Benesh Movement Notation Score Permission

Lesson 4 (Pages 1-9)

Arranged by: Vera Kostrovitskaya

Based on: 100 Lessons in Classical Ballet: The Eight-Year Program of Leningrad's Vaganova Choreographic School
Originally published in Russian by Iskusstvo, Leningrad, 1972.

There are nine sample lessons in the first year. Lessons one to five are taught in the first half of the year and lessons six to nine are taught in the second half of the year.

Benesh Movement Notation score by:

Original Notation: Gisela Ronecker-Wiesenauer, AIChor. (Fellbach, 1999)

Mastercopy: Sofia Forero Brühler, student. (Fellbach, 2022)

Score Owner:



Edited and revised by: Gisela Ronecker-Wiesenauer, AIChor. (Fellbach, 2022)
With support by Robyn Hughes Ryman, FIChor., and Rhonda Ryman-Kane, FIChor.
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Notated in Benesh Movement Notation™

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This Benesh Movement Notation score has been written and created based on the knowledge of the system preserved in the Encyclopedia of Benesh Movement Notation.

Contacts

If you have any questions or comments about the content of Lesson 4, please contact Ballettfachschule Ronecker at mail@ballettfachschule.de.

For information regarding Benesh Movement Notation, please contact Benesh International at beneshinternational@rad.org.uk.



Kostrovitskaya Year 1: Lesson 4	Metronome
Barre exercises	
01_1. Demi-plié and grand plié in 1 st , 2 nd , 4 th and 5 th position 4/4	35
02_2. Battements tendus in 5 th position 2/4	40
03_3. Battements tendus jetés piqués in 5 th position 4/4	45
04_4. Ronds de jambe à terre 4/4	35 + 30
05_5. Battements fondus 4/4	25-30
06_6. Battements frappés 4/4	40
07_7. Battements doubles frappés 4/4	40
08_8. Ronds de jambe en l'air en dehors and en dedans 4/4	35-40
09_9. Petits battements sur le cou-de-pied 4/4	35
10_10. Battements relevés lents to 90° à la seconde and derrière 4/4	30
11_11. Battements relevés lents to 90° devant (with one hand on the barre) 4/4	30
12_12. Grands battements jetés 4/4	35-40
13_13. Relevé on half-toe in 1 st , 2 nd and 5 th position 4/4	35

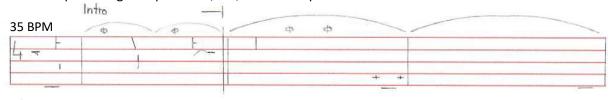


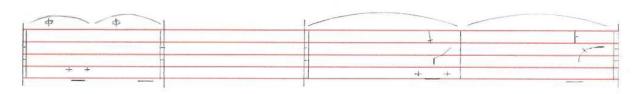
	Metronome
Center exercises	
14_01. Demi-plié in 1 st , 2 nd , 4 th and 5 th position 4/4	35
15_02. Battements tendus in 5 th position 2/4	40
16_03. Battements tendus jetés in 5 th position 2/4	35-40
17_04. Ronds de jambe à terre 4/4	30-35
18_05. Poses in croisé and effacé 3/4 (Waltz)	30
19_06. The study of the poses in écarté derrière and devant 3/4 (Waltz)	30
20_07. 1st and 2nd arabesques (elementary study) 3/4 (Waltz)	35
21_08. 2 nd port de bras 4/4	30-35
22_09. Temps levé in 1 st and 2 nd positions 4/4	35
23_10. Port de bras leaning the body to the front, bending back and to the side, in a not fully turned out 1st position 4/4	25-30

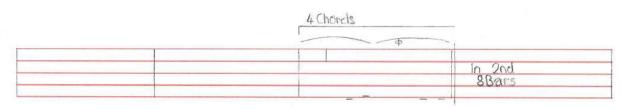


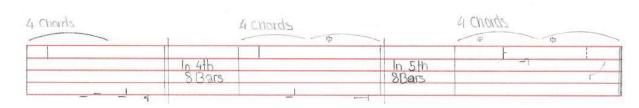
BARRE EXERCISES

1. Demi-plié and grand plié in $\mathbf{1}^{\text{st}}$, $\mathbf{2}^{\text{nd}}$, $\mathbf{4}^{\text{th}}$ and $\mathbf{5}^{\text{th}}$ position

