Benesh Movement Notation Score Permission

Lesson 1 (Pages 1-7)

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: Yuli Pohlmann, 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 1, please contact Ballettfachschule Ronecker at mail@ballettfachschule.de.

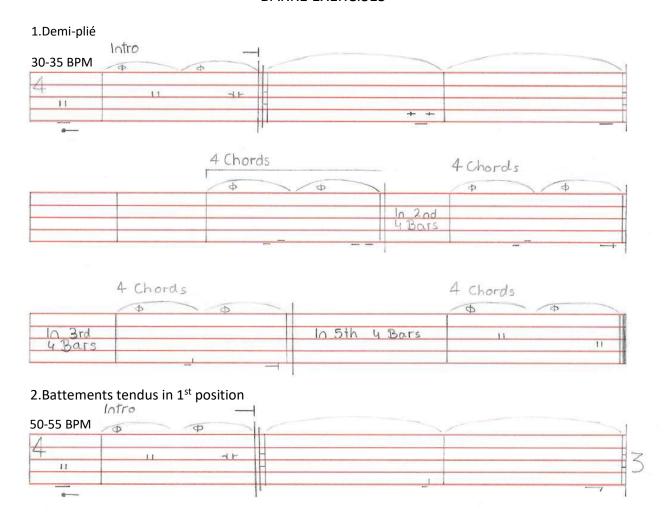
For information regarding Benesh Movement Notation, please contact Benesh International at beneshinternational@rad.org.uk.



Kostrovitskaya Year 1: Lesson 1	Metronome
Barre exercises	
01_1. Demi-plié 4/4	30-35
02_2. Battements tendus in 1 st position 4/4	50-55
03_3. Battements tendus in 1 st position with demi-plié 4/4	40
04_4. Passé à terre in 1 st position 4/4	40
05_5. Demi-rond de jambe à terre 4/4	35
06_6. Positions of the arms for a) to d) 3/4 (slow waltz)	35
07_7. Battements tendus in 5 th position 4/4	40
08_8. Preparation for battements tendus jetés in 1 st position 4/4	40
09_9. Preparation for battements frappés 2/4	45
10_10. Relevé in 1 st position for a) and b) 2/4	35
Center exercises	
11_01. Positions of the arms for a) to d) 3/4 (slow waltz)	35
12_02. March with slow and fast movements 2/4	45

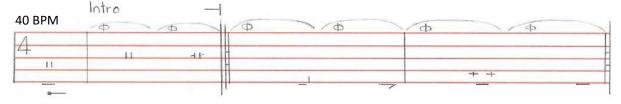


BARRE EXERCISES





3. Battements tendus in 1st position with demi-plié

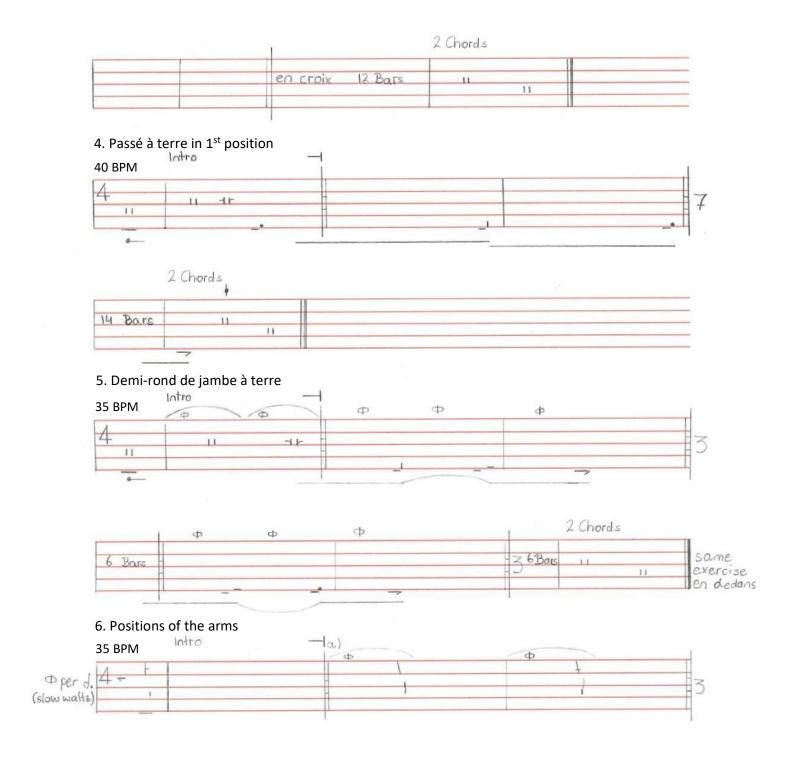


Yuli Pohlmann (12 years - Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), June 2022





