

## Benesh Movement Notation Score Permission

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### Lesson 8 (Pages 1-8)

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: Marit v. Niswandt, student. (Fellbach, 2022)

Score Owner:



Edited and revised by: Gisela Ronecker-Wiesener, AIChor. (Fellbach, 2022)

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

If you have any questions or comments about the content of Lesson 8, please contact Ballettfachschule Ronecker at [mail@ballettfachschule.de](mailto:mail@ballettfachschule.de).

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

## Kostrovitskaya Year 1: Lesson 8

### Barre exercises

	Metronome
01_1. Demi-plié, grand plié and relevé on half-toe 4/4	30
02_2. Battements tendus in 5 <sup>th</sup> position 2/4	35
03_3. Battements tendus jetés in 5 <sup>th</sup> and 1 <sup>st</sup> position 2/4	40
04_4. Ronds de jambe à terre 2/4	30
05_5. Battements fondus at 45° 4/4	30
06_6. Battements frappés at 45° 2/4	40
07_7. Ronds de jambe en l'air at 45° 2/4	40/30
08_8. Petits battements sur le cou-de-pied 2/4	40
9_9. Battements développés and battements relevés lents to 90° 4/4	30
10_10. Grands battements jetés 2/4	35

**Center exercises**

	Metronome
11_01. Temps lié à terre en avant and en arrière 4/4	30
12_02. Battements tendus in 5 <sup>th</sup> position 2/4	35
13_03. Battements tendus jetés in 5 <sup>th</sup> position 2/4	40
14_04. Ronds de jambe à terre 2/4	30
15_05. Battements fondus at 45° 4/4	30
16_06. Battements frappés and doubles frappés à la seconde 2/4	40
17_07. Petits battements sur le cou-de-pied 2/4	45/30
18_08. Battements développés 4/4	30
19_09. Grands battements jetés 2/4	35

**Allegro**

20\_01. Temps levé in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position 4/4

45

21\_02. Pas assemblé 4/4

45

22\_03. Pas échappé 4/4

40

23\_04. Pas jeté 4/4

45

24\_05. Changements de pieds 4/4

35

**Second example of exercises on pointes**

25\_01. Relevé in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position 4/4

35

26\_02. Pas échappé in 2<sup>nd</sup> position 4/4

35

27\_03. Assemblé soutenu 4/4

35

28\_04. Pas de bourrée suivi in 5<sup>th</sup> position 2/4

40

29\_05. Pas couru in 1<sup>st</sup> position en avant and en arrière 2/4

50

Title Vera S. Kostrovitskaya year 1: Lesson 8

## BARRE EXERCISES

1. Demi-plié, grand plié and relevé on half-toe

30 BPM

*Execution similar to that in the sixth lesson.*

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

35 BPM

*Execution similar to that in the seventh lesson.*

3. Battements tendus jetés in 5<sup>th</sup> and 1<sup>st</sup> position

40 BPM

*Execution similar to that in the seventh lesson.*

4. Ronds de jambe à terre

30 BPM

*Execution similar to that in the sixth lesson.*

5. Battements fondus at 45°

30 BPM

*Execution similar to that in the seventh lesson.*

6. Battements frappés at 45°

40 BPM

*Execution similar to that in the seventh lesson.*

Marit v. Niswandt (Student in classical ballet and BMN)

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

**Place and date** Fellbach (Germany), August 2022

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7. Ronds de jambe en l'air at 45°

40 BPM Intro

6 Bars

30 BPM

8 Bars 4 Bars

8. Petits battements sur le cou-de-pied

40 BPM Intro FIN

7 Bars

2 Chords

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9. Battements développés and battements relevés lents to 90°

30 BPM

Intro

10. Grands battements jetés

35 BPM

Execution similar to that in the seventh lesson, Barre Exercises #11.

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CENTER EXERCISES

1. Temps lié à terre en avant and en arrière

30 BPM

Execution similar to that in the seventh lesson, Center Exercises #9.

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

35 BPM

Execution similar to that in the seventh lesson.

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

40 BPM

Execution similar to that in the sixth lesson.

4. Ronds de jambe à terre

30 BPM

Execution similar to that in the sixth lesson.

5. Battements fondus at 45°

30 BPM

Intro

En croix

2 Chords ↓

2 Bars seconde without arms and head    2 Bars derrière    2 Bars seconde without arms and head

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6. Battements frappés and doubles frappés à la seconde

40 BPM *Intro*

7. Petits battements sur le cou-de-pied

45 BPM *Intro*

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8. Battements développés

30 BPM

Intro

2 Chords

2 Bars En croix 12 Bars

9. Grands battements jetés

40 BPM

Execution similar to Lesson seven, Barre Exercises #11.

ALLEGRO

1. Temps levé in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position

45 BPM

Execution similar to that in the seventh lesson.

2. Pas assemblé

45 BPM

Intro

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3. Pas échappé

40 BPM

4. Pas jeté

45 BPM

2 Chords

According to the degree of mastery of the steps, execute the exercise in the center.  
 Pas jeté is executed without épaulement in the first year.

5. Changements de pieds

35 BPM

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Second example of exercises on pointes

1. Relevé in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position

35 BPM

*Execution similar to that in the sixth lesson.*

2. Pas échappé in 2<sup>nd</sup> position

35 BPM

*Execution similar to that in the seventh lesson.*

3. Assemblé soutenu

35 BPM

4. Pas de bourrée suivi in 5<sup>th</sup> position

40 BPM

*Execution similar to that in the seventh lesson.*

5. Pas couru in 1<sup>st</sup> position en avant and en arrière

50 BPM

*Practice the same exercise backwards. Do the same exercise on half beats and on the end of the school year on quarter beats.*

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