

Benesh Movement Notation Score Permission

Lesson 5 (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-Wiesenaue, AIChor. (Fellbach, 1999)

Mastercopy: Isabell Scheck, student in dance pedagogy and BMN. (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.

Kostrovitskaya Year 1: Lesson 5

Barre exercises

	Metronome
01_1. Demi-plié and grand plié in 1 st , 2 nd , 4 th and 5 th position 4/4	30
02_2. Battements tendus in 5 th position 2/4	35
03_3. Battements tendus jetés in 5 th position 2/4	40
04_4. Preparation for ronds de jambe à terre 4/4	35
05_5. Ronds de jambe à terre 4/4	30
06_6. Battements fondus 4/4	30+25
07_7. Battements frappés 4/4	40
08_8. Battements doubles frappés 4/4	45
09_9. Ronds de jambe en l'air 4/4	35-40
10_10. Petits battements sur le cou-de-pied 4/4	40
11_11. Battements relevés lents to 90° in 5 th position 4/4	35
12_12. Grands battements jetés in 5 th position 4/4	40
13_13. Relevé on half-toe in 1 st , 2 nd and 5 th position 4/4	35
14_14. Pas de bourrée with changing feet en dehors and en dedans 4/4	40

Metronome	
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Center exercises

15_01. Demi-plié and grand plié in 1 st , 2 nd , 4 th and 5 th position 4/4	30
16_02. Battements tendus in 5 th position 2/4	35+30
17_03. Battements tendus jetés in 5 th position 2/4	40+35
18_04. Ronds de jambe à terre 4/4	30
19_05. Battements soutenus in 5 th position 4/4	30-35
20_06. 3 rd arabesque 3/4 (Waltz)	35
21_07. 3 rd port de bras 4/4	30
22_08. Temps levé in 1 st , 2 nd and 5 th position 4/4	35
23_09. Changements de pieds 4/4	40

BARRE EXERCISES

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

30 BPM

Intro

4 chords
In 2nd
4 Bars

4 chords
FIN
In 4th
4 Bars

4 chords
In 5th
4 Bars

2 chords

2. Battements tendus in 5th position

35 BPM

Intro

3 Bars

2 Bars
8 Bars

2 chords

Isabell Scheck (student in dance pedagogy and BMN)

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

Place and date Fellbach (Germany), June 2022

3. Battements tendus jetés in 5th position

40 BPM

Intro

2/4

3 BARS

en croix
12 bars

4. Preparation for ronds de jambe à terre

35 BPM

Intro

4/4

3 BARS

6 BARS

7 BARS

5. Ronds de jambe à terre

30 BPM

Intro

4/4

3 BARS

FIN

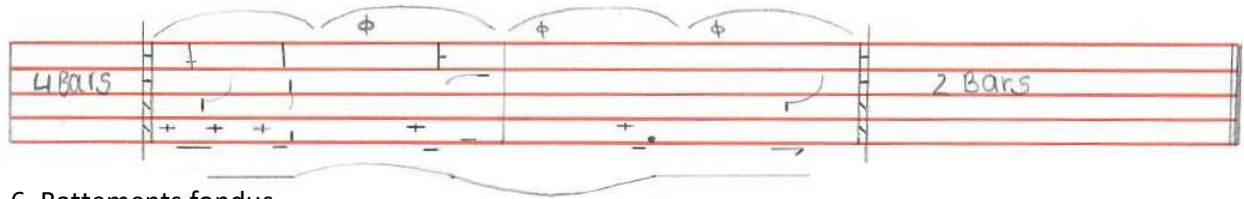
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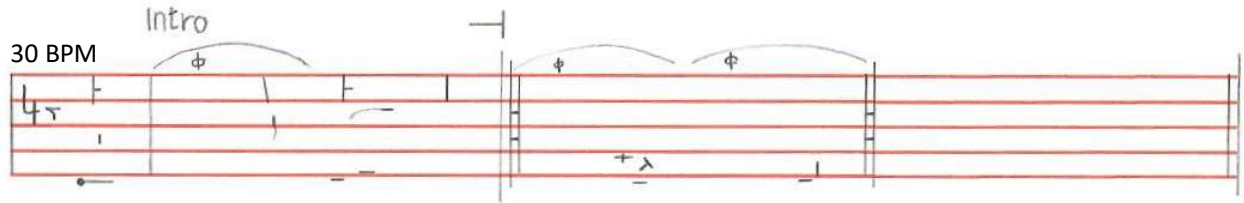
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Title Vera S. Kostrovitskaya year 1: Lesson 5



6. Battements fondus



7. Battements frappés

40 BPM

Execution similar to that described in fourth lesson.

8. Battements doubles frappés

45 BPM

Execution similar to that described in fourth lesson.

9. Ronds de jambe en l'air

35-40 BPM

Execution similar to that described in fourth lesson

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10. Petits battements sur le cou-de-pied

40 BPM

Execution similar to that described in fourth lesson.

11. Battements relevés lents to 90° in 5th position

35 BPM

Intro

2 chords

2 BARS en croix 12 BARS

12. Grands battements jetés in 5th position

40 BPM

Intro

en croix 6 BARS

2 chords

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

35 BPM

Execution similar to that described in fourth lesson.

