

Benesh Movement Notation Score Permission

Lesson 9 (Pages 1-11)

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: Emma Weiler, student. (Fellbach, 2022)

Score Owner:



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

With support by Robyn Hughes Ryman, FIChor., and Rhonda Ryman-Kane, FIChor.

Copyright © 2021 Ballettfachschule Ronecker

Notated in Benesh Movement Notation™

All rights reserved

No part, sharing, reproduction of this score, or public performance is permitted under any circumstances without the written agreement of the people mentioned above, apart from educational use such as reference, research, and study purposes. No part of the publication/manuscript may be reproduced, stored in any retrieval system, or transmitted in any form or by any means (electronically, mechanical, photocopying or otherwise) without prior permission of the score owner.

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 9, please contact Ballettfachschule Ronecker at mail@ballettfachschule.de.

For information regarding Benesh Movement Notation, please contact Benesh International at beneshinternational@rad.org.uk.

Kostrovitskaya Year 1: Lesson 9

Barre exercises

	Metronome
01_1. Grand pliés in 1 st , 2 nd , 4 th and 5 th position 4/4	30
02_2. Battements tendus in 5 th position 4/4	30
03_3. Battements tendus jetés in 5 th position 4/4	35
04_4. Ronds de jambe à terre 2/4	30
05_5. Battements fondus and frappés at 45° 4/4	30
06_6. Battements doubles frappés 2/4	30
07_7. Ronds de jambe en l'air at 45° 2/4	35
08_8. Petits battements sur le cou-de-pied 2/4	30
09_9. Relevés lents and battements développés to 90° 4/4	30
10_10. Grands battements jetés pointés 2/4	40

Center exercises

	Metronome
11_01. Grand plié, demi-plié, and relevé on half-toe in 1 st , 2 nd , 4 th , and 5 th position 4/4	30
12_02. Battements tendus and tendus jetés in 5 th position 2/4	30
13_03. Ronds de jambe à terre 2/4	30
14_04. Battements fondus and frappés at 45° 4/4	30/30
15_05. Ronds de jambe en l'air 2/4	30
16_06. Petits battements sur le cou-de-pied 2/4	30
17_07. Relevés lents and battements développés to 90° 4/4	25
18_08. Grands battements jetés 2/4	30

Allegro

19_01. Temps levé in 1 st and 2 nd position 4/4	30
20_02. Pas échappé 4/4	35
21_03. Pas assemblé 4/4	40
22_04. Pas jeté 4/4	40
23_05. Sissonne simple 4/4	35
24_06. Changements de pieds 2/4	40

Third example of exercises on pointes

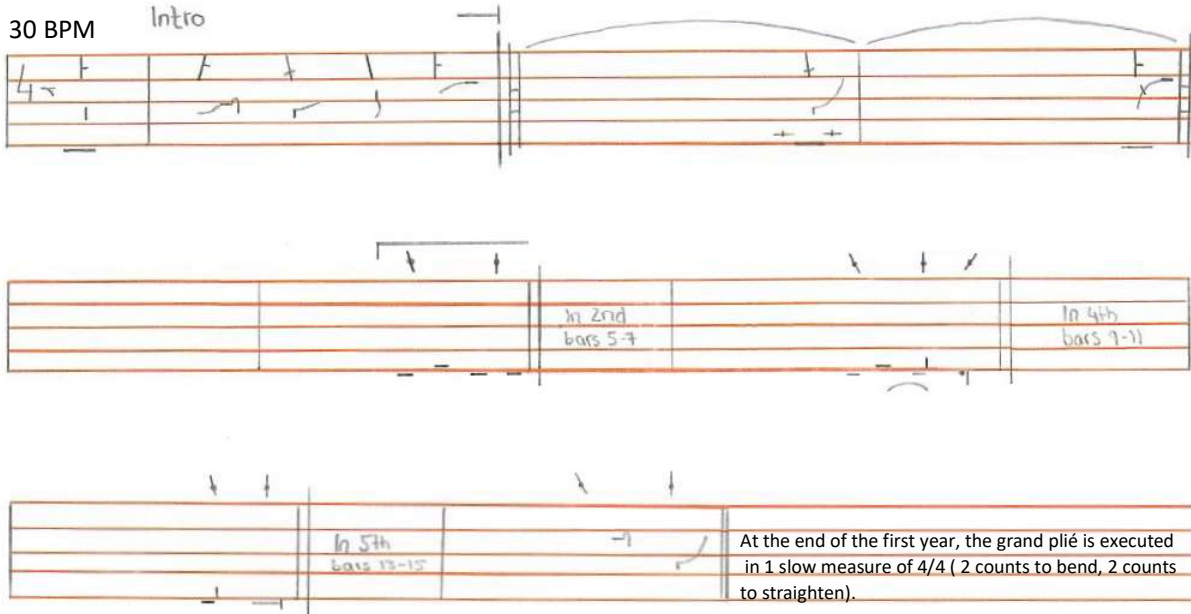
25_01. Relevé in 1 st and 2 nd position 4/4	40
26_02. Pas échappé 2/4	40
27_03. Assemblé soutenu 2/4	40
28_04. Pas de bourrée, changing feet en dehors and en dedans 2/4 or 3/4	50
29_05. Pas de bourrée suivi in 5 th position with a slight move to the side 2/4	60
30_06. Pas couru in 1 st position front and back on an accelerated tempo 2/4	55

