

# Cecchetti Grade 1 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. Which term describes a 'large cat step'?
  - A. Coupé
  - B. Posé en avant
  - C. Demi-arabesque
  - D. Grand pas de chat
  
2. Première is translated as which English word?
  - A. First
  - B. Initially
  - C. Primary
  - D. Beginning
  
3. Which term means to bend?
  - A. Plié
  - B. Relevé
  - C. Sauté
  - D. À la seconde
  
4. Which term describes a large bending movement?
  - A. Large bending movement
  - B. Grand plié
  - C. Small bending movement
  - D. Beatings
  
5. Which term means 'shaded position'?
  - A. Effacée
  - B. Adage
  - C. Allegro
  - D. En arrière
  
6. Which term means a large, reverent step?
  - A. Balancé
  - B. Polka
  - C. Échappés sautés changés
  - D. Grande Révérence

**7. The English translation of the French word 'Trois' is which of the following?**

- A. three**
- B. turn, turning**
- C. small**
- D. jumps**

**8. Which term means 'chassé'?**

- A. Pas de chat**
- B. Coupé**
- C. Chassé**
- D. Enchaînements**

**9. Which term means 'under'?**

- A. Dessus**
- B. Coupé**
- C. Dessous**
- D. Pas de chat**

**10. Which term means 'chain of steps'?**

- A. Coupé**
- B. Dessus**
- C. Enchaînements**
- D. Pas de chat**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

### 1. Which term describes a 'large cat step'?

- A. Coupé
- B. Posé en avant
- C. Demi-arabesque
- D. Grand pas de chat**

In Cecchetti vocabulary, the name of a step often describes both the motion and the shape of the movement. A grand pas de chat is literally a large cat step, the name signaling a bigger, more expansive version of the cat-like jump. This step comes from the pas de chat family, where the working leg moves in a quick, passing motion akin to a cat's steps, and the jump is taken with height and energy. The word grand indicates more amplitude and a bigger jump than the smaller form of the step. Coupé refers to a small cutting action of the foot, not a jump. Posé en avant is about placing the foot in front in a posed position, a transition rather than a jump. Demi-arabesque is a pose with the leg extended behind in arabesque, not a cat-like traveling step. So the term that fits a large cat-like step is grand pas de chat.

### 2. Première is translated as which English word?

- A. First**
- B. Initially
- C. Primary
- D. Beginning

Première carries the sense of an ordinal, meaning first in a sequence. In ballet vocabulary, especially in Cecchetti terms, it is used to label the first item in a set, such as première position being the first position. That makes the natural English translation First, the word you'd use to describe the initial position or step. The other options don't fit the direct usage: initially is a time-related adverb, primary conveys importance or main status, and beginning is not the standard term used in this context.

### 3. Which term means to bend?

- A. Plié**
- B. Relevé
- C. Sauté
- D. À la seconde

Plié means to bend. In ballet, a plié is the action of bending the knees (and hips) while keeping the turnout and a long spine, allowing the body to lower smoothly and stay connected to the floor. It's the fundamental movement behind almost every step, teaching control, alignment, and weight absorption. Demi-plié is a half bend, grand plié is a full bend, and both are used to prepare for turns, jumps, and changes of direction. The other terms describe different actions or positions rather than the bending action: relevé means rising onto the toes, sauté is a jump, and à la seconde refers to a specific wide foot position.

#### 4. Which term describes a large bending movement?

- A. Large bending movement
- B. Grand pli **
- C. Small bending movement
- D. Beatings

In ballet, pli  means bending the knees while keeping turnout and a long spine. When you need a small bend, you do a demi-pli ; when you need a deep, full bend, you perform a grand pli . The term describing a large bending movement is grand pli  because it signals the full depth of the knee bend, lowering the body closer to parallel to the floor while the heels stay grounded and turnout remains through the legs. In Cecchetti Grade 1, you'll work with demi-pli  to prepare the body, and grand pli  is the deeper bending movement that builds strength and range. Beatings is a different leg action, and a small bending movement refers to demi-pli , not the large bend described by grand pli .

#### 5. Which term means 'shaded position'?

- A. Effac e**
- B. Adage
- C. Allegro
- D. En arri re

Shaded position describes how the body is opened to the diagonal, giving the appearance of shading one side from the audience. Effac e is the term that matches this idea; it literally means shaded and is used to denote an open, diagonal pose where the torso faces the corner or diagonal and the line of the legs creates that oblique silhouette. The other terms refer to movement or direction rather than a pose: adage is a slow, lyrical tempo; allegro is a fast, lively tempo; en arri re means moving backward.

#### 6. Which term means a large, reverent step?

- A. Balanc 
- B. Polka
- C.  chapp s saut s chang s
- D. Grande R v rence**

A large reverent gesture in ballet is described by the term grande r v rence. R v rence means a bow or curtsy, a respectful gesture toward the audience or teacher, and "grande" signals a particularly grand or formal version of that bow. It's not a step or jump across the floor; it's the ceremonial bow performed at the end of class or performance. The other terms refer to actual movements: balanc  is a rocking step, polka is a lively dance step, and  chapp s saut s chang s are jumps with a change of feet. So grande r v rence is the correct term for the large, reverent gesture.

7. The English translation of the French word 'Trois' is which of the following?

- A. three**
- B. turn, turning
- C. small
- D. jumps

Trois is the French numeral for three. In English, the direct translation is three, so that option matches exactly. The other words correspond to different French terms—turn would be tour or tourner, small is petit, and jumps is sauts—so they aren't the correct translation of trois.

8. Which term means 'chassé'?

- A. Pas de chat
- B. Coupé
- C. Chassé**
- D. Enchaînements

In ballet vocabulary, chassé is a gliding, chasing movement where one foot slides along the floor to meet and close with the other foot. The word itself literally means "to chase," so the term that means 'chassé' is the same word, describing that exact action. The other terms refer to different steps—pas de chat is a cat-like jumping step, coupé is a cut-behind position, and enchaînements are sequences of steps linked together. So the chassé term best fits the description of a step where the foot chases the other along the floor and closes.

9. Which term means 'under'?

- A. Dessus
- B. Coupé
- C. Dessous**
- D. Pas de chat

Understanding French terms that describe where the leg is in relation to the other leg. Dessous means under or beneath, and it is used to indicate that the working leg moves beneath the other leg or sits in a lower position in the line. The opposite, dessus, means over or above. Coupé refers to a cut step where the foot slides to the ankle of the supporting leg, not to being under. Pas de chat describes a cat-like jump, again unrelated to the under/over idea. So, the term that means under is dessous. In Cecchetti practice, recognizing these terms helps you follow directions about how the legs relate in space during steps and poses.

**10. Which term means 'chain of steps'?**

- A. Coupé**
- B. Dessus**
- C. Enchaînements**
- D. Pas de chat**

Enchaînements describe a chain of steps. In ballet vocabulary, it means linking several movements together so the sequence flows in one continuous phrase with smooth weight transfers. It's the term used to test a dancer's ability to connect steps fluidly and maintain musicality across a sequence. The other terms refer to individual actions or positions rather than a linked sequence: coupé is a small cutting action to change feet, dessus means over or an over-crossing idea used in various footwork or jumps, and pas de chat is a specific jump in which the feet pass through a cat-like motion. So the concept of a connected sequence of steps is captured by enchaînements.

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://cecchettigrade1.examzify.com>**

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

SAMPLE