

CHRISTINE RICH STUDIO SKILL LIST FOR LEVEL ADVANCEMENT BY DANCE SUBJECT

To enroll into (or stay in) a [Ballet](#) Level, student must demonstrate confident abilities to perform the following skills (as well as the skills from earlier levels) with good technique:

[Pre-Ballet Ages 4-6](#): In order to take this class, the young child must be on the quiet, teacher-following end of the spectrum versus big personality that wants to do their own thing and be in perpetual movement. In other words, this class is better suited for a child who is more librarian like than wanting to play.

[Pre Beginning Ballet](#): Open to beginners ages 6-10.

[Beginning Ballet](#): Open to beginners ages 10-13. If Ages 7-9, requires at the barre plié in 1st, 2nd, & 5th, tendus en croix, simple rond de jambe, coupé & fondu combinations, grande battement en croix. In center: basic combinations. Understanding of French terminology & its English translations. All students must be able to do their own ballet bun, which should stay securely in place from the start to finish of class. Students are required to prove this prerequisite to the teacher.

[Ballet I-Prep](#): Demonstrate mature behavior & diligent focus. More mastery of holding posture & turn out as you execute a full ballet barre, and more center work. This class also strengthens the legs & feet for Pre-Pointe work.

[Ballet I](#): Ability to pick up more difficult barre & center combinations while maintaining good posture, pointed feet, & stretched legs. Is able to use head movement with effacé, croisé, and écarté work. Moving into pointe shoe work.

[Ballet II](#): Further mastery of a full ballet class. Adage allegro in pointe shoes. Working on double pirouettes.

[Ballet III](#): Mastering right & left double pirouettes on pointe.

[Ballet IV-VI](#): Clean double or triple pirouettes on pointe, full pointe work.

[Ballet V-VI](#): Is able to take barre in pointe shoes.

To enroll into (or stay in) an [Acro](#) Level, student must demonstrate confident abilities to perform the following skills (as well as the skills from earlier levels) with good technique:

Acro Beginning: Open to beginners ages 5-22. By invitation for ages younger than 5. Parents please practice at home with student: a push from the floor into a back bend bridge and kick up to a wall and hold a straight handstand.

Acro Continuing: To enter Acro Continuing: controlled stand-to-back bridge, front limber prep, headstand for 16 cts with straight body, R&L standing cartwheel, running good-side cartwheel, bridge walk length of mat. Must master correct straight arms, without reminders, on all tricks to move to Acro I. All students must be able to do their own ballet bun, which should stay securely in place from the start to finish of class. Students are required to prove this prerequisite to the teacher.

Acro I: To enter Acro I: handwalk 4x with control, running round-off; length of mat with straight legs/proper arms: back/front limber, frt/bk walk-overs, back Arabian.

Acro II: To enter Acro II: perfect basic tricks (feet together limbers/leg up walkovers), headstand with all splits, close to no-spot on back handspring; headspring, handspring.

Acro III: To enter Acro III: handwalk $\frac{3}{4}$ of room, aerial cartwheel, back handspring (from stand & run), working on continuous back handspring.

Acro IV: To enter Acro IV: all handwalks, Barani, Rd-off bk handspring to tucks or layouts, close to aerial front walkover, close to standing back tuck, half &/or full twist.

To enroll into (or stay in) a [Jazz](#) level, student must demonstrate confident abilities to perform the following skills (as well as the skills from earlier levels) with good technique:

Jazz Beginning: Open to beginners ages 6 & up.

Jazz Continuing: jazz squares, pivot steps, chasse forward with pointed feet, hold passé in neutral, Frankenstein chaîné turns, kick ball change, over pas de bourrée with straight arms a la secondé and to passé hold, jazz walks (front and side), grande jete (leaps) with battement and développé legs right and left, isolations, hold balance in neutral passé on turn boards for 5 seconds, strong interest in appropriate participation. All students must be able to do their own ballet bun, which should stay securely in place from the start to finish of class. Students are required to prove this prerequisite to the teacher.

Jazz I: développé and battement leaps right & left with arabesque arms, straight legs 180 degrees along with the chassé pas de bourrée prep, neutral passé en dehors single pirouette right and left on floor - triple on turn board, chaîné turns in releve, strong ability to emote facially and remember and do choreography from the week before.

Jazz II: neutral passé en dehors double pirouette right and left from ball change or pas de bourrée, axel, illusion, fan kicks, body roll, strong development in ballet technique. Straight legs and ability to consistently point feet in motion.

Jazz III: strong development in ballet technique.

Jazz IV: strong development in ballet technique.

To enroll into (or stay in) a [Tap](#) Level, student must demonstrate confident abilities to perform the following skills (as well as the skills from earlier levels) with good technique:

Kinder Tap & Move: Open to beginners ages 3-6.

Beginning Tap: Open to beginners ages 6 & Up. Will learn in part: Shuffle, shuffle hop step, struts (brush ball heel drop), shuffle ball change & flap ball change (two-step), flaps, running flaps, running shuffles, leap toes backwards, strong interest in appropriate participation and practice.

Tap Continuing: Will learn: buffalo, Maxie Ford, cramp rolls, drawbacks, Alexander, pullback sequence, toe stands, single time step, 3-count & 5-count riff, back essence, all steps and flaps with heels up.

Tap I: Will learn: double buffalo & Maxie Ford, syncopated pullbacks & toe stands, Cincinnati, double/triple time steps, bombershays, paddle turns.

Tap II: Will learn: regular wings, waltz clog, slurps, crossing drawbacks, crossing pullbacks, running shuffle pickups (backwards), double bombershays.

Tap III: Will learn: single (one foot) wings, switching pullbacks, over the tops, switching wings, 6-count pullbacks.

Tap IV: master all previous skills, excel at quickly picking up rhythms/combinations/new steps.