



Clarify

A 30-Day Ballet Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day when you complete the exercise. If you're injured, sick, or unable to dance, then watch the video and check it off. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	<p>Beginning Ballet: Basic Repetitions</p> <p>OR</p> <p>Adv Beginner Ballet: Pas de Cheval and Battement Piqué</p>	30
2	<p>Memorize the exercises from the <i>1st half</i> of your Day 1 class.</p> <p>Use the chapter markers in the YouTube video description to skip to each exercise. Repeat until you can do the exercises on your own with no breaks in between.</p> <p>Beginning Ballet: Basic Repetitions (Plié, Tendu, Degagé)</p> <p>OR</p> <p>Adv Beginner Ballet: Pas de Cheval and Battement Piqué (Plié, Tendu & Degagé, Pas de Cheval I)</p>	30

Day	Exercise	Minutes
3	<p>Quickly review the first half of class. Then memorize the exercises from the <i>2nd half</i> of your Day 1 class.</p> <p style="text-align: center;">Beginning Ballet: Basic Repetitions (Small Jumps, Centre Choreography, Révérence)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Adv Beginner Ballet: Pas de Cheval and Battement Piqué (Pas de Cheval II, Piqué I, NOT Piqué II, Pas de Cheval & Piqué)</p>	30
4	<p style="text-align: center;">5-Minute Floor Warm-Up</p> <p style="text-align: center;">AND</p> <p>Repeat the <i>full class</i> without looking at the video.</p> <p>For an extra challenge, search for "ballet class music" online and do the full memorized class on your own with different music.</p>	30
5	<p>Do the <i>Plié</i> exercise from your Day 1 class, focusing on clarity in your movements and musicality.</p> <p>Use the chapter markers in the YouTube video description to skip to Pliés.</p>	5
6	<p>Choose – Write down the name of one exercise from your Day 1 class to work on in more detail over the next few days.</p>	5

Day	Exercise	Minutes
7	<p data-bbox="371 247 1162 289"><i>Clarify foot placement</i> in your Day 6 exercise.</p> <p data-bbox="256 369 1278 411">Look closely at foot placement in the demonstration video.</p> <p data-bbox="240 491 1294 638">After warming up, practice your Day 6 exercise at least once on each side. Find foot positions that work for your body. Execute them clearly and deliberately.</p>	15
8	<p data-bbox="306 674 1227 716"><i>Clarify arm & hand placement</i> in your Day 6 exercise.</p> <p data-bbox="323 795 1211 837">Look closely at arm & hand placement in the video.</p> <p data-bbox="240 917 1294 1064">After warming up, practice your Day 6 exercise at least once on each side. Replicate the arm & hand placement in the video as clearly and deliberately as you can.</p>	15
9	<p data-bbox="267 1100 1266 1142"><i>Clarify head & shoulder placement</i> in your Day 6 exercise.</p> <p data-bbox="284 1222 1252 1264">Look closely at head & shoulder placement in the video.</p> <p data-bbox="240 1344 1294 1543">After warming up, practice your Day 6 exercise at least once on each side. Replicate the head & shoulder placement in the video, or add your own. Make your head & shoulder positions clear and deliberate.</p>	15

Day	Exercise	Minutes
10	<p style="text-align: center;">Bring it all together.</p> <p>Practice your Day 6 exercise at least once on each side with clear <i>foot, arm & head placement</i>.</p> <p style="text-align: center;">OR</p> <p>Repeat the full class with clear <i>foot, arm & head placement</i>.</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">30</p>
11	<p>Listen – Search online for "ballet class music" or use your own. Find a different piece of music that you can use for your Day 6 exercise. Listen to the music four times:</p> <ol style="list-style-type: none"> 1. Close your eyes and sit or stand still. 2. Close your eyes and move your body with the music. 3. Mark the steps of your Day 6 exercise. 4. Do your Day 6 exercise, clearly articulating your movements with the music. 	<p style="text-align: center;">15</p>
12	<p style="text-align: center;">Beginning Ballet: Épaulement</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe: Épaulement</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Quick Épaulement</p>	<p style="text-align: center;">30</p>

