

## Benesh Movement Notation Score Permission

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### Lesson 3 (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-Wiesener, AIChor. (Fellbach, 1999)

Mastercopy: Emma Weiler, 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 3

#### Barre exercises

	Metronome
01_1. Demi-plié 4/4	35
02_2. Battements tendus in 5 <sup>th</sup> position 2/4	35
03_3. Battements tendus doubles in 5 <sup>th</sup> position 4/4	35
04_4. Battements tendus jetés in 5 <sup>th</sup> position 2/4	40/30
05_5. Ronds de jambe à terre 4/4	25/30
06_6. Battements soutenus in 5 <sup>th</sup> position 4/4	35
07_7. Battements frappés 4/4	45
08_8. Battements doubles frappés 4/4	50
09_9. Petits battements sur le cou-de-pied 2/4	45
10_10. Grand plié in 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> position 4/4	30
11_11. Preparation for ronds de jambe en l'air 4/4	40
12_12. Battements relevés lents to 90° 4/4	35
13_13. Relevé on half-toe in 1 <sup>st</sup> , 2 <sup>nd</sup> and 5 <sup>th</sup> positions 4/4	55

**Center exercises**

14\_1. Demi-plié 4/4

15\_2. Battements tendus in 5<sup>th</sup> position 4/4

16\_3. Battements tendus jetés in 1<sup>st</sup> position 2/4

17\_4. Demi-ronds de jambe à terre 4/4

18\_5. Épaulement croisé and effacé in 5<sup>th</sup> position

19\_6. Big pose croisé and effacé devant and derrière à terre 3/4 (Waltz)

20\_7. 1<sup>st</sup> port de bras 4/4

21\_8. 2<sup>nd</sup> port de bras 4/4

**Metronome**

40

40

30

30

35

30

35

Title Vera S. Kostrovitskaya year 1: Lesson 3

**BARRE EXERCISES**

1. Demi-plié

35 BPM

Intro

4 chords

4 chords

4 chords

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

35 BPM

Intro

2 Chords

Emma Weiler (14 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

Title Vera S. Kostrovitskaya year 1: Lesson 3

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

35 BPM

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

40 BPM

30 BPM

5. Ronds de jambes à terre

25 BPM

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30 BPM

2 chords

6. Battements soutenus in 5<sup>th</sup> position

35 BPM

Intro

en croix  
6 Bars

2 chords

2 chords

7. Battements frappés, pointed on the floor

45 BPM

Intro

en croix  
3 Bars

2 chords

12 Bars

2 chords

8. Battements doubles frappés, pointed on the floor

50 BPM

Intro

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2 chords ↑

6 Bars

9. Petits battements sur le cou-de-pied

45 BPM

Intro

2 =

7 14 Bars

2 Chords ↑

2 Chords

10. Grand plié in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> position

30 BPM

Intro

4 =

4 Chords

4 chords

In 2<sup>nd</sup>  
4 Bars

4 chords

4 chords

In 4<sup>th</sup>  
4 Bars

In 5<sup>th</sup>  
4 Bars

Emma Weiler (14 years – Student in classical ballet and BMN)

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11. Preparation for ronds de jambe en l'air to 45°

40 BPM

Intro

2 chords ↑

6 Bars

After a short time, each preparatory action for ronds de jambe is done in 1 measure of 4/4, i.e. 8 preparatory actions in 8 bars.

12. Battements relevés lents to 90°

35 BPM

Intro

2 Chords

4 Bars

also done from 5th position

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

55 BPM

Intro

2 Chords

6 Bars

In 2nd 8 Bars

In 5th right foot devant 8 Bars

Emma Weiler (14 years – Student in classical ballet and BMN)

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Place and date Fellbach (Germany), May 2022

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2 chords

In 5th right foot derrière  
8 Bars

2 chords

CENTER EXERCISES

1. Demi-plié

40 BPM

Intro

4

4 chords

In 2nd  
4 Bars

4 chords

4 chords

In 4th  
4 Bars

In 5th  
4 Bars

4 chords

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

40 BPM

Intro

4

3 Bars

en croix  
12 Bars

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2 Chords

3. Battements tendus jetés in 1<sup>st</sup> position

30 BPM

Intro

2 Chords

4. Demi-rond de jambe à terre

30 BPM

Intro

2 Chords

5. Épaulement croisé and effacé in 5<sup>th</sup> position

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6. Big pose croisé devant and derrière à terre

a.) 35 BPM

$\phi$  per d.  
Waltz

6. Big pose effacé devant and derrière à terre

b.) 35 BPM

$\phi$  per d.  
Waltz

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7. 1<sup>st</sup> port de bras

30 BPM

8. 2<sup>nd</sup> port de bras

35 BPM

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