

American Ballet Theatre's National Training Curriculum

Ballet Master Stephen Hook

Training Guidelines

- 1 - The 5 positions of the feet
- 2 - The 5 positions of the arms
- 3 - The 3 positions of the hand
- 4 - The 5 positions of the head
- 5 - The 5 arabesques
- 6 - The 8 points of the room
- 7 - Knowledge of ballet terminology
- 8 - Correct posture
- 9 - Correct use of turn - out
- 10 - Correct placement
- 11 - Central line of balance
- 12 - Transferring of weight
- 13 - The basic rules and coordination
- 14 - Correct use of the foot
- 15 - The theory of port de bras and correct use of Epaulement: 1st & 3rd
Cecchetti's ports de bras
- 16 - The 7 movements in dancing: 1. plier (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
- 17 - The 8 directions of the body: 1. croise devant, 2. a la quatrieme devant,
3. ecarte, 4. efface, 5. a la seconde, 6. epaule, 7. a la quatrieme derriere
8. croise derriere