

CECCHETTI GRADE 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Pointing the toes during extension helps protect joints by aligning leg through which joint?**
 - A. Ankle
 - B. Knee
 - C. Hip
 - D. Spine

- 2. How would you ensure correct knee alignment during an extended leg movement?**
 - A. Lock the knee and rotate the foot outward to gain height.
 - B. Keep the knee straight but not locked, the patella tracking over the toes, and maintain turnout from the hip.
 - C. Bend the knee slightly and allow the hip to rotate freely.
 - D. Keep the torso rigid and avoid engaging the turnout.

- 3. Pointe tendu en l'air describes position?**
 - A. Stretched point on the ground
 - B. Exercices at the barre
 - C. Stretched point half in the air (knee high or 45 degrees)
 - D. Stretched point in the air (hip high or 90 degrees)

- 4. Differentiate 'en bas' and 'en haut' as used in Cecchetti terminology.**
 - A. En bas means low; en haut means high or overhead
 - B. En bas means slow; en haut means fast
 - C. En bas means up; en haut means down
 - D. En bas means front; en haut means back

- 5. Which term is described as 'cat step, step of the cat'?**
 - A. Coupé
 - B. Dessus
 - C. Pas de chat
 - D. Jeté devant et derrière

6. Which term means 'half in the air'?

- A. En l'air
- B. En avant
- C. Demi en l'air
- D. Adage

7. What is rond de jambe en l'air in Cecchetti Grade 1?

- A. A circular movement of the leg in the air, typically front to side to back, or back to front.
- B. A straight leg lift from fifth position to second with turnout.
- C. A quick jump with a pointed toe.
- D. A static pose with the leg extended to the side.

8. What is a key cue for safely landing a grand battement?

- A. Maintain turnout with a soft knee on landing
- B. Lock the knee during the landing
- C. Jump with a straight knee and no turnout
- D. Land with the foot flat and toes pointed upward

9. Développés is translated as which English phrase?

- A. Escaping Movements
- B. Withdrawn Movements
- C. Developed movements
- D. Developing or Unfolding Movements

10. Define grand battement and its safe execution cues.

- A. A large, sweeping extension of the leg from the hip, knee straight, turnout, and controlled landing with a soft knee
- B. A small beating of the foot on the floor
- C. A quick hop on one leg with turnout
- D. A high kick with bent knee

Answers

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

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Explanations

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1. Pointing the toes during extension helps protect joints by aligning leg through which joint?

- A. Ankle**
- B. Knee
- C. Hip
- D. Spine

Pointing the toes during extension trains you to carry the leg in a straight line from the hip to the toe, with the ankle acting as the key anchor. When the foot is pointed, the ankle sets the axis of the leg, guiding the knee to track over the foot and keeping the pelvis and spine in a neutral line. This careful alignment reduces unwanted twisting or bending at the knee and minimizes stress elsewhere, so the joints stay protected. The ankle is the joint through which that alignment is established during the move, making it the best answer.

2. How would you ensure correct knee alignment during an extended leg movement?

- A. Lock the knee and rotate the foot outward to gain height.
- B. Keep the knee straight but not locked, the patella tracking over the toes, and maintain turnout from the hip.**
- C. Bend the knee slightly and allow the hip to rotate freely.
- D. Keep the torso rigid and avoid engaging the turnout.

Maintaining a safe, aligned knee during an extended leg movement relies on a long, clean line from hip to toe. The knee should be straight but not locked, because a locked knee loses control and can compress the joint; a slight softness keeps the supporting muscles active to guide the leg. The patella should track over the toes, showing the knee stays in line with the foot and avoids inward or outward drift. Turnout from the hip is essential to position the thigh correctly and guide the knee in the same plane as the foot, reducing stress on ligaments. Bending the knee or loosening turnout would disrupt the extended line, while a rigid torso that ignores turnout makes it harder to maintain proper alignment. This combination keeps the knee protected and the leg properly extended.

3. Pointe tendu en l'air describes position?

- A. Stretched point on the ground
- B. Exercises at the barre
- C. Stretched point half in the air (knee high or 45 degrees)
- D. Stretched point in the air (hip high or 90 degrees)**

Tendu en l'air means the leg is fully stretched and raised off the floor, held in a straight line from the hip to the toe with the foot pointed. This is about the position of the leg you create when it's elevated, not the surface you're on. In Grade 1 Cecchetti, you're aiming for the leg to reach a height where the hip can support a fully extended line, often described as hip height or about 90 degrees. That's why the description matches a stretched point in the air with the leg lifted to that height. The other options describe either the foot staying on the ground, or only partial elevation, or the activity location rather than the actual leg position.

