

**Elite Academy 3P Testing Curriculum**  
**PASSION – PERFECTION - PROGRESSION**

**Level 1 – Jazz**

Item	Specifics
Center Straddle on Floor	Legs turned out, toes pointed, stomach to the floor.
Center Floor Passé Balance (Right and Left Leg)	Standing leg straight and parallel, connecting foot in HIGH passé, foot not sickled, arms in first position.
Center Floor Toe Touch	Height, legs turned out, pointes, arms in a T position, legs together in landing.
Center Floor Pivot Turn (Right and Left)	Hands on hips and make sure dancer is turning the correct direction for the left and right side.
Center Floor Pirouette Prep (Right and Left)	Both Legs in fourth position parallel, front heel flat on the floor, back heel forced arch, correct arms in L position, releve up to straight supporting leg.
Across Floor Battement	Supporting Leg straight, supporting foot flat on the floor, working leg turned out from the hip and toe pointed. Height will progress as the dancer progresses.
Across Floor Chainé Turn Preps (Right and Left)	Starting position with leg extended, open to second both legs turned out and straight, watch that arms do not go behind the dancer, close in first position, heels together with legs straight.
Across Floor Pique Preps (Right and Left)	Starting position with leg extended, open arms to second, step onto a straight supporting leg, working foot is turned out in a passé, step down to a big pile, extended leg stays straight and pointed.
Across Floor Front and Side Chasse	Front chasse: arms in L position opposite of leg, lead with toe, close feet in fifth position when in the air Side chasse: arms in second position, lead with the toe, feet come together in first position in the air
Across Floor Passes Skips	Lead with the tow, when in the air bottom leg is extended and pointed, other leg is in high passé not sickled, hands on hips.
Across Floor Cross Touch	Hands on Hips, cross in front

**Level 2 – Jazz**

Item	Specifics
Center Floor Right and Left Split	Legs straight, turned out, toes flat, sitting on top of torso, flat
Center Floor Single Pirouette (Right and Left)	Both legs in fourth position parallel, front heel flat on the floor, back heel forced arch, correct arms in L position, releve up to a straight supporting leg, high passé not sickled, spot
Center Floor Heel Stretch (Right and Left)	Supporting leg turned out and straight, grab working leg from passé, turned out from the hip and straight, body is aligned correctly.
Center Floor Needle Point (Right)	Supporting leg straight and turned out, working leg straight, hips turned under, leg straight and pointed, needs to be 90 degrees
Across Floor Grand Jete Leap	Front chasse lead with toes, leap with arms in L, arms controlled and in first position when in transition to the next leap
Across Floor Jazz Walks with Pivot Turn	Walking with Emphasized forced arch four times with pivot turn on both sides.
Across Floor Tuck Jumps (One Leg)	Chasse step, step (leading with toe) tuck jump, bottom leg extended and pointed, top leg tucked up to a passé point position with foot pointed
Across Floor Single Chainé Turn	Starting position with leg extended, open to second, both legs turned out and straight, arms do not go behind body, close in first position, heels together, legs straight, spot.
Across Floor Single Pique turn	Starting position with leg extended, open arms to second facing side wall, step onto a straight supporting leg, working foot is turned out in passé, step down to a deep pile, extended leg stay straight and pointed
Across Floor Six Step	Crossing in front, strong arms, emphasized forced arch
Across Floor Front and Side Kicks	Supporting leg straight and foot flat on ground, working leg turned out from the hip, toe pointed, hips and upper body square to wall

**Elite Academy 3P Testing Curriculum**  
**PASSION – PERFECTION - PROGRESSION**

**Level 3 – Jazz**

Item	Specifics
Split (Right, Left, and Middle)	Both legs are straight (make sure knees are extended - not touching the floor unless flat)
Heel Stretch (Right and Left)	Starts from passé, grab inside of foot, extend, supporting leg straight and turned out with heel forward, hip is tucked under, toes pointed
Fan Kick (Right and Left)	Center floor- ball change fan, ball change in plie, lift up to releve with standing leg as opposite leg brushes through first from corner to corner, leg is straight, toe pointed
Fouette (Right)	Both legs parallel fourth position to start, leg should go from fourth to position one at corner, open to second, then back into passé, pile then releve
Illusion (Right)	Right toe pointed to the front, right arm rounded, step to the side, body lowers onto sanding leg, left leg raises into the air, extended with pointed toe and straight knee, rotate on ball of foot, swing leg around and come up
Double Pirouette with Six Step	Cross ball change, cross ball prep, both legs plie, front foot flat, back foot high forced arch, correct arms with corresponding leg, double turn, step out to the front, repeat.
Tuck Jump (Left and Right)	Chasse square to the front, stay low to the floor in plie, arms in a T, arms close in first, leg is high up to the chest and supporting leg jumps to meet it, arms in V, toes pointed
Chaine Step Prep	Across the floor corner to corner, right leg preps arms in L, chaine step prep to the right, chaine step prep to the left, switching all the way across
Four Corner Chaine Turns	Start with four straight chaines (see above), after four chaines in a box
Around the World Kicks	Arms in T with shoulders down, step kick front twice, cross and step kick to the side, step kick to the back (arabesque position)
Side Leap	Chasse to the side, arms in a T, step through, knees develop to second position

