

# Pre-Requisite to Level 5 Jazz

**NAME:**

**DATE:**

|   | KNOW | UNDERSTAND | EXECUTE |
|---|------|------------|---------|
| All Single Body Isolations  |      |            |         |
| Polycentrics (multiple isolations at the same time)   |      |            |         |
| Roll Down through Spine   |      |            |         |
| Mattox Jazz Port de Bras: Jackknife, folded, parallel, second, crossed, high and low V      |      |            |         |
| Mattox Lunge  |      |            |         |
| Jazz Square   |      |            |         |
| Pivot turn with spotting  |      |            |         |
| Lunge in all directions   |      |            |         |
| Flat backs  |      |            |         |
| Hinge   |      |            |         |
| Locomotor skills from previous levels: pas de bourree, triplets, jazz runs, chasse, tipping |      |            |         |
| Jazz walks: kimbo, cuban  |      |            |         |
| Tuck Jump   |      |            |         |
| Axle  |      |            |         |
| Grand Battement Front, Side, and Back   |      |            |         |
| Chaine Turn   |      |            |         |
| Jete  |      |            |         |
| Saut de Chat  |      |            |         |
| Leaps in Second   |      |            |         |
| Hitch Kick  |      |            |         |
| Stag Leap   |      |            |         |
| 6 Step turn   |      |            |         |
| Single and Double Pirouette in parallel, en dehors and en dedans                            |      |            |         |
| Jazz rond de jambe  |      |            |         |
| C jump  |      |            |         |
| Ring leap   |      |            |         |
| Right and Left splits   |      |            |         |
| Fan kick  |      |            |         |
| Body Roll   |      |            |         |

*Knows, understands, and executes ALL criteria from Preschool to Level 4, ability to follow directions, focus, obey classroom rules, able to recall 100% of recital dances.*

**KNOW:** can define a term/movement with words

**UNDERSTAND:** can translate terminology/movement into their body

**EXECUTE:** performs the terminology/movement with proper alignment, placement, style

ALIGNMENT: skeleton is stacked straight with no sway back, slouch

PLACEMENT: body weight is properly placed over balls of feet

TIMING: how movement is performed in synchronization with rhythm/beat of music

STRENGTH: proper and efficient use of core trunk muscles, adductors, deep rotators

**NOTES:**