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CENTER EXERCISES

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

30 BPM

Intro

4

4 chords

In 2nd
4 bars

4 chords

In 4th
4 bars
without Port de Bras

In 5th
4 bars
with Port de Bras

4 chords

2. Battements tendus in 5th position

35 BPM

Intro

2

7 bars

à la seconde
and derrière
16 bars

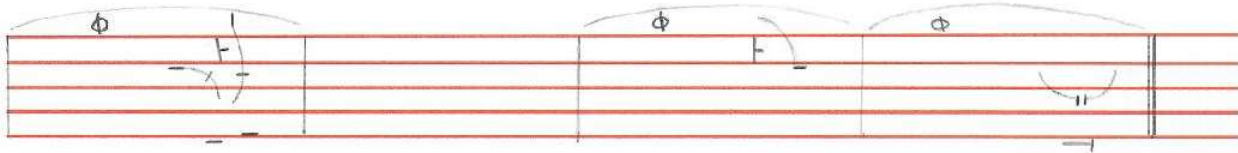
30 BPM

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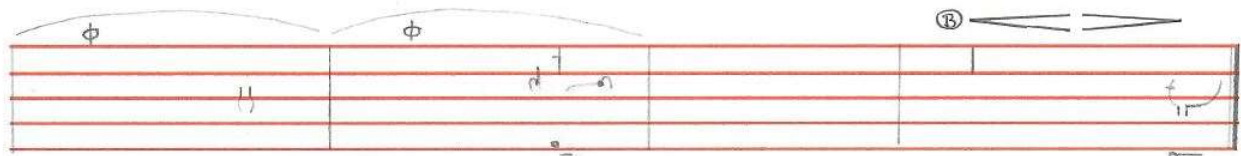
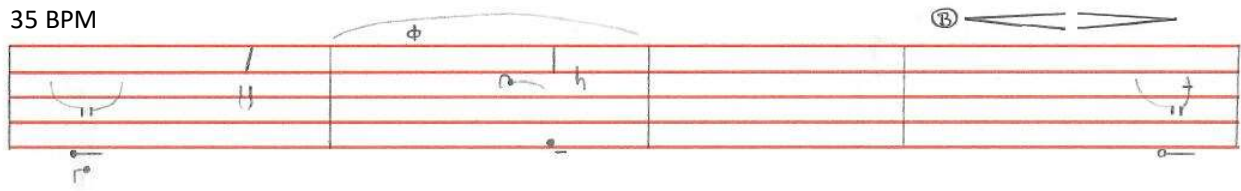
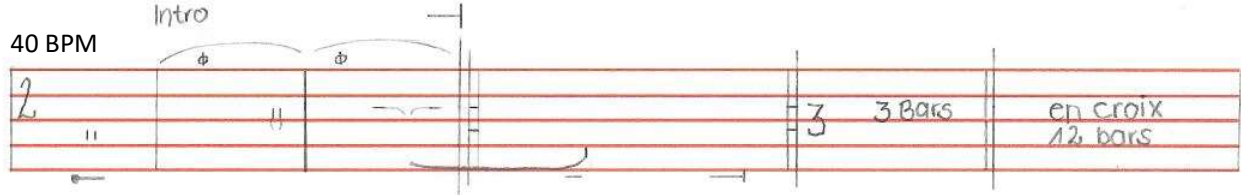
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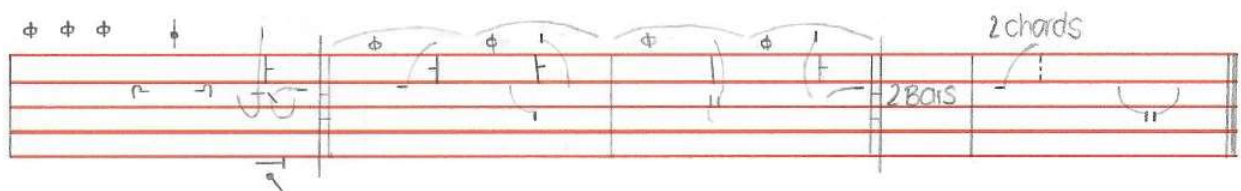
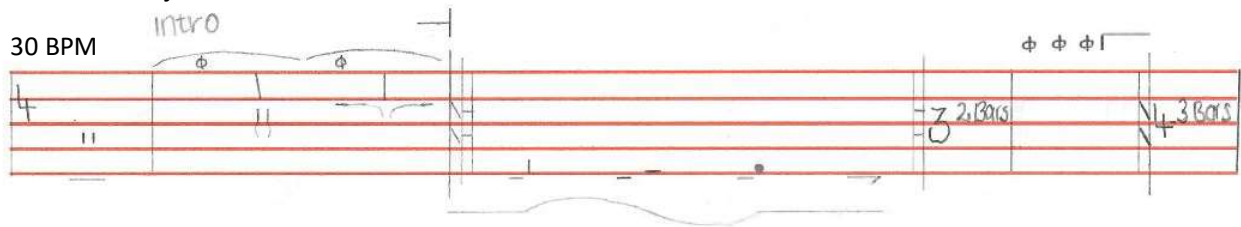
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3. Battements tendus jetés in 5th position



4. Ronds de jambe à terre



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5. Battements soutenus in 5th position

30-35 BPM

Similar execution as described in 3rd lesson (exercises at the barre, paragraph 6.)

6. 3rd arabesque

35 BPM

ϕ per d. (waltz)

12 Bars Also done in 5th position.

According to the degree of mastery, open the arms through the 1st, 2nd and 3rd arabesque positions, while simultaneously stretching the leg, pointe tendu on the floor. See the last 8 measures of exercise 3 (center) as an example.

7. 3rd port de bras

30 BPM

Intro

ϕ ϕ It can also be executed in 3/4 (waltz). In this instance = ϕ per d.

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8. Temps levé in 1st, 2nd and 5th position

35 BPM

Similar execution as described in fourth lesson.

9. Changements de pieds

a.) 40 BPM

b.) 40 BPM

The execution is done facing the barre or in the center, according to the level of mastery.

Empty musical staves for practice.

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