

LEAPS/TURNS/JUMPS (Levels for Summer 2016)

Below are BASIC skills needed to ENTER LTJ at each level. Movement to the next level requires mastery of those skills and a readiness for the next challenge. This is NOT a list of the skills taught at each level but rather the minimal skills needed to provide a base for additional skills to be taught. Simply knowing *how* to do a skill is not enough. A mastery of that skill with proper technique is needed to move up levels. Again, this is not a checklist- but rather a guide.

Not all dancers are ready for a LTJ class. Some may lack the balance, ability to shift their weight or maturity needed to be successful in class. Therefore, there are pre-requisites to enter even a level 1 class.

Pre-requisite (what you must be able to do) for LTJ at each level:

Level 1 (7-9)- Designed for dancers 9 and under- Can be taken by kids under the age of 7 with teacher approval.

- * Stand with hips turned out and heels touching, knees straight. Should be able to bend forward to at least a 90 degree angle and keep back as a table top
- * Balance on one leg with working foot in passé (right and left).
- * Be able to jump from one leg to the other (over a puddle).
- * Be able to walk leading with pointed toes, feel stretched and in turn out. Releve' and Plie'.
- * Know and can demonstrate the correct technique for doing a right and left split (hips square, legs straight, turn out).
- * Able to jump off two feet into the air and land in plie'.

Level 1 (10+)- Beginner class for ages 10+.

- * All of the requirements for the above level.
- * Balance on one leg with working foot in passé (right and left). Be able to hold on releve' for at least 3 seconds.
- * 3 step turn to right and left.

Level 2- (All Skills demonstrated properly on both sides- right and left)

- * All requirements for the above level
- * Chassé - forward and side, Jazz walk/run, chaîné turns
- * Be able to step and chassé into all skills and land standing.
- * Split leaps (brush and développé), open seconde.
- * Single Pirouette (double counted), jazz and ballet – proper form and spotting, land in first.
- * split jumps, toe touches/russian (turn out, sit hips, brush off floor, land together)
- * Point toes & brush off the floor, straight kick and peak kick, straight supporting leg
- * Splits to at least 8 inches to the floor.

Level 3 (All Skills demonstrated properly on both sides- right and left)

- * All requirements for the above level
- * Build on basic jumps- herkie, firebird, tilts, c-jump, fan kicks, kick leap, switch leap, surprise leap, flying russian
- * String 2 together without stepping between (double pirouette, double Russian, etc.)
- * Solid double turn- switch up arms and leg positions, basic technique for a la seconde turns and fouettes (at least 2 rotations)
- * chainé into basic skills- chainé leap (bent and straight back leg), chainé fan, etc.
- * Y-hold, 6 O clock
- * Splits to no more than 4 inches off the floor on both sides

Level 4 (All Skills demonstrated properly on both sides- right and left)

- * All the requirements of the above level
- * String 3 or more skills together without resting steps
- * Changing directional skills – changing spot pirouettes, changing directional jumps,
- * Solid triple, axle to floor and standing
- * Chainé into advanced skills- disc, switch, c-jump, tornado
- * hold leg in seconde position at 90 degree angle for 10 seconds, straight leg hold and open seconde leg hold (3 seconds), unassisted leg holds (3 seconds)
- * reverse leap to almost 180 degrees,
- * Fouetté turns, à la seconde turns (4 and double out)
- * Full Split on both sides