

American Ballet Theatre's National Training Curriculum

Ballet Master Stephen Hook

Training Guidelines

PERGSET

The 7 movements in dancing are:

1. Pier (to bend)
2. Etendre (to stretch)
3. Relever (to rise)
4. Glisser (glide)
5. Sauter (to jump)
6. Elancer (to dart)
7. Tourner (to turn)

Note: acronym PERGSET