



## Asian Ballet Competition (ABC) 2019

### Age Appropriate Movements Guidelines

1. Choreography and dance movements are recommended to be appropriate to the age and ability of candidate.
2. Candidates age 5 to 14 in Children A, Children B, Pre-Competitive A, Pre-Competition B, Junior A divisions, and all male candidates must wear soft dance shoes.
3. Female candidates age 15 to 23 in Junior B, Senior Divisions may choose to wear soft dance shoes or ballet pointe shoes.
4. Recommended movements for different divisions:

#### Children A Division (Age 5 to 6)

- Relevés in 1<sup>st</sup> or any positions according to candidate's ability.
- Sautés in parallel or 1<sup>st</sup> position
- Simple Pas de basque in parallel or 3<sup>rd</sup> position
- Galops with Attitude devant
- Arm placements required covering 3<sup>rd</sup> and 4<sup>th</sup> positions
- Movements that could show candidate's expressiveness.

#### Children B Division (Age 7 to 8)

- Relevés in 5<sup>th</sup> position; Retiré relevés or passés
- Echappés Sautés; Petits Jetés devant or derrière
- Balancés de côté
- Piqué en dedans should be performed in single or without turn.
- Arm placements required covering 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> positions
- Movements that could show candidate's expressiveness.

### Pre-Competitive A Division (Age 9 to 10)

#### Female candidate:

- Pirouette should be performed in single or as relevé;
- Piqué en dedans should be performed in single or without turn.

#### Male candidate:

- Tour en l'air should be performed in single or as changements;
- Cabriole devant may be performed as step temps levé devant;
- Entrechat six should be performed as changements;
- Pirouette should be performed in single or double.

### Pre-Competitive B Division (Age 11 to 12)

#### Female candidate:

- Pirouette should be performed in single or double;
- Piqué en dedans should be performed in single or without turn.

#### Male candidate:

- Tour en l'air should be performed in single or double;
- Cabriole devant may be performed as a step temps levé devant;
- Entrechat six may be performed as changements;
- Pirouette should be performed in single or double.

### Junior A Division (Age 13 to 14)

- Candidates are recommended to follow the guidance of teachers.

### Junior B Division (Age 15 to 16)

- Candidates are recommended to follow the guidance of teachers.

### Senior Division (Age 17 to 23)

- Candidates are recommended to follow the guidance of teachers.