

CECCHETTI GRADE 3 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

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

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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 is the scissor-like step?

- A. Enchaînments
- B. Sissonnes
- C. Glissade, assemblé
- D. Trois petits changements de pieds et deux soubresauts

2. Which term refers to 'First carriage of the arms'?

- A. Port de bras
- B. Seconde port de bras
- C. Première port de bras
- D. Troisième port de bras

3. Which term means 'Sudden bound'?

- A. Pirouette pour garçons
- B. Allegro
- C. Soubresaut
- D. Pas de bourrée devant et derrière

4. Which statement best describes the effect of lift during port de bras on the visual line of the arms?

- A. Dropping the shoulders improves speed.
- B. Rapidly changing direction improves balance.
- C. Arms should stay tight to the torso.
- D. Maintaining lift and the frame of the body creates a long, clear line.

5. In Cecchetti Grade 3 barre, what is the purpose of barre work?

- A. Used to sharpen footwork, energy, and turnout.
- B. Used to rest between center exercises.
- C. Used to practice leaps with no turnout requirement.
- D. Used to warm up turnout and prepare for extensions and jumps.

6. Which of the following best describes how to hold balance securely in the centre?

- A. Engage core, maintain turnout, keep gaze fixed, breathe evenly while distributing weight.
- B. Engage shoulders and arms, look around, hold breath, and lock knees.
- C. Ditch turnout, look down, breathe irregularly, and lean forward.
- D. Relax core, relax gaze, loosen turnout, and stand rigidly.

7. What is the typical structure of a Cecchetti Grade 3 theory exam?

- A. Demonstrate knowledge of basic terms, names of steps, safety rules, alignment concepts, and perhaps the names of barres.
- B. A practical demonstration only.
- C. A dance performance with audience.
- D. An oral history essay.

8. What does Relever mean?

- A. To bend
- B. To jump
- C. To rise
- D. Crossed in back

9. How can you improve a clean extension in grand battement?

- A. Jump higher without preparation.
- B. Keep the leg tight and flick only.
- C. Avoid turning out the hip.
- D. Focus on hip turnout, knee extension, and an active lift from the supporting leg; maintain a smooth brush and stable landing.

10. Which term means 'to turn'?

- A. Glisser
- B. Tourner
- C. Elancer
- D. Etendre

Answers

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

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Explanations

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1. Which term is the scissor-like step?

- A. Enchaînments
- B. Sissonnes**
- C. Glissade, assemblé
- D. Trois petits changements de pieds et deux soubresauts

The scissor-like step refers to sissonnes. In Cecchetti vocabulary, a sissonne is a jump that involves crossing the legs in the air, like a pair of scissors, as you spring from two feet and land—often on one foot or on two feet depending on the variation. That crossing in mid-air is the defining feature, which is why this term is the best match for a step described as scissor-like. Other terms describe different movements (glissade and assemblé are gliding and landing together, enchaînements are sequences of steps, etc.), so they don't capture the distinctive crossing action of the scissor motion.

2. Which term refers to 'First carriage of the arms'?

- A. Port de bras
- B. Seconde port de bras
- C. Première port de bras**
- D. Troisième port de bras

Port de bras describes how the arms are carried in ballet, and the numbers tell you which carriage of the arms you're using. The first carriage places the arms rounded in front of the body, forming a gentle arc at about chest height. That specific position is called Première port de bras, which is why it's the correct term for "First carriage of the arms." The general term without a number refers to arm carriage overall, while the others describe different placements (to the side, or a different arc) used in other exercises.

3. Which term means 'Sudden bound'?

- A. Pirouette pour garçons
- B. Allegro
- C. Soubresaut**
- D. Pas de bourrée devant et derrière

A soubresaut is a sudden, quick bound in ballet vocabulary. It describes a brief, vigorous jump from both feet, usually landing in place rather than traveling, and it's used to highlight the jump itself with a sharp, instant lift. The other terms point to different ideas: pirouette pour garçons is a male turn; Allegro refers to a fast, lively category of steps (not a single jump); and pas de bourrée devant et derrière is a three-step pattern moving front and back. So the term that means "Sudden bound" is soubresaut.

4. Which statement best describes the effect of lift during port de bras on the visual line of the arms?

- A. Dropping the shoulders improves speed.
- B. Rapidly changing direction improves balance.
- C. Arms should stay tight to the torso.

D. Maintaining lift and the frame of the body creates a long, clear line.

Lift during port de bras shapes the visual line of the arms by keeping the frame tall and the arms extended away from the body, creating a long, continuous arc from fingertips through the wrists to the shoulders. When lift is maintained, the shoulders, back, and ribcage support the arms so the line reads clean and elongated rather than collapsing toward the torso. Dropping the shoulders or letting the arms sit tight to the body shortens or crowds the line, making the arc appear less elegant. Rapid changes in direction can disrupt the smooth, uninterrupted extension and break the visual line. Maintaining lift and the body's frame yields that long, clear line the movement aims for.

