

## Benesh Movement Notation Score Permission

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### Lesson 6 (Pages 1-12)

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: Nadine Bechert, dance teacher and BMN 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 6

### 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 4/4	30-35
03_3. Battements tendus jetés in 5 <sup>th</sup> position 2/4	35
04_4. Ronds de jambe à terre with 3 <sup>rd</sup> Port-de-bras 2/4	30
05_5. Battements soutenus on half-toe in 5 <sup>th</sup> position 4/4	20
06_6. Battements frappés à la seconde 45° 2/4	35-40
07_7. Battements doubles frappés à la seconde 45° 2/4	35
08_8. Ronds de jambe en l'air at 45° 4/4	35
09_9. Petits battements sur le cou-de-pied 2/4	35
10_10. Battements développés 4/4	35
11_11. Grands battements jetés pointés 4/4	40
12_12. Relevé on half-toe 4/4	40

**Center exercises**

13\_01. Demi-plié, grand plié, relevé on half-toe 4/4

Metronome

30

14\_02. Battements tendus in 5<sup>th</sup> position 2/4

30-35 + 25

15\_03. Battements tendus jetés in 5<sup>th</sup> position 2/4

35

16\_04. Ronds de jambe à terre 2/4

30-35

17\_05. Battements fondus, pointed on the floor 4/4

30

18\_06. Battements frappés à la seconde 2/4

30

19\_07. Pas de bourrée en dehors and en dedans 4/4

30

20\_08. Pas de bourrée suivi en tournant 2/4

45

**Allegro**

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

40-45

22\_02. Changements de pieds 4/4

45

23\_03. Pas échappé 4/4

35-40

24\_04. Pas assemblé 4/4

35

**Exercises on pointes**

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

35

Title Vera S. Kostrovitskaya year 1: Lesson 6

**BARRE EXERCISES**

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

30 BPM

Intro

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

30-35 BPM

Intro

Nadine Bechert (Dance pedagogy teacher; Student in BMN)

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

Place and date Fellbach (Germany), April 2022

Title Vera S. Kostrovitskaya year 1: Lesson 6

Handwritten musical notation for the first exercise, consisting of a single staff with a 4-bar section and a final chord.

Handwritten musical notation for the second exercise, consisting of a single staff with two chords.

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

35 BPM

Intro

Handwritten musical notation for exercise 3, starting with a 2-measure introduction and followed by 3 bars of notes.

encroix

Handwritten musical notation for exercise 3, showing three 4-bar sections.

Handwritten musical notation for exercise 3, showing two chords.

4. Ronds de jambe à terre

30 BPM

Intro 4 chords

Handwritten musical notation for exercise 4, starting with a 2-measure introduction and followed by 7 bars of notes.

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2 / 12

Title Vera S. Kostrovitskaya year 1: Lesson 6

5. Battements soutenus rising on half-toe in 5<sup>th</sup> position

20 BPM

Intro

en croix

2 chords

6. Battements frappés à la seconde 45° (VT 22,5°)

35 BPM

Intro

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2 chords

3

6 Bars

It is helpful to combine the battements frappés on the floor, pointe tendu with the battements frappés off the floor at 45° (VT 22,5°), with the execution of the first half of the exercise with pointe tendu on the floor, and the second half off the floor.

7. Battements doubles frappés à la seconde at 45° (VT 22,5°)

35 BPM

Intro

2

3

3

2 chords

3 Bars

3

3 Bars

8. Ronds de jambe en l'air at 45°

35 BPM

Intro

4

3

3

2 chords

3 Bars

4 Bars

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4 / 12

Title Vera S. Kostrovitskaya year 1: Lesson 6

9. Petits battements sur le cou-de-pied

30-40 BPM Intro

2 chords

10. Battements développés à la seconde and derrière

35 BPM Intro

2 chords

Repeat the exercise 2 to 4 times.  
 According to the degree of mastery, execute the développés to the front, to the side and to the back holding the barre with one hand.

The cou-de-pied position is conditionally applied to the front and to the back depending on the position of the foot in the exercise.

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11. Grands battements jetés pointés

40 BPM

Intro

en croix

2 chords

4 Bars 4 Bars 4 Bars

Repeat the exercise  
4 to 8 times.

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

40 BPM

Execute as in the previous lessons.

Nadine Bechert (Dance pedagogy teacher; Student in BMN)  
 Notated by Supported by Robyn Hughes Ryman (FIChor) and Rhonda Ryman-Kane (FIChor)  
 Place and date Fellbach (Germany), April 2022 6 / 12

Title Vera S. Kostrovitskaya year 1: Lesson 6

CENTER EXERCISES

1. Demi-plié, grand plié and relevé on half-toe in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position

30 BPM

Similar execution as in the exercise at the barre.  
Execute the demi-plié and grand plié in 4<sup>th</sup> position with épaulement effacé or croisé.

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

Intro  
30-35 BPM

7 Bars

25 BPM

à la seconde and derrière  
16 Bars

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

Intro  
35 BPM

3 Bars

2 chords

en croix  
12 Bars

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Title Vera S. Kostrovitskaya year 1: Lesson 6

4. Ronds de jambe à terre

30-35 BPM

Intro 4 chords

6 Bars

4 chords then 15 Bars

Repeat the same exercise en dedans.

5. Battements fondus, pointe tendue on the floor

30 BPM

Intro

2 chords en croix 6 Bars

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6. Battements frappés à la seconde

30 BPM

Execution similar to that in the exercise at the barre, but with pointe tendue on the floor.

7. Pas de bourrée en dehors and en dedans (changing feet)

30 BPM

Follow the execution as in the 5th lesson of the exercise at the barre.

8. Pas de bourrée suivi en tournant

45 BPM

Intro

2 Bars	2 Bars	2 Bars	2 Bars	2 Bars	2 Bars
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Nadine Bechert (Dance pedagogy teacher; Student in BMN)

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Title Vera S. Kostrovitskaya year 1: Lesson 6

ALLEGRO

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

40-45 BPM

Intro  
 4  
 3

2 chords

3 Bars  
 In 2<sup>nd</sup>  
 4 Bars  
 In 5<sup>th</sup> right foot devant  
 4 Bars

2 chords

In 5<sup>th</sup> right foot derrière  
 4 Bars

2. Changements de pieds

45 BPM

Intro  
 4  
 7 Bars

3. Pas échappé

35-40 BPM

Intro  
 4  
 7 Bars

2 chords

7 Bars  
 4 Bars

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35-40 BPM

b.)

Intro  $\phi$   $\phi$

2 chords

According to the degree of mastery, follow with the execution in the center for a.) and b.)

4. Pas assemblé

35 BPM

Intro  $\phi$   $\phi$

2 chords

7 Bars

According to the degree of mastery, follow with the execution in the center.

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11 / 12

Title Vera S. Kostrovitskaya year 1: Lesson 6

EXERCISES ON POINTES

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

35 BPM

Intro  
 4  
 7 Bars

4 chords

4 chords  
 In 2<sup>nd</sup>  
 8 Bars  
 In 5<sup>th</sup> right foot devant.  
 8 Bars  
 FIN

4 chords

4 chords  
 2 chords  
 In 5<sup>th</sup> right foot derrière.  
 8 Bars

Thereafter, according to the degree of mastery (6 to 8 lessons), follow with execution in the center.

Blank musical staff lines.

Blank musical staff lines.

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