

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Am I ready?

A check list to help prepare you for beginning pointe work.

- Have at least 3 years of formal ballet training
- Am I responsible?
  - Do I attend class prepared
    - with the proper attire, shoes, well-groomed, hair in a bun
- Am I in good health?
  - Do I have the stamina to take a longer ballet class?
  - Do I have good nutritional habits?
  - Weight is in the normal range

### Hips:

- Am I able to maintain my turnout while dancing?
- Do I maintain hip rotation in conjunction with turn out of my feet?
- Do my feet turn out more than the hips?

### Torso:

- Do I have a strong, straight back while dancing? Especially the lower back
- Do I maintain proper body alignment while in the relevés position?

### Legs:

- Do I use plié while dancing?
- Can I hold the passé position in relevés with minimal movement for a period of 15 - 30 seconds?
  - Does my standing leg maintain turnout?
  - Is my standing leg straight?
  - Is my working leg at passé? Correct ballet placement.
  - Is my torso/back engaged? Or is it loose?
- Can I walk in first position relevés smoothly and cleanly?
  - Does my body “bounce”?
  - Do I maintain the relevé of my feet as I walk?
  - Do I maintain turnout while I walk?
- Can I pique passé with straight leg
- Can I do 32 relevés in the center without stopping?
- One set should be done with pliés, and another without

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Feet:

- Do I have a strongly developed arch in my foot?
- Do I have a tendency to sickle my feet?
- Do I consistently point my feet while dancing?
- Do I consistently work in a high demi-pointe?
- Do my toes curl downward or are the knuckle apparent through my shoes?
- When I stand, do I feel 80% of my weight centered on the ball of the foot and the toes?
- When I relevé in first position, are my knuckles flat or raised?
- When I am in relevé passé, are my knuckles flat or raised?
- Are my ankles strong?
  - Do they wobble in relevés?
  - Do I have problems with my ankles?
- When I pointe my feet, is there a straight line from my hip down to my toes?
- Battements Tendu:
  - Do my feet stretch along the floor and extend into a lovely curve from the top of the foot and show an arch under the foot?
  - Do my feet “pop” into tendu?
  - Do my toes leave the floor for a split second when I perform tendu?
- Rond de Jambe:
  - Do my feet brush from tendu devant through first position to tendu derrière?
- Do I have a strong and correct preparation for pirouettes?
- Do I have a strong and correct preparation for jumps?

Dancers – you can use this as a guide for yourself. To give you a list of good practices that are important in your technique. Regardless of if you want to work on pointe or not, these items listed are important to all your dance technique. If you want to work on pointe, these items are essential before you can begin.

Take note: It is the consistent demonstration of these items at the barre and in center work and in performances that will play a determining factor on when you will be ready for pointe.

Take note: It is the consistent demonstration of these items to your ballet teacher. (Not your family or friends) It is your ballet teacher’s responsibility to make sure that you do not go up before you are ready to prevent injury. We take this responsibility strongly and will not put any girl up we feel may not **yet** be strong enough and risk injury to the developing bones of the feet. We want you all to have a long career in dance.