

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*

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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-Wiesenaue, AIChor. (Fellbach, 1999)

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Score Owner:



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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

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Kostrovitskaya Year 1: Lesson 4

Barre exercises

	Metronome
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

Center exercises

	Metronome
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. 1 st and 2 nd 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 1 st position 4/4	25-30

Title Vera S. Kostrovitskaya year 1: Lesson 4

BARRE EXERCISES

1. Demi-plié and grand plié in 1st, 2nd, 4th and 5th position

35 BPM

Intro

4 Chords

In 2nd 8 Bars

4 Chords

In 4th 8 Bars

In 5th 8 Bars

4 Chords

2. Battements tendus in 5th position

40 BPM

Intro

3 Bars

2 Chords

8 Bars

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

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3. Battements tendus jetés piqués in 5th position

45 BPM

Intro

En croix 6 Bars

4. Ronds de jambe à terre

35 BPM

Intro

3 3 Bars

30 BPM

2 Chords

4 Bars

5. Battements fondus

25-30 BPM

Intro

En croix 6 Bars

2 Chords

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6. Battements frappés

40 BPM

Intro

En croix 3 Bars 12 Bars

7. Battements doubles frappés

40 BPM

Intro

En croix 3 Bars 4 Bars

2 Chords

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

35-40 BPM

Intro

3 Bars

4 Chords

4 Chords

4 Bars

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9. Petits battements sur le cou-de-pied

35 BPM

Intro

7 Bars

2 Chords

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

30 BPM

Intro

2 Chords

Twice derrière 4 Bars (no reverse)

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

30 BPM

Intro

2 Chords

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12. Grands battements jetés

a.) 35-40 BPM

Done from 1st or 5th position.

b.) Execute the same exercise derrière.

c.)

2 Chords

After several lessons, the student must execute 4 grands battements jetés in all directions, holding the barre with one hand.

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

35 BPM

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CENTER EXERCISES

1. Demi-plié in 1st, 2nd, 4th and 5th position

35 BPM

Intro

4 Chords In 2nd 4 Bars

4 Chords In 4th 4 Bars

4 Chords In 5th 4 Bars

2. Battements tendus in 5th position

40 BPM

Intro

2

3 Bars En croix 12 Bars

2 Chords

3. Battements tendus jetés in 5th position

35-40 BPM

Intro

2

3 Bars En croix 11 Bars

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4. Ronds de jambe à terre

30-35 BPM

2 Chords

5. Poses in croisé and effacé

30 BPM

6. The study of the poses in écarté derrière and devant


30 BPM

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b)  Repeat the poses from 2 to 4 times.

7. 1st and 2nd arabesques (elementary study)

a) 35 BPM 

b) 35 BPM 

Done in a not fully turned out 1st or 5th position.
 Repeat each pose 2 to 4 times.

8. 2nd port de bras

30-35 BPM

Execution similar to that described in the third lesson.

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9. Temps levé in 1st and 2nd positions

35 BPM

a)

b)

Within a few lessons, temps levé is executed in 5th position. After the execution in 1st and 2nd positions facing the barre, repeat the same movement in the center.

10. Port de bras leaning the body to the front, bending back and to the side, in a not fully turned out 1st position

25-30 BPM

Intro

It is recommended that all subsequent lessons be concluded with the port de bras and bending the body.

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Place and date Fellbach (Germany), June 2022