5. In Cecchetti Grade 3 barre, what is the purpose of barre work?

- A. Used to sharpen footwork, energy, and turnout.
- B. Used to rest between center exercises.
- C. Used to practice leaps with no turnout requirement.

D. Used to warm up turnout and prepare for extensions and jumps.

Barre work in Cecchetti Grade 3 serves to wake up the legs and hips by activating turnout from the hip joints, while establishing proper alignment so you can safely move into extensions and jumps. At the bar you gradually warm the ankles, knees, and hips through exercises like plies, tendus, and ronds de jambe, focusing on knee tracking over the toes, a long spine, and stable pelvis. This preparation builds the control, range, and turnout you need for the more demanding center work and for clean, extended lines in jumps. The barre isn't about resting or about practicing leaps without turnout; its purpose is to prime the body—especially the turnout mechanism—and set up the mechanics for extensions and jumps to come.

6. Which of the following best describes how to hold balance securely in the centre?

- A. Engage core, maintain turnout, keep gaze fixed, breathe evenly while distributing weight.**
- B. Engage shoulders and arms, look around, hold breath, and lock knees.
- C. Ditch turnout, look down, breathe irregularly, and lean forward.
- D. Relax core, relax gaze, loosen turnout, and stand rigidly.

To hold balance securely in the centre, you need a stable core, proper hip and leg alignment, a steady visual anchor, and calm, even breathing. Engaging the core activates the deep abdominal and back muscles that stabilize the spine and pelvis, creating a solid central axis. Maintaining turnout helps keep the hips and knees aligned, which supports a balanced base under the torso. Keeping the gaze fixed provides a visual anchor that reduces head and body wobble, while breathing evenly prevents tension or breath-holding that can throw you off balance. Distributing weight evenly across the feet ensures you stay grounded and don't tip forward, back, or to one side. The other approaches introduce tension, misalignment, or an unstable base: relying on shoulders and arms, looking around, holding the breath, and locking the knees disrupts balance and creates unnecessary strain. Ditching turnout, looking down, irregular breathing, and leaning forward shift your center of gravity and make balance harder to maintain. Relaxing the core, gaze, and turnout while standing rigidly removes the stabilizing control you need to stay centered.

7. What is the typical structure of a Cecchetti Grade 3 theory exam?

- A. Demonstrate knowledge of basic terms, names of steps, safety rules, alignment concepts, and perhaps the names of barres.
- B. A practical demonstration only.
- C. A dance performance with audience.
- D. An oral history essay.

In Cecchetti Grade 3 theory, you're being tested on your knowledge of ballet vocabulary and the concepts that govern how you move. The exam typically asks you to demonstrate understanding of basic terms, the names of the steps you've learned, safety rules, alignment concepts, and sometimes the names of the barres. This focus on terminology, step names, and fundamental principles is what makes this option the best fit for the theory exam structure. The other descriptions describe practical performance, a public dance piece, or an essay, which aren't how the theory component is assessed.

8. What does Relever mean?

- A. To bend
- B. To jump
- C. To rise
- D. Crossed in back

Relever means to rise. It specifically describes lifting the heels off the floor and rising onto the balls of the feet (demi-pointe), while keeping the legs straight and the turnout and alignment held. It's a controlled elevation, not a bend or a jump. In Cecchetti practice, you use relevé to move smoothly from flat feet into the raised position as a preparation for many steps and positions.

9. How can you improve a clean extension in grand battement?

- A. Jump higher without preparation.
- B. Keep the leg tight and flick only.
- C. Avoid turning out the hip.
- D. Focus on hip turnout, knee extension, and an active lift from the supporting leg; maintain a smooth brush and stable landing.

The movement tests coordinating turnout, full knee extension, and a controlled, flowing brush in grand battement, with a stable landing. Turning the hip out fully allows the leg to reach a clean, long line with proper alignment. Keeping the knee extended creates that elongated silhouette and protects the joint. An active lift from the supporting leg gives the working leg height and control without collapsing the spine or losing balance, while a smooth brush maintains a continuous, graceful path from the hip through to extension. Finishing with a stable landing shows the balance and control essential for a clean, polished extension. Jumping higher without preparation disrupts alignment and control, so height isn't the goal. Keeping the leg tight and flicking only shortens the line and reduces turnout and extension. Avoiding hip turnout produces poor alignment and a weaker, less elegant line.

10. Which term means 'to turn'?

- A. Glisser
- B. Tourner**
- C. Elancer
- D. Etendre

Ballet terms often come from French, and this item asks which verb means to turn. Tourner literally means to turn or rotate in French, and it's the standard word used in ballet for turning motions (like turning en dehors or en dedans). The other verbs describe different actions: glisser means to glide, élaner means to thrust forward or spring, and étendre means to extend or stretch. So the term that means to turn is tourner.

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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://cecchettigrade3.examzify.com>

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

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