

# Movement Jazz Benchmarks

## Junior Jazz I

- Knowledge of all the 5 foot and arm positions (parallel)
- Knowledge of proper warm up and stretch
- Ability to execute
  - jazz square
  - Lindy Step
  - Pique Turns
  - Chaine Turns
  - Single Pirouette
  - Battement - across the floor
  - Leg Hold
  - Seat Spin
  - Jazz Split
  - Splits - on one side

**Junior Jazz II – All of Level I plus the below**

- Ability to confidently execute a combo in center or across the floor with no assistance
- Ability to execute
  - Double Pirouette - on both sides
  - Jazz Splits – on both sides
  - Splits - on both sides
  - Jazz Leap

### **Senior Jazz I**

- Knowledge of all the 5 foot and arm positions (parallel)
- Knowledge of proper warm up and stretch
- Ability to execute
  - jazz square
  - Lindy Step
  - Pique Turns
  - Chaine Turns
  - Single Pirouette – on both sides
  - Double Pirouette – on at least one side
  - Battement - across the floor
  - Leg Hold
  - Seat Spin
  - Jazz Split – on both sides
  - Splits - on both sides
  - Jazz Leap – on both sides
  - Basic Fouettés
- Ability to execute choreography with clean technique and knowledge of terminology

## **Senior Jazz II – All Level I plus the below**

- Ability to execute
  - Splits on all 3 sides
  - Clean Double Pirouettes – one both sides
  - Clean Triple Pirouette – on at least one side
  - Clean Straddle Leap – on at least one side
  - Calypso Jump
  - Illusion – on at least one side
  - Clean Fouetté Turns with variation, and A la Seconde
  - Split Leap – on at least one side
- Ability to execute and memorize choreography with clean technique

### **Senior Jazz III – All of Level II and below**

- Ability to execute
  - Triple Pirouettes – on both sides
  - Quad Pirouettes – on at least one side
  - Clean Straddle Jump – on both sides
  - Splits – on all 3 sides
  - Calypso Jump
  - Fire Bird
  - Leg Hold Turn
  - Nearly any Fouetté/A la Seconde Turn Combination
  - Split Leaps – on both sides
- Ability to execute advanced choreography with clean technique