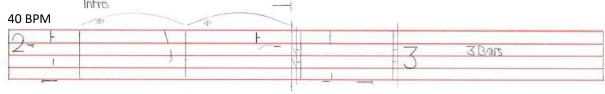








2. Battements tendus in 5th position





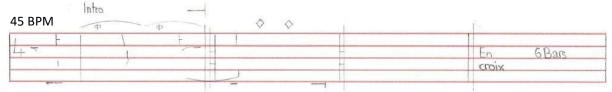
Sofia Forero Brühler (Student in classical ballet and BMN)

Notated by Supported by Robyn Hughes Ryman (FIChor) and Rhonda Ryman-Kane (FIChor)

Place and date Fellbach (Germany), August 2022

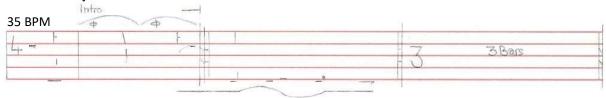


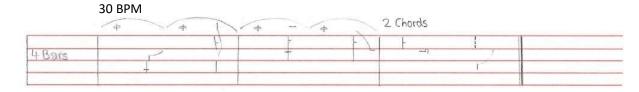




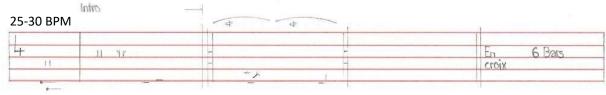


4. Ronds de jambe à terre





5. Battements fondus





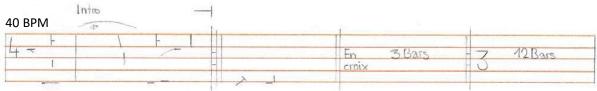
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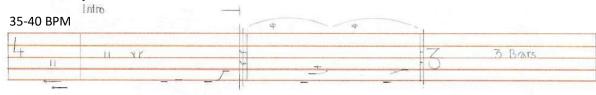


7. Battements doubles frappés





8. Ronds de jambe en l'air en dehors and en dedans





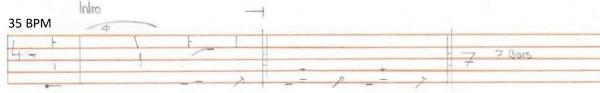
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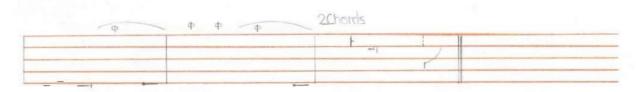
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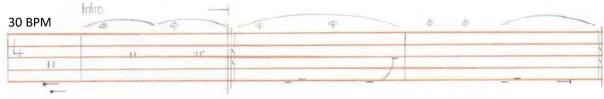


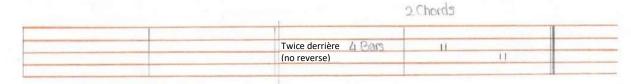
9. Petits battements sur le cou-de-pied



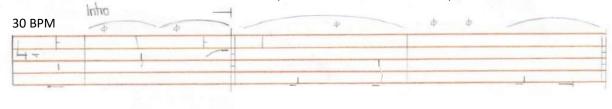


10. Battements relevés lents to 90° à la seconde and derrière





11. Battements relevés lents to 90° devant (with one hand on the barre)

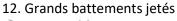


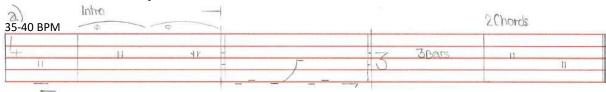


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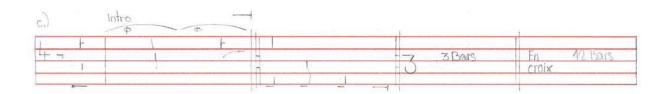
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Done from 1st or 5th position.