BARRE EXERCISES

1. Grand pliés in 1st, 2nd, 4th and 5th position

30 BPM

Intro



In 2nd bars 5-7

In 4th bars 9-11

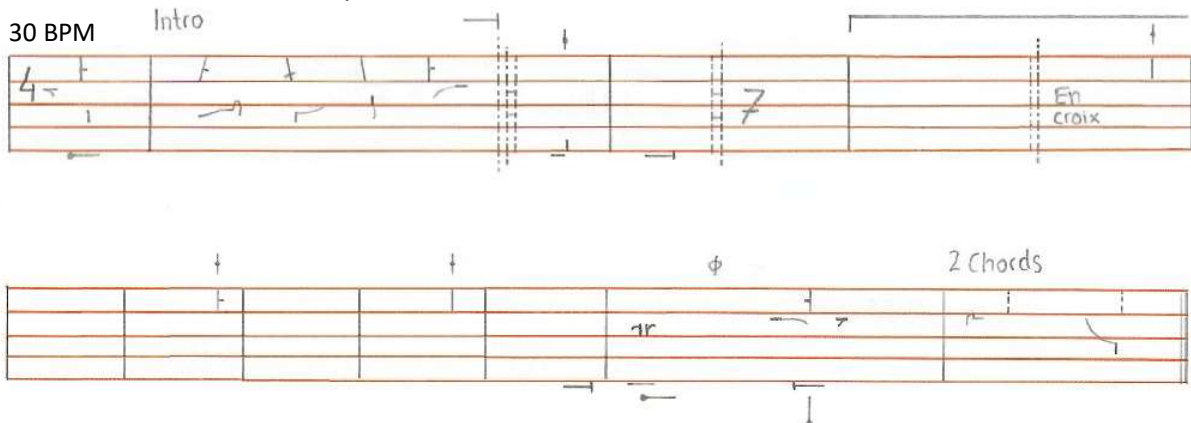
In 5th bars 13-15

At the end of the first year, the grand plié is executed in 1 slow measure of 4/4 (2 counts to bend, 2 counts to straighten).

2. Battements tendus in 5th position

30 BPM

Intro



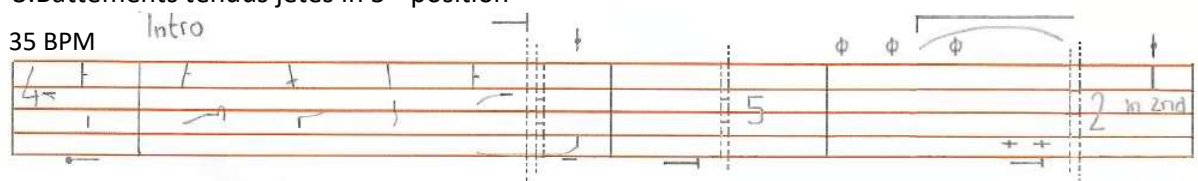
En croix

2 Chords

3. Battements tendus jetés in 5th position

35 BPM

Intro



2 in 2nd

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Eellbach (Germany), November 2022

