

Cecchetti Grade 1 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

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- 1. Which term means to bend?**
 - A. Plié**
 - B. Relevé**
 - C. Sauté**
 - D. À la seconde**

- 2. Which term corresponds to 'First arabesque'?**
 - A. Première arabesque**
 - B. Demi en l'air**
 - C. En avant**
 - D. Allegro**

- 3. Première is translated as which English word?**
 - A. Initially**
 - B. First**
 - C. Primary**
 - D. Beginning**

- 4. Which term represents a grand reverence or bow?**
 - A. Échappés sautés changés**
 - B. Balancé**
 - C. Grande Révérence**
 - D. Polka**

- 5. Which term describes stretched point on the ground?**
 - A. Pointe tendu en l'air**
 - B. Pointe tendu à terre**
 - C. Pointe tendu demi en l'air**
 - D. Exercices à la barre**

- 6. Which term means 'posing step to the front'?**
 - A. Posé en avant**
 - B. Dessus**
 - C. Coupé**
 - D. Pas de chat**

- 7. Battements translates to which movement?**
- A. Jumps**
 - B. Turns**
 - C. Beats**
 - D. Beatings**
- 8. What is the English translation of Échappés relevés changés?**
- A. Escaping movements raised and changed**
 - B. Carriage of the arms**
 - C. Fifth position**
 - D. Exercises in the middle of the room**
- 9. Which term describes a movement that combines a jump with a change of feet?**
- A. Échappés sautés changés**
 - B. Polka**
 - C. Grande Révérence**
 - D. Balancé**
- 10. Développés is translated as which English phrase?**
- A. Escaping Movements**
 - B. Withdrawn Movements**
 - C. Developed movements**
 - D. Developing or Unfolding Movements**

Answers

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

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Explanations

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1. 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.

2. Which term corresponds to 'First arabesque'?

- A. Première arabesque**
- B. Demi en l'air
- C. En avant
- D. Allegro

In Cecchetti terminology, arabesque names are given in French and use ordinal terms. Première means first, so première arabesque is the label for the first arabesque position, with the working leg extended behind and the arms positioned accordingly. The other phrases refer to different ideas: demi en l'air describes a leg raised in the air (a movement or lift), en avant means toward the front, and allegro is a tempo or style marking, not a position name. So the term for "First arabesque" is première arabesque.

3. Première is translated as which English word?

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

Première marks position in a sequence and is the feminine form of premier, used to mean the first item. In English the natural translation is "first," since it identifies something as being before the others. It isn't an adverb like "initially," which describes when something happens, nor a noun like "beginning," which refers to the start itself. It also isn't equivalent to "primary," which means main or most important. So, the best translation is first. For example, la première page = the first page, notre première fois = our first time.

4. Which term represents a grand reverence or bow?

- A. Échappés sautés changés
- B. Balancé
- C. Grande Révérence**
- D. Polka

Grande Révérence is the formal, large bow you perform at the end of class or a performance. In ballet terms, *révérence* means a bow or curtsy, and adding *grande* signals a more ceremonial, pronounced bow. This is distinct from movement terms like *échappés sautés changés*, which describe jumps with feet changing; *balancé*, a rocking step; or *polka*, a dance style. So the grand reverence correctly names the big, ceremonial bow.

5. Which term describes stretched point on the ground?

- A. Pointe tendu en l'air
- B. Pointe tendu à terre**
- C. Pointe tendu demi en l'air
- D. Exercices à la barre

This item focuses on the terminology for a stretched foot position with the foot on the floor. In Cecchetti, “*pointe tendue*” means the foot is fully pointed and the leg creates a long line. The addition “*à terre*” specifies that the foot stays on the ground, not lifted. So the stretched point on the ground is described as *pointe tendue à terre*. The other descriptions refer to different situations: a stretched point with the foot raised off the ground, or a general barre exercise, which aren’t about a stretched point on the floor.

6. Which term means 'posing step to the front'?

- A. Posé en avant**
- B. Dessus
- C. Coupé
- D. Pas de chat

Posé en avant captures the idea of placing the foot to the front. In Cecchetti vocabulary, *posé* means a small, controlled placement of the foot on the floor, and *en avant* specifies that placement toward the front. So the phrase literally describes a posing step to the front, which matches the prompt perfectly. The other terms describe different actions: *dessus/dessous* (over or above) relate to other directions or positions, *coupé* is a cutting or crossing movement to a new position, and *pas de chat* is the cat-like jumping step. None of those convey a simple forward foot placement the way *posé en avant* does.

7. Battements translates to which movement?

- A. Jumps
- B. Turns
- C. Beats
- D. Beatings**

Battements describe the beating action of the working leg—the leg brushes through its range and strikes outward in a repeated beating motion. That sense of striking or beating is what the term conveys, so in this vocabulary set it's rendered as "beatings." This movement is about the leg's beating action, not about jumping or turning, which would involve leaps or rotations. So the translation that best matches the action is beatings, capturing the repeated beating of the leg rather than a jump or turn.

8. What is the English translation of Échappés relevés changés?

- A. Escaping movements raised and changed**
- B. Carriage of the arms
- C. Fifth position
- D. Exercises in the middle of the room

Échappé means a movement that escapes from a closed position to an open one, typically from fifth to second. Relevé indicates being raised on demi-pointe or pointe. Changé (as in changé) is a jump where the feet switch positions in the air. Put together, Échappés relevés changés describes escaping movements that are performed on relevé with a change of feet. That literal sense is best captured by "Escaping movements raised and changed." The other options refer to different terms—arm carriage, a static fifth position, or exercises in the studio—and don't convey the specific combination of escaping to an open position, being on relevé, and changing feet.

9. Which term describes a movement that combines a jump with a change of feet?

- A. Échappés sautés changés**
- B. Polka
- C. Grande Révérence
- D. Balancé

A movement that combines a jump with a change of feet is described by échappé sauté changés. An échappé is a movement from a closed position to an open one, typically from fifth to second or fourth, and the sautés indicate a jump. The added changés shows the feet switching during the jump, so you land on the opposite foot. That exact combination—jump plus a change of feet in the air—is what this term conveys. The other terms don't fit this description: polka is a dance style and not a specific ballet jump with a foot change; grand Révérence is a large bow at the end of class; balancé is a sway or rocking step without the required jump and foot change.

10. Développés is translated as which English phrase?

A. Escaping Movements

B. Withdrawn Movements

C. Developed movements

D. Developing or Unfolding Movements

Développé describes a movement that unfolds from passe into a full extension—the leg is drawn up and then extends outward in a continuous, unfolding action. In Cecchetti terminology, this sense of ongoing action is captured in English as “developing or unfolding movements.” That’s why this option fits best: it conveys the idea of the movement in the process, not something already completed. Calling them “developed movements” would imply finished, static forms, which isn’t the sense of how développés are executed. The other terms don’t fit because they describe different ideas (escape/withdrawal) that don’t match the action of the leg unfolding into extension.

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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.

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!

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