TRANSFER OF WEIGHT - Training Exercise

18 BATTEMENTS TENDUS WITH TRANSFER OF WEIGHT - Set Exercise

19 BATTEMENTS TENDUS WITH PREPARATION FOR GRANDS BATTEMENTS

20 SAUTES

21 SAUTES AND ECHAPPES SAUTES

22 SOUBRESAUTS AND CHANGEMENT

23 CLASSICAL WALKS - Girls - A. Without Change of Direction

24 CLASSICAL WALKS - Boys - A. Without Change of Direction

25 CLASSICAL WALKS - Girls - B. With Change of Direction

26 CLASSICAL WALKS - Boys - B. With Change of Direction

27 SWAYING AND SPINNING - Free Movement

28 PETITS JETES - Training Exercise

29 SPRING POINTS AND PETITS JETES

30 SOUBRESAUTS AND GALOPS - A. Without Change of Direction

31 SOUBRESAUTS AND GALOPS - B. With Change of Direction

32 SKIPS AND PONY GALOPS

STUDIES

33 POLKA

34 HORNPIPE – Boys

CHARACTER STEPS

35 PICKED UP RUNS

36 DANCE - Girls

37 DANCE - Boys

REVERANCE

3. SINIF

BARRE

- 1 TRANSFER OF WEIGHT
- 2 PLIES - Training Exercise
- 3 PLIES - Set Exercise
- 4 BATTEMENTS TENDUS
- 5 BATTEMENTS GLISSES
- 6 RONDS DE JAMBE A TERRE - Training Exercise
- 7 RONDS DE JAMBE A TERRE - Set Exercise
- 8 BATTEMENTS FONDUS
- 9 RETIRES
- 10 GRANDS BATTEMENTS - A. Devant and a la Seconde
- 11 GRANDS BATTEMENTS - B. Derrière
- 12 PORT DE BRAS
- 13 RISES
- 14 RELEVES

CENTRE

- 15 EXERCISE FOR RELAXATION - Free Movement
- 16 PLIES
- 17 BATTEMENTS TENDUS
- 18 1ST PORT DE BRAS
- 19 2ND PORT DE BRAS
- 20 SWAYS WITH ARM CIRCLES - Free Movement
- 21 ECHAPPES SAUTES TO 2nd AND CHANGEMENTS
- 22 STEP AND HOP FORWARD AND BACK - Free Movement
- 23 UNFOLDING SKIPS - Free Movement
- 24 GALOPS WITH ATTITUDE
- 25 GALOPS AND COUPES - A. Without Change of Direction
- 26 GALOPS AND COUPES - B. With Change of Direction

STUDIES

- 27 GALOP
- 28 FREE MOVEMENT

RHYTHM AND CHARACTER STEPS

- 29 RHYTHM IN 2/4
- 30 RHYTHM IN 3/4
- 31 JUMPS WITH EYE FOCUS
- 32 PAS DE BASQUE
S AND CIFRAS
- 36 DANCE
REVERANCE