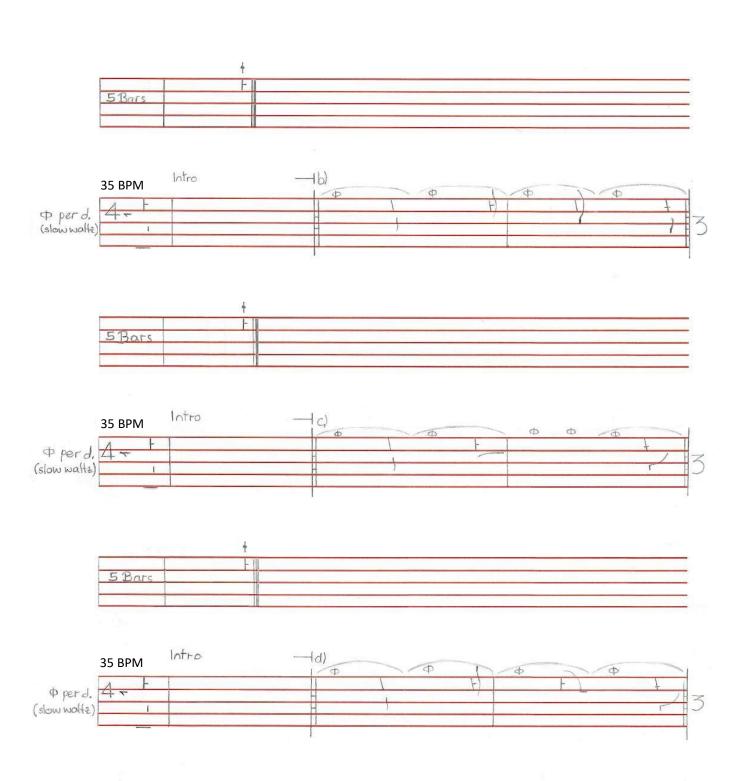
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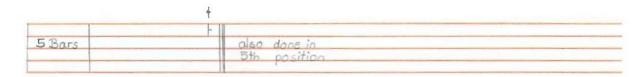


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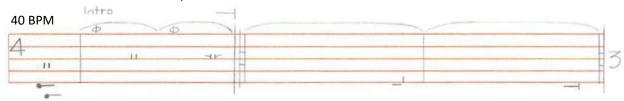
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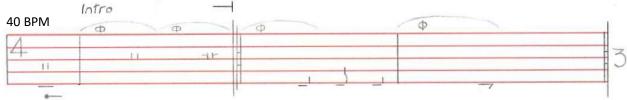


