CHICAGO NATIONAL ASSOCIATION OF DANCE MASTERS

Ballet Forum Level Requirements

Registration Guidelines

Applicants should follow the age & level requirements AND have the ability to execute the majority of skills listed in the applicable level before selecting.

Choreographers and the Ballet Forum committee will make final placements following the placement class.

Pointe shoes are not a requirement for enrollment.

Ballet Forum I

- Age 11y+ (Advanced Beginner)
- At least 2 years of ballet training
- Petite Allegro to include: sauté, changement, échappé, glissade
- Turns to include: chainé, soutenu, pirouette en dehors
- Grand Allegro to include: tombé pas de bourée, waltz
- Basic knowledge of port de bras, positions, arabesques, stage directions

Pointe (if applicable): no experience necessary

Ballet Forum II

- Age 12y+ (Intermediate)
- At least 3-4 years of ballet training
- Petite Allegro to include: royale, entrechat quatre
- Turns to include: piqué turn, single pirouette en dehors; en dedans
- Grand Allegro to include: failli assemblé, temps levé, grand jeté, sissone
- Basic knowledge of body positions, placement, musicality

Pointe (if applicable): pre-pointe conditioning experience and/or basic barre pointe experience



- Age 14y+ (High Intermediate)
- At least 4-6 years of ballet training
- Petite Allegro to include: brisé, battu petite allegro
- Turns to include: clean double pirouette en dehors; en dedans, emboité en tournant, renversé
- Grand Allegro to include: saut de chat, saut de basque, grand jeté en tournant, fouetté (piqué; temps levé)
- Adagio with controlled single leg balance, high level of musicality and coordination

Pointe (if applicable): 1-2 yrs basic pointework (echappé, balancé, bourrées, pas de bourrée) and ability to work in center

Ballet Forum IV

- 16y+ (Advanced)
- At least 6-7 years of ballet training
- Complex combinations of all petite allegro
- Clean double to triple pirouette, double piqué turn, fouetté turns, attitude turns, and arabesque turns
- Complex combination of all grand allegro
- Advanced understanding of placement, balance, positions, and timing

Pointe (if applicable): 3+ years experience (all center work en pointe including pirouettes & traveling turns)