**Level 4 – Jazz**

Item	Specifics
Split (Right, Left, and Middle)	Both legs are straight (make sure knees are extended - not touching the floor unless flat)
Triple Pirouette	Same as level 2, but one more rotation
Inside Leg Extension Turn	Right side – start from a high lunge position, left arm is rounded, right arm in a T, left leg in pile, right leg is straight and brushes through first position and swings up, arms catch the leg, elbows bent, grabbing the ankle, spot one time on forced arch releve
Coupe Fan (Right and Left)	Step on right leg in plie, back leg coupe's behind and connects, press up on back leg (pique), as front leg extends though first and up and around from corner to corner.
Fouette Tilt Balance	In center, step prep to fourth position turned out, one Fouette, sustain the turn to plie in coupe, leg developes from coupe to a tilt hold as supporting leg extends to releve.
Triple Pirouette with Six Step	Cross ball change, cross ball prep, both legs plie, front foot flat on floor, back foot high forced arch, correct arms with corresponding leg, triple turn, step out to front, repeat
Double Chaine Turns	Across floor, one low chaine, start in fourth and slides through first, plie up to high chaine two times, with quick tempo and speed, arms open in second in low chaine, and close to first position for double chaine turns.
Coupe Turns	Across the floor, just like six step but leg is now in coupe.
Back Leap	Chasse step grande jete leap, step back, leap on both right and left, back leg develops through passé and extends out, hips will change to the opposite side.
Front Leap or Surprise Leap	Take two steps to the side wall, right then left, front leg will pass through passé, extend to the front, back leg pops up to meet the front leg, hips will change to the opposite side.
Battement Hold Kick	Across the floor, step one, battement two, step three, battement four, step five, battements hold, six, seven, eight, arms stay in T, using resistance from the shoulders
Single Stag Leap	High chaine one, two, low chaine or coupe turn, three, four, front leg brushes out straight and extended, back leg raises to altitude, right arm is extended out to a T, back arm is rounded fifth height, chaine out of the jump or roll to the floor, front leg is straight, back leg is bent.

Elite Academy 3P Testing Curriculum  
PASSION – PERFECTION - PROGRESSION

Level 5 – Jazz

Item	Specifics
Split (Right, Left, and Middle)	Both legs are straight (make sure knees are extended - not touching the floor unless flat)
Quad Turn	Step prep into four turns, high passé, supporting leg and knee extended on releve, arms connected in first position
Fouettes/Attitude Turning Combo	Four fouettes with correct form and body alignment, back attitude Fouette, from attitude Fouette, back attitude fouette, plie on one to the corner, ronverse out of the turn combo, arms come through first up over the head and around straight down
Inside Extension Turn (Double)	Same specifics as level four, spotting twice
Four Step Quad	Same specifics as triple turn, step four times into the prep, spot four times
Fouette Extension Combo	Cross ball change facing the side wall, back pa de burre prep to the front wall hold six, fouette three times, going into the fourth fouette, right arm grabs the inside of the foot, to pull it up to an outside extension turn
Switch Leaps (Right and Left)	Left leg chasse step on the right, swing the left leg through to a 45 degree angle, back leg is in plie, push off the floor and leg extends to a grande jete leap on the right side. Reverse the combo for the left side.
Front and Side Leaps	Same as level 3 adding the side leap (specifics above)
Battement Kick Extension Turn	Same combo as level three, but instead of holding the leg, you spot and turn with the leg for an inside extension turn.
Chaine Tilt Turn	Two chaines to the right, slide step through fourth position and lunge on right leg, left leg swings up into a tilt position, turn on a straight releve leg, head spots down at the right hand, reverse for the left, both legs are straight and extended with pointed toes.
Fouette Illusion Combo	Step prep on the right, quad turn right side, step prep seven, eight, two fouettes, on third fouette keg illusions down and back up to a tilt position.
Advanced Leap Combo	Step, Step, right then left, back leg swings around and crosses over the front leg (cross X jump), both knees are bent and connected, arms in fifth high grab, land, step front leap, step step back leap, turn around, step step switch tilt leap.

**Elite Academy 3P Testing Curriculum**  
**PASSION – PERFECTION - PROGRESSION**

**Level 1 – Ballet**

Item	Specifics
Five Positions of Feet	Knowing all five feet positions (example: first position – heels together, toes out)
Tendu's en Croix	Pointing your foot to the front, side, back, side
Arabesque	The position of the body supported on one leg, with the other leg extended behind the body with the knee straight, the standing leg may be either bent in plie or straight
Plie	Meaning “bent”, a smooth and continuous bending of the knees
Skips	Step hops with one leg is passé
Saute' Arabesque's	Just like skips, but with one leg extended in arabesque
Passé	When a foot is placed near, on, or below the other knee
Chasse	Meaning “to chase”, a slide forwards, backwards, or sideways with both legs bent, then springing into the air with legs meeting and straightened
Pique Turn Prep	From the corner, practice pricking, the strongly pointed toe of the lifted and extended leg sharply lowers to hit the floor then immediately rebounds upwards.
Pirouette Prep	Tendu to fourth position, to passé, landing back in fourth position, passé is on releve
Working on Splits (Having One Side)	Legs to a straight 180 degrees on the ground, with either leg in front
Releve & Eleve	Releve means to rise with a plie, Eleve is to rise without a plie
Spotting	Attain a constant orientation of the dancer's head and eyes, to the extent possible, in order to enhance the dancer's control and prevent dizziness