7. Battements tendus in 5th position



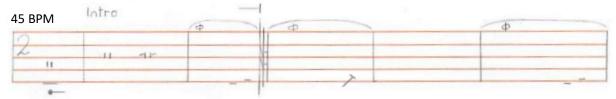
	2 Chords			
6 Bars	en croix 24 Bars	11		

8. Preparation for battements tendus jetés in 1st position



	1		2 Chor	ds	
6 Bars	en croix	24 Bars	- 11	11	
	CIOIX			1.1	

9. Preparation for battements frappés

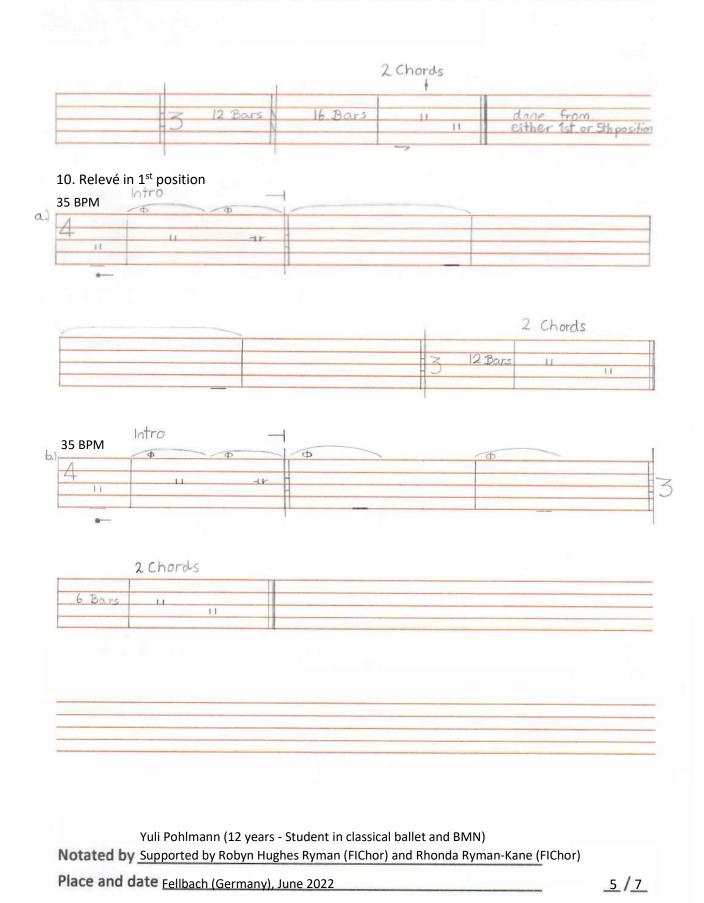


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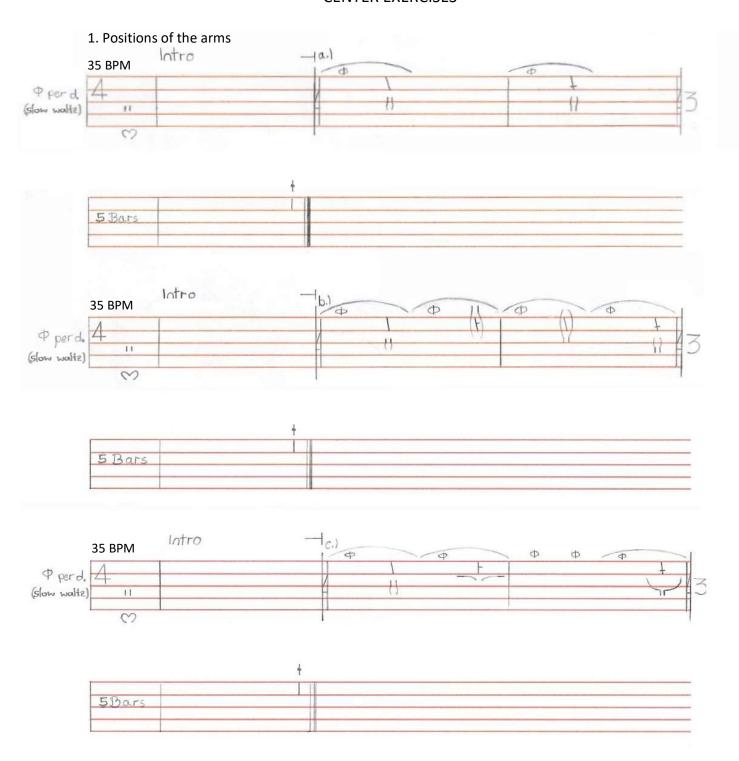
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CENTER EXERCISES

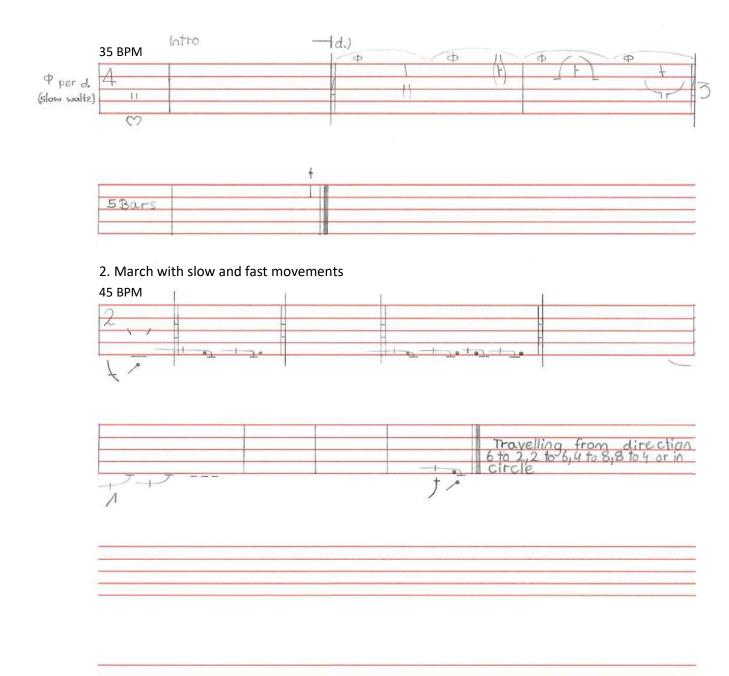


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