

BATTEMENT TENDU #1: LEVEL 1A

Preparations: All of the below exercises have Level 2 - 4ct Preparations to 2nd

TENDU #1 - EXERCISE #1 - Tendus to the side from 1st (Pre-Timing) -	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x on Right: Tendu side (4cts), Hold 4cts), Close (4cts), Hold (4cts)	Barre:	Centre:
32cts	Repeat 2x on Left		
8ct	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		

TENDU #1 - EXERCISE #2 - Tendus to the front from 1st (Pre-Timing) -	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Tendu front (4cts), Hold 4cts), Close (4cts), Hold (4cts)	Barre:	Centre:
32cts	Repeat 2x on Left		
8ct	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		

TENDU #1 - EXERCISE #3 - Tendus to the back from 1st (Pre-Timing) -	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts.

Counts:	Exercise Details:	CHECK-OFF:	
32cts	2x: Tendu back (4cts), Hold 4cts), Close (4cts), Hold (4cts)	Barre:	Centre:
32cts	Repeat 2x on Left		
8ct	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		

TENDU #1 - EXERCISE #4 - Tendus from 1st en croix (Timing #1)	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts

Counts:	Exercise Details:	CHECK-OFF:	
16cts	2x: Tendu front (2cts), Hold (2cts), Close (2cts), Hold (2cts)	Barre:	Centre:
48cts	Repeat side, back, side		
8cts	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		
	REPEAT AT THE BARRE AND IN CENTRE ON THE 2ND SIDE		

TENDU #1 - EXERCISE #5 - Tendus from 1st en croix (Timing #2)	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts

Counts:	Exercise Details:	CHECK-OFF:	
16cts	4x: Tendu front (1ct), Hold (1ct), Close (1ct), Hold (1ct)	Barre:	Centre:
48cts	Repeat side, back, side		
8cts	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		
	REPEAT AT THE BARRE AND IN CENTRE ON THE 2ND SIDE		

TENDU #1 - EXERCISE #6 - Tendus from 1st en croix (Timing #3)	Finished:	
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Begin facing the barre with feet in 1st. Prepare in 4cts

Counts:	Exercise Details:	CHECK-OFF:	
32cts	4x en croix: Tendu front (1ct), Hold (&), Close (1ct), Hold (&)	Barre:	Centre:
32cts	Repeat on 2nd side		
8cts	Walk backwards on demi-pointe and settle in 1st in the centre - REPEAT EXERCISE (walk to barre on end and settle in 1st)		