

# Benesh Movement Notation Score Permission

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## 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-Wiesenaue, AIChor. (Fellbach, 1999)

Mastercopy: Yuli Pohlmann, student. (Fellbach, 2022)

Score Owner:



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With support by Robyn Hughes Ryman, FIChor., and Rhonda Ryman-Kane, FIChor.

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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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For information regarding Benesh Movement Notation, please contact Benesh International at [beneshinternational@rad.org.uk](mailto:beneshinternational@rad.org.uk).

## Kostrovitskaya Year 1: Lesson 1

### Barre exercises

	Metronome
01_1. Demi-plié 4/4	30-35
02_2. Battements tendus in 1 <sup>st</sup> position 4/4	50-55
03_3. Battements tendus in 1 <sup>st</sup> position with demi-plié 4/4	40
04_4. Passé à terre in 1 <sup>st</sup> 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 <sup>th</sup> position 4/4	40
08_8. Preparation for battements tendus jetés in 1 <sup>st</sup> position 4/4	40
09_9. Preparation for battements frappés 2/4	45
10_10. Relevé in 1 <sup>st</sup> 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

Title Vera S. Kostrovitskaya year 1: Lesson 1

**BARRE EXERCISES**

1. Demi-plié

30-35 BPM

Intro

4

4 Chords

4 Chords

In 2nd 4 Bars

In 3rd 4 Bars

In 5th 4 Bars

2. Battements tendus in 1<sup>st</sup> position

50-55 BPM

Intro

4

2 Chords

6 Bars en croix 24 Bars

3. Battements tendus in 1<sup>st</sup> position with demi-plié

40 BPM

Intro

4

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

Title Vera S. Kostrovitskaya year 1: Lesson 1

2 Chords

en croix 12 Bars

4. Passé à terre in 1<sup>st</sup> position

40 BPM

Intro

4

7

2 Chords

14 Bars

5. Demi-rond de jambe à terre

35 BPM

Intro

4

3

2 Chords

6 Bars

3 6 Bars

same exercise en dedans

6. Positions of the arms

35 BPM

Intro

a.)

4

3

$\Phi$  per d. (slow waltz)

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Title Vera S. Kostrovitskaya year 1: Lesson 1

5 Bars

35 BPM Intro

$\Phi$  per d. (slow waltz)

4

b)

5 Bars

35 BPM Intro

$\Phi$  per d. (slow waltz)

4

c)

5 Bars

35 BPM Intro

$\Phi$  per d. (slow waltz)

4

d)

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

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Title Vera S. Kostrovitskaya year 1: Lesson 1

5 Bars

also done in 5th position

7. Battements tendus in 5<sup>th</sup> position

40 BPM

Intro

4

3

2 Chords

6 Bars en croix 24 Bars

8. Preparation for battements tendus jetés in 1<sup>st</sup> position

40 BPM

Intro

4

3

2 Chords

6 Bars en croix 24 Bars

9. Preparation for battements frappés

45 BPM

Intro

2

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

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Title Vera S. Kostrovitskaya year 1: Lesson 1

3/4 12 Bars 16 Bars 2 Chords done from either 1st or 5th position

10. Relevé in 1<sup>st</sup> position

35 BPM

a.)

4 Intro 12 Bars

2 Chords 12 Bars

b.)

4 Intro 12 Bars 3

2 Chords 6 Bars

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Title Vera S. Kostrovitskaya year 1: Lesson 1

CENTER EXERCISES

1. Positions of the arms

35 BPM

Intro

$\Phi$  per d.  
(slow waltz)

35 BPM

Intro

$\Phi$  per d.  
(slow waltz)

35 BPM

Intro

$\Phi$  per d.  
(slow waltz)

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

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Title Vera S. Kostrovitskaya year 1: Lesson 1

35 BPM Intro

Φ per d. (slow waltz)

5 Bars

2. March with slow and fast movements

45 BPM

Travelling from direction  
 6 to 2, 2 to 6, 4 to 8, 8 to 4 or in  
 circle

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

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