Title Vera S. Kostrovitskaya year 1: Lesson 9

4. Ronds de jambe à terre

30 BPM

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

Title Vera S. Kostrovitskaya year 1: Lesson 9

5. Battements fondus and frappés at 45°

30 BPM

4/4

EN 2 bars

croix without arms and head

2 bars

derière as bars 1 and 2

2 bars without arms and head

FIN φ

2 bars

2 chords

6. Battements doubles frappés at 45°

30 BPM

Intro

2/4

φ

2 chords

3 bars

8. Ronds de jambe en l'air

35 BPM

Intro

2/4

7 Bars

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

Title Vera S. Kostrovitskaya year 1: Lesson 9

2 Chords

8. Petits battements sur le cou-de-pied

30 BPM

Execution similar to that in the eighth lesson. Barre Exercises # 8.

9. Relevés lents and battements développés to 90°

30 BPM

Intro

2 Bars 2 Bars

En croix

10. Grands battements jetés pointés

40 BPM

Intro

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

Title Vera S. Kostrovitskaya year 1: Lesson 9

2 chords

CENTER EXERCISES

1. Grand plié, demi-plié and relevé on half-toe in 1st, 2nd, 4th and 5th position

30 BPM Intro

FIN ↘

2 chords

2. Battements tendus and tendus jetés in 5th position

30 BPM Intro

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

Title Vera S. Kostrovitskaya year 1: Lesson 9

3. Ronds de jambe à terre

30 BPM

Execution similar to that in the exercise at the barre #4.

4. Battements fondus and frappés at 45°

a.) 30 BPM

Repeat the exercise #a) dessous and end in a big pose croisé derrière

b.) 30 BPM

5. Ronds de jambe en l'air

30 BPM

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

6 / 11

Title Vera S. Kostrovitskaya year 1: Lesson 9

4 bars

6. Petits battements sur le cou-de-pied

30 BPM

Intro

2 Chords

7. Relevés lents and battements développés to 90°

25 BPM

Execution similar to that in the exercise at the barre # 9.

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

8. Grands battements jetés

30 BPM

Intro

en croix

2 chords

ALLEGRO

1. Temps levé in 1st and 2nd position

30 BPM

Intro

In 2nd

2 chords

2. Pas échappé

35 BPM

Execution similar to that in the eighth lesson. Allegro # 3.

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

8 / 11

Title Vera S. Kostrovitskaya year 1: Lesson 9

3. Pas assemblé

40 BPM

Intro
 ϕ

2 bass

3 bass

ϕ ϕ FIN

4. Pas jeté

40 BPM

Execution similar to that in the eighth lesson. Allegro # 4.

5. Sissonne simple

35 BPM

Intro
 ϕ ϕ

3 bass

4 bass

2 chords

According to the degree of mastery, of the step, the exercise can be executed in the center.

6. Changements de pieds

40 BPM

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

9 / 11

THIRD EXAMPLE OF EXERCISES ON POINTES

1. Relevé in 1st and 2nd position

40 BPM

2. Pas échappé

40 BPM

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022

3. Assemblé soutenu

40 BPM

Intro

7 bars

2 chords

8 bars

4. Pas de bourrée, changing feet en dehors and en dedans

50 BPM

Execution similar to that in the exercise on half-toe, Lesson 5, Barre Exercises # 14.
 Musical measure 2/4 or 3/4.

5. Pas de bourrée suivi in 5th position with a slight move to the side.

60 BPM

Intro

X

6. Pas couru in 1st position front and back on an accelerated tempo.

55 BPM

Intro

X

same exercise backwards

Emma Weiler (Student in classical ballet and BMN)

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

Place and date Fellbach (Germany), November 2022