4. Differentiate 'en bas' and 'en haut' as used in Cecchetti terminology.

A. En bas means low; en haut means high or overhead

B. En bas means slow; en haut means fast

C. En bas means up; en haut means down

D. En bas means front; en haut means back

In Cecchetti, these terms describe the height of the arms (and the body) during movements. En bas means low or down by the body, while en haut means high or overhead. This is about elevation, not tempo or direction. For example, you'd hold the arms in bras en bas as the resting, low position and raise them to en haut when the arms are lifted overhead. The other ideas—tempo, up/down as opposite to what en bas/en haut mean, or front/back—don't fit these phrases.

5. Which term is described as 'cat step, step of the cat'?

A. Coupé

B. Dessus

C. Pas de chat

D. Jeté devant et derrière

Pas de chat is a small, quick jump with a cat-like feel. The idea is to mimic the swift, chasing motion of a cat: both feet leave the ground, the feet "pass" each other in the air, and the dancer lands on the opposite foot. From fifth position with a light demi-plié, you brush one leg to the knee of the other leg, then the second leg follows to meet it in the air, finishing on the landing foot. This step emphasizes light, controlled turnout and the rapid, compact footwork that gives the characteristic cat-like image. Other terms describe different ideas: coupé is a specific foot position, not a jump; dessus refers to an over-crossing or over- movement in various steps; and jeté devant et derrière is a larger leap traveling front and back. None of those capture the distinctive quick, passing foot action of the cat step.

6. Which term means 'half in the air'?

A. En l'air

B. En avant

C. Demi en l'air

D. Adage

In Cecchetti terminology, en l'air means the leg is lifted off the ground. Adding demi means half or halfway. So demi en l'air describes lifting the leg to a half-height while it's in the air, rather than fully high or simply in the air overall. This is why it matches the phrase "half in the air." The other terms refer to different concepts: en avant is forward, adage is a slow, sustained section, and en l'air without the demi qualifier doesn't specify a partial height.

7. What is rond de jambe en l'air in Cecchetti Grade 1?

- A. A circular movement of the leg in the air, typically front to side to back, or back to front.
- B. A straight leg lift from fifth position to second with turnout.
- C. A quick jump with a pointed toe.
- D. A static pose with the leg extended to the side.

Rond de jambe en l'air is about tracing a circular path with the working leg while it is lifted in the air. In this movement the leg describes a smooth arc around the hip, typically moving from the front through the side to the back, or the reverse. Maintain turnout and a pointed foot as the leg passes through the different parts of the circle, with the supporting leg stable on the floor. This helps develop hip rotation, control of the leg in space, and clean line from hip to toe. It isn't simply lifting the leg straight up, it isn't a jump, and it isn't a static side extension, because the key feature is the continuous circular path in the air.

8. What is a key cue for safely landing a grand battement?

- A. Maintain turnout with a soft knee on landing
- B. Lock the knee during the landing
- C. Jump with a straight knee and no turnout
- D. Land with the foot flat and toes pointed upward

Safe landing of grand battement depends on how you absorb the impact and maintain the leg's alignment. The best cue is to touch down with a soft knee while keeping turnout from hip to toe. This absorbs shock, protects the knee and ankle, and preserves the long line of the leg. A locked knee doesn't absorb the load and can injure the joint. Jumping with a straight knee and no turnout fails to absorb and breaks the intended outward rotation of the leg, risking misalignment. Landing with the foot flat and toes pointed upward is unstable and disrupts balance. So, bending the knee softly on landing while maintaining turnout is the safest and most effective cue.

9. 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.

10. Define grand battement and its safe execution cues.

- A. A large, sweeping extension of the leg from the hip, knee straight, turnout, and controlled landing with a soft knee**
- B. A small beating of the foot on the floor
- C. A quick hop on one leg with turnout
- D. A high kick with bent knee

Grand battement is a large, sweeping extension of the leg from the hip with the knee kept straight, performed in turnout, and landed softly with a plié to absorb the shock. Safe execution cues focus on stability and alignment: keep the pelvis level and the spine long, lift from the hip rather than bending the knee, maintain turnout through the entire leg, point the foot, and control the leg on the way down so the knee lands with a soft bend. The movement should feel like a clean, high arc from the hip to full extension, not a small foot beat, a jump, or a bent-knee kick.

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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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