

# Cecchetti Ballet Grade 2 Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

SAMPLE

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

SAMPLE

- 1. What is the English translation of Allegro in ballet terminology?**
  - A. Quick movements**
  - B. Slow movements**
  - C. Jumping steps**
  - D. Strong feeling**
  
- 2. Trois Glissades sans Changé et Un Battement Tendu involves how many glissades and what is the other element?**
  - A. 3 gliding steps with changement and 1 battement retiré**
  - B. 3 gliding steps without changing and one stretched beating**
  - C. 2 glides with changement and 1 battement frappé**
  - D. 3 glissades sans changé and 2 battements tendus**
  
- 3. Which term describes gliding steps performed in front and back?**
  - A. Glissade Devant**
  - B. Glissade Derrière**
  - C. Glissades Devant et Derrière**
  - D. Pas de Bourrée Dessous**
  
- 4. In Cecchetti's body-position sequence, which term describes the action 'to glide'?**
  - A. Tourner**
  - B. Erect**
  - C. Glisser**
  - D. Lower**
  
- 5. In the movement theory of the arms, which term describes an arm position that is turned?**
  - A. Turned**
  - B. Erect**
  - C. Raised**
  - D. Inclined**

- 6. What is the English translation for the phrase "Tours for girls and boys"?**
- A. Turns for girls and boys**
  - B. Quick movements**
  - C. Preparation for turns for girls**
  - D. Chasing step**
- 7. Cinq Positions du Corps refers to what?**
- A. Five principles of posture**
  - B. Five arm placements for grand battement**
  - C. Five positions of the body**
  - D. Five steps of balance**
- 8. Pointe tendue demi en l'air is described as?**
- A. Stretched point halfway in the air, 45 degrees or halfway between à Terre and en l'air**
  - B. Stretched point on the ground**
  - C. Bent knee in the air**
  - D. Stretched point in the air, at hip height**
- 9. Developing or unfolding movement; connecting movement is what term?**
- A. A single battement step**
  - B. A phrase of port de bras**
  - C. A pirouette combination**
  - D. Developing or unfolding movement; connecting movement**
- 10. What is the English translation of Préparation pour tours en l'air for boys?**
- A. Preparation for turns in the air for boys**
  - B. Preparation for turns for girls**
  - C. Quick movements**
  - D. Assembling step over**

## Answers

SAMPLE

1. A
2. B
3. C
4. C
5. A
6. A
7. C
8. A
9. D
10. A

SAMPLE

## **Explanations**

SAMPLE

**1. What is the English translation of Allegro in ballet terminology?**

- A. Quick movements**
- B. Slow movements**
- C. Jumping steps**
- D. Strong feeling**

Allegro marks a brisk, lively tempo and energy in ballet, so its English translation is quick movements. This term signals fast pacing and bright, energetic phrasing, including the lively petit allegro (quick footwork) and grand allegro (larger jumps). It contrasts with slower sections marked Adagio, which means slow movements. While jumping steps can happen in Allegro, that isn't the translation itself, and strong feeling isn't a tempo indication.

**2. Trois Glissades sans Changé et Un Battement Tendu involves how many glissades and what is the other element?**

- A. 3 gliding steps with changement and 1 battement retiré**
- B. 3 gliding steps without changing and one stretched beating**
- C. 2 glides with changement and 1 battement frappé**
- D. 3 glissades sans changé and 2 battements tendus**

Le point clé est le nombre de glissades et l'élément complémentaire qui suit. Trois glissades sans changé signifie que tu fais trois glissades l'une après l'autre sans changer la position des pieds entre elles. L'élément ajouté est un battement tendu, c'est-à-dire une extension du pied en ligne sur le sol sans battement. Donc l'énoncé décrit trois glissades sans changé suivies d'un battement tendu, ce qui est exactement ce qui est demandé. Les autres options impliqueraient un changement de pied, ou des termes différents comme frappé ou retiré, qui ne correspondent pas à l'indication donnée.

**3. Which term describes gliding steps performed in front and back?**

- A. Glissade Devant**
- B. Glissade Derrière**
- C. Glissades Devant et Derrière**
- D. Pas de Bourrée Dessous**

In Cecchetti terminology, glissade is a light sliding step from one foot to the other, with a brushing action and a momentary weight transfer. When gliding steps are performed in both directions, the term explicitly states both directions. Glissades Devant et Derrière signals glides to the front and to the back, with Devant meaning in front, Derrière meaning behind, and et meaning and, indicating both. The plural Glissades is used because you perform more than one glide. The other options describe only a front glissade, only a back glissade, or a different step altogether (Pas de Bourrée Dessous), which doesn't convey gliding in both directions.