Day	Exercise	Minutes
13	<p>Memorize the exercises from the <i>1st half</i> of the Day 12 class.</p> <p>Use the chapter markers in the YouTube video description to skip to each exercise. Repeat until you can do the exercises on your own with no breaks in between.</p> <p style="text-align: center;">Beginning Ballet: Épaulement (Port de Bras, Tendu)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe: Épaulement (Warm-Up, Relevé, Degagé)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Quick Épaulement (Tendu, Degagé)</p>	30
14	<p>Quickly review the first half of class. Then memorize the exercises from the <i>2nd half</i> of your Day 12 class.</p> <p style="text-align: center;">Beginning Ballet: Épaulement (Degagé, Small Jumps)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Demi-Pointe: Épaulement (Échappé, Passé, Révérence)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Ballet: Quick Épaulement (Relevé Passé, Pas de Bourrée, Révérence)</p>	30

Day	Exercise	Minutes
15	<p style="text-align: center;">5-Minute Floor Warm-Up</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Repeat the <i>full class</i> without looking at the video.</p> <p style="text-align: center;">For an extra challenge, search for "ballet class music" online and do the full memorized class on your own with different music.</p>	30
16	<p style="text-align: center;">Write – How do the exercises feel different when you’ve memorized, studied, and repeated them?</p>	5
17	<p style="text-align: center;">Choose an exercise from your Day 12 class.</p> <p style="text-align: center;">Study the details of <i>foot, arm & head placement, and musicality</i>. Warm yourself up. Repeat the exercise at least once on each side.</p>	30
18	<p style="text-align: center;">Repeat your Day 17 exercise with <i>clear intention</i>.</p> <p style="text-align: center;">After warming up, practice making every movement look deliberate. Your audience (imagined or real) should have no doubt that you’re doing exactly what you intended.</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Record yourself to see whether your intention looks clear.</p>	30
19	<p style="text-align: center;">Repeat your Day 12 class.</p> <p style="text-align: center;">Perform each exercise with <i>clear intention</i>.</p>	30

Day	Exercise	Minutes
20	<p>Choose a class you haven't done yet. Focus on performing each exercise with <i>clear intention</i>:</p> <p>Beginning Ballet: Basic Repetitions</p> <p>OR</p> <p>Beginning Ballet: Épaulement</p> <p>OR</p> <p>Adv Beginner Ballet: Pas de Cheval and Battement Piqué</p> <p>OR</p> <p>Demi-Pointe: Épaulement</p> <p>OR</p> <p>Intermediate Ballet: Quick Épaulement</p>	30
21	<p>Watch – Search online for "Carlos Acosta ballet solo." Notice the clarity and intention in his movements.</p>	5
22	<p>Clarify your arm positions:</p> <p>Arm Positions</p>	5
23	<p>Clarify your arm positions:</p> <p>Beginning Ballet: Tombé and Ecarté Devant</p> <p>OR</p> <p>Adv Beginner Ballet: Balance and Pirouette from 5th</p> <p>OR</p> <p>Intermediate Ballet: Full Barre</p>	30

Day	Exercise	Minutes
24	Clarify your Battements: Tendu Devant AND Relevé Lent and Grand Rond de Jambe	15
25	Clarify your Battements: Beginning Ballet: Rond de Jambe OR Intermediate Ballet: Traveling Steps	30
26	Learn – Choose any step from the Short Ballet Lessons and Demonstrations section to learn or re-learn with clarity.	10
27	Clarify your jumps: Pilates Warm-Up AND Glissade with Barre	40
28	Clarify your directions: Moving in a Square AND Forward, Backward, Downstage, Upstage	10
29	Clarify your jumps: Beginning Ballet: Balance and Foot Articulation (Warm-Up) AND Grand Jeté	40
30	Pose – Strike a pose and catch yourself looking fabulous. Exercise 1 – What Kind of Sculpture Does Your Body Make?	45