

RAD Advanced Foundation Male and Female Syllabus Content (2014)

BARRE

Plies
Battements Tendus
Battements Jetes and Battements Glisses
Ronds de Jambe a Terre
Battements Fondus and Ronds de Jambe en l'air
Battements Frappes and Petits Battements
Adage
Grands Battements and Grands Battements en cloche

CENTRE

Port de Bras
Centre Practice and Pirouettes - Male and Female
Pirouette Enchainement - Male and Female
Adage - Male and Female
Allegro 1 - Male and Female
Allegro 2 - Male and Female
Allegro 3 - Male and Female
Allegro 4 - Male and Female
Allegro 5 - Male
Allegro 6 - Male

POINTE WORK

BARRE

Rises
Relevés and Poses

CENTRE

Echappes Relevés and Emboites
Coursus and Poses
Pirouettes

VARIATIONS

Variation 1 - Female
Variation 2 - Female
Variation 1 - Male
Variation 2 - Male

REVERENCE