**4. In Cecchetti's body-position sequence, which term describes the action 'to glide'?**

- A. Tourner**
- B. Erect**
- C. Glisser**
- D. Lower**

Glisser is the term that means to glide. In Cecchetti's vocabulary, glisser describes a smooth, sliding motion along the floor, which is exactly what "to glide" conveys. It's about a fluid transition where the foot or body moves with continuous ease, not a turn, not a lowering, and not simply an upright posture. Tourner means to turn, which is a different action. Erect refers to posture—being upright and aligned—rather than moving the foot along the floor. Lower describes lowering a part of the body, not the sliding motion implied by glisser. So glisser best captures the sense of glide in this context.

**5. In the movement theory of the arms, which term describes an arm position that is turned?**

- A. Turned**
- B. Erect**
- C. Raised**
- D. Inclined**

In movement theory of the arms, rotation at the shoulder to create a turned-out position is fundamental. The term that describes an arm position that is turned is Turned, because it signals that the arm has been rotated away from the body, giving the classic turned-out line used in ballet. The other words describe how high or how the arm is oriented without indicating rotation: erect means upright with no rotation, raised means lifted higher, and inclined means tilted. So Turned is the precise way to indicate the arm's rotation into a turned position.

**6. What is the English translation for the phrase "Tours for girls and boys"?**

- A. Turns for girls and boys**
- B. Quick movements**
- C. Preparation for turns for girls**
- D. Chasing step**

In ballet vocabulary, "Tours" means rotations or spins—the action of turning. The natural English translation is "turns." The phrase "turns for girls and boys" reflects that these turns are to be performed by both genders, which is why this option is the best fit. It isn't describing speed ("quick movements"), a preparatory stage ("preparation for turns"), or a different step category like a chasing step, which is why the other options don't align with the meaning of the term.

## 7. Cinq Positions du Corps refers to what?

- A. Five principles of posture
- B. Five arm placements for grand battement
- C. Five positions of the body**
- D. Five steps of balance

Cinq Positions du Corps means five positions of the body. In Cecchetti ballet, these are the five basic postures for the torso and head that establish and guide your overall alignment. They provide the foundation for balance, line, and control, informing how you hold the head, shoulders, chest, pelvis, and spine so movements flow cleanly from a solid frame. This concept is about the body's posture as a whole, not about the five positions of the feet or about specific arm placements, which are separate ideas.

## 8. Pointe tendue demi en l'air is described as?

- A. Stretched point halfway in the air, 45 degrees or halfway between à Terre and en l'air**
- B. Stretched point on the ground
- C. Bent knee in the air
- D. Stretched point in the air, at hip height

Pointe tendue demi en l'air means the leg is fully stretched on pointe, but raised only halfway between the floor and being fully in the air. In Cecchetti terms, demi en l'air places the working leg at about a 45-degree height. So the description that fits is a stretched pointe halfway in the air, around 45 degrees between à terre and en l'air. The other options describe being on the ground, having a bent knee, or being raised higher than demi en l'air, which don't match this specific halfway elevation.

## 9. Developing or unfolding movement; connecting movement is what term?

- A. A single battement step
- B. A phrase of port de bras
- C. A pirouette combination
- D. Developing or unfolding movement; connecting movement**

The concept being tested is the name for the movement that unfolds or develops the leg and also serves as a connecting gesture between steps. In Cecchetti terminology, this is a developpe: the leg draws up to passe and then unfolds to an extended position, creating a long, clean line. Because it links one pose or movement to the next, it functions as a connecting movement within a sequence. Think of running the leg through a smooth, controlled unfolding rather than just a quick beat. The other options describe different ideas: a single battement step is a simple leg beat, not an unfolding connection; a phrase of port de bras is about arm movements; a pirouette combination centers on turns. So the action that embodies unfolding and linking movements is the developpe.

**10. What is the English translation of Préparation pour tours en l'air for boys?**

- A. Preparation for turns in the air for boys**
- B. Preparation for turns for girls**
- C. Quick movements**
- D. Assembling step over**

This item tests translating a ballet term by looking at each word: "Préparation" is the preparatory step, "pour" means "for," and "tours en l'air" means turns in the air, a specific airborne movement. The addition of "for boys" specifies the gender version of the exercise. So the natural and precise translation is "Preparation for turns in the air for boys," because it preserves the preparatory nature, the exact movement, and the gender cue. The other options miss one or more of these elements: they either swap the gender, or describe something unrelated like quick movements or a different kind of step.

SAMPLE

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cecchettiballetgrade2.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

SAMPLE