

LEVEL:

GRADE 4

Certificate Exercises

	Exercise	Content	Detail
Barre/Stanok:			
1.	PLIÉS (<i>Cert</i>)	PLIÉ	-Plié: 1 st , 2 nd , 3 rd
2.	CHARACTER TENDUS	<i>character</i> TENDU #2 (from 3 rd position), RETIRÉ & DÉTOURNÉ	-Character tendu: en croix -Retiré (flat foot or relevé): changing 3 rd and parallel 1 st -Détourné: demi (½ turn)
3.	RONDS DE JAMBE and GRANDS BATTEMENTS	<i>demi</i> ROND DE JAMBE à terre, <i>grand</i> BATTEMENT (45°) and DÉTOURNÉ	-Demi rond de jambe: en dehors, en dedans -Grand battement (3 rd or 5 th position): en croix -Détourné: demi
Centre/Seredyna:			
4.	MIXED PORTS DE BRAS	PORT DE BRAS	-Arms: <i>character</i> 2 nd , 3 rd , 4 th , doloni v nyz, vinok (females)/ shapka (males)
5.	ÉCHAPPÉS SAUTÉS	CHANGEMENT, <i>échappé</i> SAUTÉ, RELEVÉ and SOUBRESAUT	-Changement: 3 rd or 5 th -Échappé sauté: changing 3 rd /5 th and 2 nd
6.	KRUZHALTSE and DRIBONKY (<i>F</i>)	KRUZHALTSE, DRIBONKA and PRYTUP	-Kruzhaltse: ½ turns, full turns (3) -Dribonka: odyarna, podviyna -Prytup (optional): potriynyi
7.	CHAÎNÉS	CHAÎNÉ and DÉGAGÉ	-Dégagé: a la seconde -Chaîné: 180°; 360° (8)
8.	CHOVHANETS'	CHOVHANETS', SVERDLO, SVERLYK, <i>kruchenyi</i> VYPAD, VIDRYVANNIA <i>skladne</i> (females)/ ZAKLADKA <i>na ruku</i> (males)	-Sverdlo: ¼ turns -Zakladka na ruku: ½ time, full time
9.	PRYSIADKA and BOCHKA (<i>M</i>)	PRYSIADKA <i>rozkydana</i> and BOCHKA	-Prysiadka <i>rozkydana</i> (z obertom): vpered z pleskachem, v storonu -Bochka: odyarna or in combination (2 bochka/1 koleso)

tier 2 • set exercises • grades 4-6

LEVEL:	GRADE 4	Diploma Exercises
Exercise	Content	Detail
Barre/Stanok:		
1.	PLIÉS (<i>Dip</i>)	FEET stretch (facing barre) and PLIÉ -Feet stretch (upright and with fondu): 1 st -Plié: 1 st , 2 nd , 3 rd
2.	TENDUS and GLISSÉS	TENDU, GLISSÉ, RETIRÉ and DÉTOURNÉ -Tendu/glissé (divided): en croix with plié, rise -Retiré (petit and ordinaire): changing 3 rd s or 5 th s -Détourné: demi
3.	ÉCHAPPÉS RELEVÉS and PETITS JETÉS	RELEVÉ, <i>échappé</i> RELEVÉ (3 rd or 5 th), and <i>petit</i> JETÉ and TEMPS LEVÉ (facing barre) -Relevé and Échappé relevé: 3 rd or 5 th , 2 nd -Petit jeté: derrière -Temps levé: cou-de-pied derrière
Centre/Seredyna:		
4.	FEMALE PORTS DE BRAS (<i>F</i>)	PORT DE BRAS, RISE -Arms: single arm isolations, changing 3 rd to 3 rd classical, 4 th to 4 th classical, 5 th , doloni v nyz -Rise: 1 st
5.	SPOTTING EXERCISE	SPOTTING <i>exercise</i> , PRYTUP, TROPITOK and PERESTUPANNIA -Spotting: prypanannia (female)/ miachyk (male) -Prytup: potriynyi -Tropitok: na kabluk -Perestupannia: pivpaltsi
6.	KRUZHALTSE and DRIBONKY (<i>M</i>)	KRUZHALTSE, DRIBONKA and PRYTUP -Kruzhaltse: ½ turns, full turns (3) -Dribonka: odyrnarna, podviyna -Prytup: potriynyi
7.	VALSE	<i>preparation for</i> VALSE, BALANCÉ, TYNOK and POSE -Pose: knee
8.	POHARENKA	POHARENKA (partner turn), PRYTUP and POKHID SKLADNYI -Poharenka (Krok pidskok – ¼ turns): v horu, v nyz -Prytup: podviynyi -Pokhid skladnyi: noha na zad (females), noha v pered (males)
9.	ARKAN	<i>krok</i> ARKAN, TYNOK <i>na kabluk</i> , TROPITOK, PIDSKOK <i>z obertom</i> (females)/ HAIDUK KRUCH (males) -Tropitok: na kabluk -Pidskok <i>z obertom</i> : ¼ turns, ½ turns, full turns (2) -Haiduk kruch (½ time, full time): odyrnarnyi, roztiashka kruch, leg whip
10.	HOLUBCHYK	HOLUBCHYK (pokhid skladnyi), VYKHILIASNYK <i>z uhyanniam</i> , TYNOK, CHAÏNÉ and TEMPS <i>lié</i> (females)/ PRYSIADKA (60-90° - males) -Holubchyk: ½ turns -Prysiadka: bokova, pereskok