

## Benesh Movement Notation Score Permission

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### Lesson 2 (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-Wiesener, AIChor. (Fellbach, 1999)

Mastercopy: Maxime Wössner, 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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## Kostrovitskaya Year 1: Lesson 2

### Barre exercises

	Metronome
01_1. Demi-plié 4/4	30
02_2. Battements tendus in 5 <sup>th</sup> position 4/4	30
03_3. Battements tendus in 5 <sup>th</sup> position (one hand on the barre) 4/4	30
04_4. Battements tendus jetés in 5 <sup>th</sup> position 4/4	35
05_5. Battements tendus jetés in 5 <sup>th</sup> position (one hand on the barre) 4/4	30
06_6. Ronds de jambe à terre 4/4	35
07_7. Ronds de jambe à terre (one hand on the barre) 4/4	30
08_8. Battements frappés 4/4	40
09_9. Petits battements sur le cou-de-pied 2/4	50
10_10. Battements relevés lents to 45° 4/4	30
11_11. Relevé on half-toe in 1 <sup>st</sup> , 2 <sup>nd</sup> and 5 <sup>th</sup> position 2/4	25
12_12. Bending the body in 1 <sup>st</sup> position, facing the barre 3/4 (Waltz)	30

### Center exercises

13_1. Demi-plié 4/4	35
14_2. Battements tendus in 1 <sup>st</sup> position 4/4	45
15_3. Battements tendus in 5 <sup>th</sup> position 4/4	40
16_4. Battements tendus in 5 <sup>th</sup> position with demi-plié 4/4	45
17_5. Exercise for the arms 2/4 or 3/4	30

Title Vera S. Kostrovitskaya year 1: Lesson 2

**BARRE EXERCISES**

1. Demi-plié

30 BPM

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

30 BPM

3. Battements tendus in 5<sup>th</sup> position (one hand on the barre)

30 BPM

Maxime Wössner (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), May 2022

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Title Vera S. Kostrovitskaya year 1: Lesson 2

4. Battements tendus jetés in 5<sup>th</sup> position

35 BPM

Intro

En croix 12 Bars

2 Chords

5. Battements tendus jetés in 5<sup>th</sup> position (one hand on the barre)

30 BPM

Intro

En croix 6 Bars

2 Chords

6. Ronds de jambe à terre

35 BPM

Intro

6 Bars

2 Chords

Maxime Wössner (12 years – Student in classical ballet and BMN)

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Title Vera S. Kostrovitskaya year 1: Lesson 2

7. Ronds de jambe à terre (one hand on the barre)

30 BPM

Intro

6 Bars

8 Bars

8. Battements frappés, pointed on the floor

40 BPM

Intro

3

2 Chords

6 Bars

9. Petits battements sur le cou-de-pied

50 BPM

Intro

3

4 Chords

7 Bars

Maxime Wössner (12 years – Student in classical ballet and BMN)

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Title Vera S. Kostrovitskaya year 1: Lesson 2

10. Battements relevés lents to 45°

30 BPM

11. Relevé on half-toe in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position

25 BPM

a.)

2 Chords

2 Chords

2 Chords

25 BPM

b.)

2 Chords

2 Chords

2 Chords

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12. Bending the body in 1<sup>st</sup> position, facing the barre

30 BPM

$\phi$  per d.  
(waltz)

CENTER EXERCISES

1. Demi-plié

35 BPM

Maxime Wössner (12 years – Student in classical ballet and BMN)

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Title Vera S. Kostrovitskaya year 1: Lesson 2

4 Chords

In 5th  
4 Bars

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

45 BPM

Intro

3 Bars  
En croix  
12 Bars

2 Chords

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

40 BPM

Intro

En croix  
6 Bars

2 Chords

4. Battements tendus in 5<sup>th</sup> position with demi-plié

45 BPM

Intro

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Title Vera S. Kostrovitskaya year 1: Lesson 2

2 Chords

5. Exercise for the arms

30 BPM

a)

30 BPM

b)

30 BPM

c.)

30 BPM

d.)



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