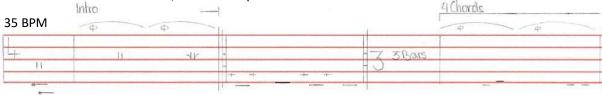
b.) Execute the same exercise derrière.



2 Chords

everal lessons, the student must execute 4 grands battements jetés in all directions,
g the barre with one hand.

13. Relevé on half-toe in 1st, 2nd and 5th position



	4 Chords		4 CNOIDS		2.Chords
In 2nd		ln 5th		In 5th	н
4 Bars		4 Bars		4 Bars	31

Sofia Forero Brühler (Student in classical ballet and BMN)

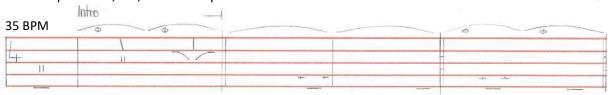
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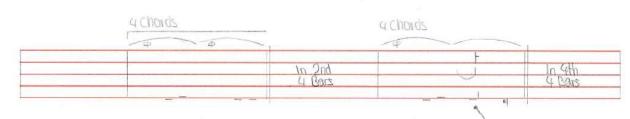
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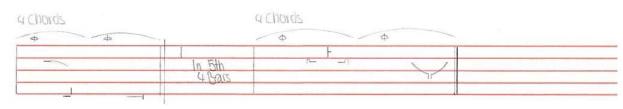


CENTER EXERCISES

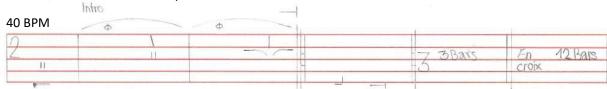
1. Demi-plié in $\mathbf{1}^{st}$, $\mathbf{2}^{nd}$, $\mathbf{4}^{th}$ and $\mathbf{5}^{th}$ position