**Level 2 – Ballet**

Item	Specifics
Grande Plie	A full plie, back should be straight and aligned with the heels, the legs are turned out with knees over the feet, as a movement, it should be fluid
Five Positions of Feet with Arms	Knowing where to put your arms with each position of the feet
Arabesque with First Arabesque Arms	Position of body supported on one leg, other leg extended behind body, knees straight
Pique Turns from Corner	Turns on one leg with the other leg in posse, posse is turned out and spotted well
Clean Single Pirouette	A controlled turn on one leg, starting with one leg in plie, rising onto demi-pointe
Center Jumps	Combos in the center, five feet positions, using plie to get off the ground, toes pointed.
Corner Combos	Ex. Glissade, pas de chat, coupe, pas de bouree
One Side Splits	Legs straight to 180 degrees on the ground, with either right or left leg in front
Improved Spotting	Attain a constant orientation of the dancer's head and eyes, to the extent possible, in order to enhance the dancer's control and prevent dizziness

**Level 3 – Ballet**

Item	Specifics
Clean Double Pirouette	A controlled double turn on one leg, starting with leg in plie and rising onto demi-pointe
Working on Extension Holds	The ability to raise the working leg high in the air
Working on Foutete's	Meaning “whip”, a turn with a quick change in the direction of the working leg as it passes in the direction of working leg as it passes in front of or behind the supporting leg
Leaps	Grand jetes – a long horizontal jump starting from one leg and landing on the other Saut de chat – a jump similar to a grande jete, but the front leg extends with a developpe
Waltz Turns	Brushing the left forward into degage, then step left, right in demi-pointe
Balanc'e	Begin in fifth position in plie, one foot extends in a degage to second position, the three steps make a “down, up, down” motion
Grande Battemet	The free leg is lifted high from the floor
Vocabulary Testing	Dancers will be tested on words and meanings of ballet terms
Arabesque with Arms (One – Three)	The position of the body supported on one leg, with the other leg extended behind the body with the knee straight, the standing leg may be bent in plie or straight
Hair in a Bun	Dancer will be asked to put their hair in a bun and have it secure
Splits (Right and Left)	Legs straight to 180 degrees on the ground, with either right or left leg in front

Elite Academy 3P Testing Curriculum  
PASSION – PERFECTION - PROGRESSION

Level 4 – Ballet

Item	Specifics
Triple Pirouette	A controlled triple turn on one leg, starting with leg in plie and rising onto demi-pointe
Adagio	Meaning “slow, enfolding movements, performed with the greatest amount of fluidity and grace as possible”, concentrates on slow movements to improve ability to control the leg and increase extension (example: bring leg into high position with control)
Splits (Right, Left, Working on Middle)	Legs straight to 180 degrees on the ground, with either right or left leg in front
Vocabulary Testing	Dancers will be tested on words and meanings of ballet terms
Arabesque Promenade and Arabesque Arms (One - Three)	Promenade meaning “turning by pivoting the heel”, the position of the body supported on one leg, the other leg extended behind the body with the knee straight, the standing leg may be with bent in plie or straights
Arabesque Penche	An arabesque in which the raised leg is at an angle much greater than 90 degrees, the body bends forward to counterbalance the back leg, requires balance and flexibility
Extension Holds Above 90 Degrees	The ability to raise the working leg high in the air with control and ease
Clean and/or Working on Foutete’s (Right and Left)	Meaning “whip”, a turn with a quick change in the direction of the working leg as it passes in the direction of working leg as it passes in front of or behind the supporting leg
Petit Allegro	Meaning “joyful”, comprised of quick movements and many jumps, petit (little) allegro involves small, quick jumps with lighting fast footwork
Leaps	Grand jetes – a long horizontal jump starting from one leg and landing on the other Saut de chat – a jump similar to a grande jete, but the front leg extends with a developpe

Level 5 – Ballet

Item	Specifics
Splits (Right, Left, and Middle)	Legs straight to 180 degrees on the ground, with either right or left leg in front
Clean Fouette’s (Right and Left)	Meaning “whip”, a turn with a quick change in the direction of the working leg as it passes in the direction of working leg as it passes in front of or behind the supporting leg
A La Seconde Fouette’s	Same as fouettes, but to the side or in second position
Vocabulary Testing	Dancers will be tested on words and meanings of ballet terms
Difficult Petit Allegro	Meaning “joyful”, comprised of quick movements and many jumps, petit (little) allegro involves small, quick jumps with lighting fast footwork
High Extension Holds	The ability to raise the working leg high in the air with control and ease
Difficult Corner Combo	Teacher will teach a combination
Leaps	Grande jete’s, sau de chat’s, grande pas de chat’s, and more...