

TECHNIQUE BENCHMARKS

For all Jazz, Ballet, and Contemporary Classes

SKILL	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 *Min age 13 year old
Splits Square Hips R/L.C *2 out of 3	6"off the floor	4"off the floor	All the way down	All the way down
Bridge Feet flat, hip width, parallel	Working towards proper placement	Working towards proper placement	Shoulders over or past hands	Shoulders over or past hands
Grande Battement Front, Side, Back *both sides	45°	90°	Shoulder height	Head Height
Leg Strength Front, side, back, and passe *both sides	:10 Hold 45° flat foot	:10 Hold 90° flat foot	:20 Hold 90° flat foot	4 consec. plie releves w/ 2 ct hold at the top
Jumps/Leaps *both sides	Chasse Saut De Chat	Center leap full split	Switch Arabesque leap with full split	Tour Jete with full split
Turns *both sides	Clean single Pirouette Three chaine turns	Clean double Pirouette	3+ Pirouettes	3+ Pirouettes

*Class etiquette, Maturity of Mindset and Movement Quality will also be a consideration



CLASS EXPECTATIONS FOR LEVEL 1



LEVEL 1 DANCERS ARE EXPECTED TO...

Have a good understanding of personal space and boundaries.

Follow basic instructions from the teacher or assistant.

Fully participate in the entire length of class.

Know how to use the restroom without assistance (for our younger level 1 dancers)

Work towards Level 2 Benchmarks.

***Level 1 Dancers must meet 5/5 to participate in class.**



ROOKIE ROAD TO LEVEL 1



SKILL

ROOKIE 1

ROOKIE 2

LEVEL 1

Good understanding of personal space and boundaries.

Can follow basic instructions from the teacher or assistant.

Can fully participate in the entire length of class.

Knows how to use the restroom without assistance. (for our younger level 1 dancers)

Working towards Level 2 Benchmarks.

***Level 1 Dancers must meet 5/5 to participate in class.**