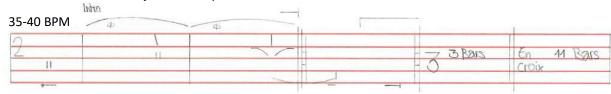
2. Battements tendus in 5th position



2 Chards



3. Battements tendus jetés in 5th position



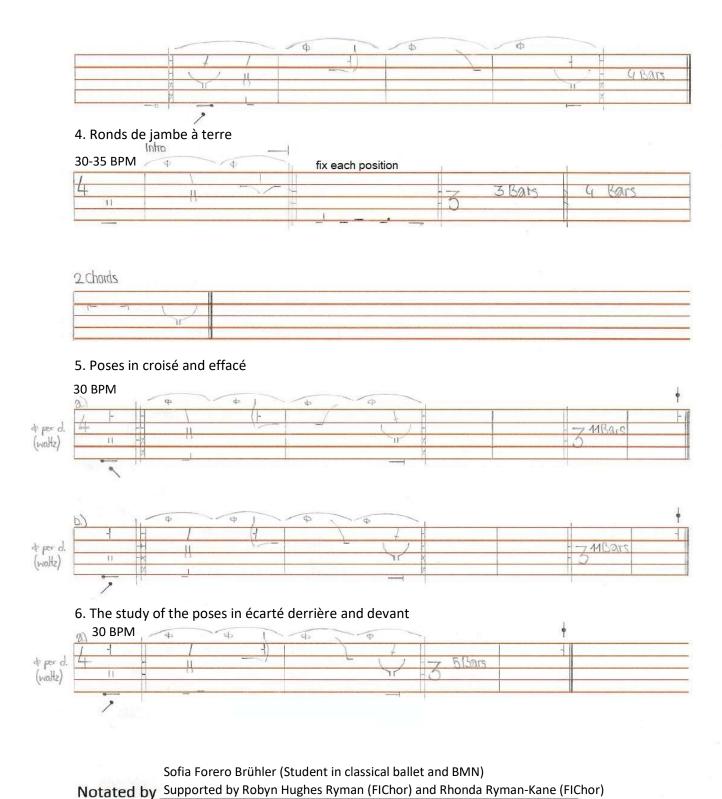
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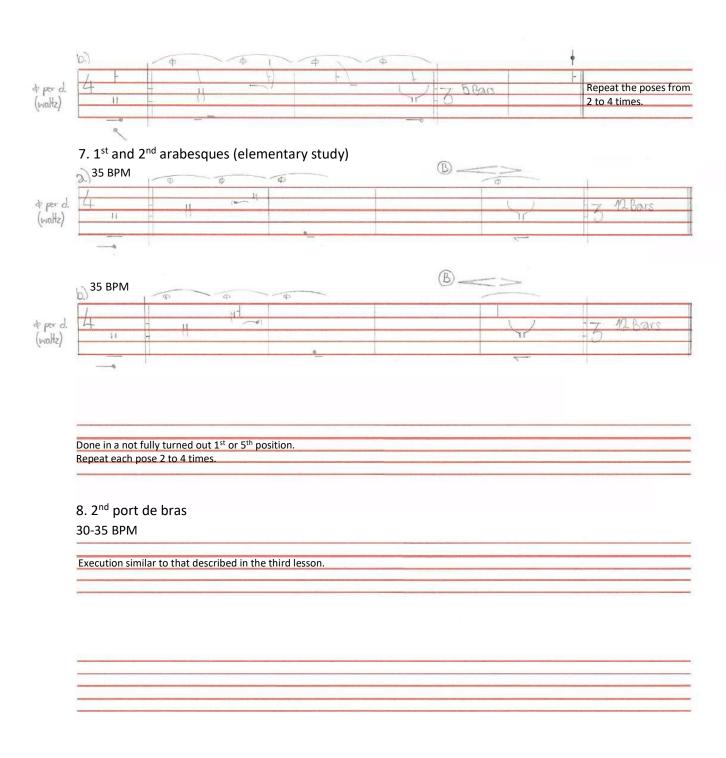


7/9



Place and date Fellbach (Germany), August 2022



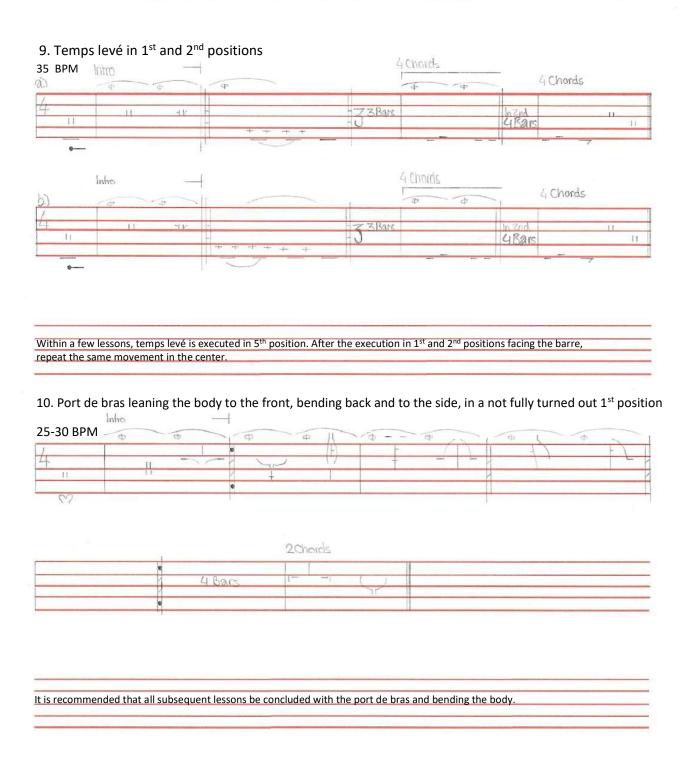


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Notated by Supported by Robyn Hughes Ryman (FIChor) and Rhonda Ryman-Kane (FIChor)

Place and date Fellbach (Germany), June 2022