

Cecchetti Grade 5 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 French term translates to 'Crossed behind' in English?**
 - A. croise devant**
 - B. autour de la salle**
 - C. croise derriere**
 - D. ecarte**

- 2. Which term in ballet terminology means 'neck of the foot'?**
 - A. Cou de pied**
 - B. En bas**
 - C. En croix**
 - D. Passe**

- 3. Which term corresponds to "bent"?**
 - A. Demi**
 - B. Plie**
 - C. Retire**
 - D. Tour en l'Air**

- 4. Which term means 'shaded; turned slightly away from the front'?**
 - A. Efface**
 - B. Soubresaut**
 - C. Epauale**
 - D. Petits Battements**

- 5. Which term indicates movement to the inside?**
 - A. En dedans**
 - B. En dehors**
 - C. A terre**
 - D. Allegro**

- 6. Which term corresponds to "withdrawn"?**
 - A. Retire**
 - B. Adage**
 - C. Pirouette**
 - D. Battement Tendu**

- 7. Which term means 'lifted movement; a hop on one leg'?**
- A. Temps leve**
 - B. Releve**
 - C. Grand battement**
 - D. Echappe**
- 8. The ballet term sissonne refers to which description?**
- A. The shape of a cross**
 - B. A jump named after the inventor**
 - C. A glide movement**
 - D. The name of the person who invented the step**
- 9. Which term corresponds to 'exercises at the bar'?**
- A. Exercices a la barre**
 - B. A terre**
 - C. En dehors**
 - D. Rond de jambe**
- 10. Derriere means?**
- A. In front**
 - B. Above**
 - C. Behind**
 - D. Under**

Answers

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

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Explanations

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1. Which French term translates to 'Crossed behind' in English?

- A. croise devant
- B. autour de la salle
- C. croise derriere**
- D. ecarte

In Cecchetti vocabulary, crossed behind is expressed by croise derriere. Here, croise means the line is diagonal or crossed, and derriere means behind, so the working leg moves behind the other leg. The other terms don't fit this meaning: croise devant would be crossed in front, autour de la salle means around the room (a traveling direction), and ecarte refers to a spreading or opening of the legs.

2. Which term in ballet terminology means 'neck of the foot'?

- A. Cou de pied**
- B. En bas
- C. En croix
- D. Passe

Cou de pied is the term that refers to the neck of the foot—the foot is wrapped around the ankle with the blade of the foot resting against the leg, creating a neat, controlled line around the ankle. This exact idea of wrapping and positioning around the ankle is what the phrase denotes, and you'll see it used when the foot is placed around the ankle in preparation for pointe or to maintain a clean line in an extended line. In contrast, en bas means a low position, en croix describes movements or patterns done in a cross shape (front-side-back-side), and passé refers to the working foot passing the knee or ankle into a higher position.

3. Which term corresponds to "bent"?

- A. Demi
- B. Plie**
- C. Retire
- D. Tour en l'Air

In ballet, bending the knees is named plié. The word plié literally means to bend, and it describes the essential action of lowering the body by bending the knees while keeping turnout and proper alignment. It's the foundational movement that appears in nearly every step. When the question uses the word "bent," the best match is plié, because it denotes the act of bending the knees. There are variations like demi-plié, a smaller half-bend, and grand plié, a deeper bend, but the term that means the bend itself is plié. The other terms describe different things: demi means half and is used with plié to indicate a shallower bend, retire is a position where the foot is at or near the knee, and tour en l'air is a jump with a turn in the air.

4. Which term means 'shaded; turned slightly away from the front'?

A. Efface

B. Soubresaut

C. Epaupe

D. Petits Battements

Shading the body from the front is a way to create a diagonal, elegant line by turning the torso slightly away from the audience. Effacé describes this pose: you stand on one leg, the other leg extended to the side, and the chest and head turned so the front of the body is not fully facing forward. This partial turn gives the body a softer, shaded silhouette and a sense of depth as you move. The other terms describe different ideas. A jump word refers to springing off the floor, not orientation to the audience. A shoulder-related term focuses on how the shoulders are arranged or angled, not the overall shading of the torso. Small foot-beats describe footwork rather than how the body faces the audience.

5. Which term indicates movement to the inside?

A. En dedans

B. En dehors

C. A terre

D. Allegro

En dedans indicates movement toward the inside. In ballet, this term describes turning or moving toward the midline of the body or toward the supporting leg. It contrasts with en dehors, which means moving outward away from the midline. A terre means on or to the ground, not in the air, and allegro refers to a lively, brisk tempo rather than a direction of movement. So en dedans is the term that indicates movement to the inside.

6. Which term corresponds to "withdrawn"?

A. Retire

B. Adage

C. Pirouette

D. Battement Tendu

Withdrawn describes the retire position in ballet vocabulary. In retire, the working leg is drawn inward and raised so the knee is bent and the foot rests near the knee of the supporting leg, with the thigh turned out and the foot pointed. The line looks compact and "withdrawn" from the audience, which is exactly why this term fits the description. The other terms refer to different ideas: adage is a slow, expressive section of movement, pirouette is a turn, and battement tendu is a movement along the floor extending the leg. None of those describe a leg being drawn into a compact, withdrawn position the way retire does.

7. Which term means 'lifted movement; a hop on one leg'?

- A. Temps leve**
- B. Releve**
- C. Grand battement**
- D. Echappe**

Temps levé represents a lifted movement—a light hop on one leg. It describes springing off the supporting foot so you leave the floor briefly, with the other leg in a raised position, and then landing to continue the movement. This makes it distinct from a static rise on two feet (relevé), a large leg extension in the air (grand battement), or a floor-only transfer from closed to open position (échappé). So the term that best matches “lifted movement; a hop on one leg” is temps levé.

8. The ballet term sissonne refers to which description?

- A. The shape of a cross**
- B. A jump named after the inventor**
- C. A glide movement**
- D. The name of the person who invented the step**

Sissonne is a jump. In Cecchetti terms, you spring from two feet, the working leg brushes through the air, and you land on one foot (often with the other leg finishing in a chosen position). It's about the action of leaping, not about crossing the body, gliding, or naming a person. The term describes how you move, not who invented it or what shape you end in. So among the given descriptions, the concept you're learning is the jump itself, not a cross shape, a glide, or a person's name.

9. Which term corresponds to 'exercises at the bar'?

- A. Exercices a la barre**
- B. A terre**
- C. En dehors**
- D. Rond de jambe**

Exercices à la barre is the name for activities done at the barre, the horizontal rail used for support during early, foundational ballet work. This term specifically marks the bar portion of class, where alignment, turnout, and control are developed with support. The other terms describe different ideas: à terre means on the ground away from the barre; en dehors indicates a direction of movement (outward) rather than where the exercise happens; and rond de jambe is a circular movement of the leg, which can be done at the bar or on the floor but doesn't name bar work itself.

10. Derriere means?

- A. In front**
- B. Above**
- C. Behind**
- D. Under**

In ballet terms, **Derrière** means **behind the body**. It tells you to move toward the back rather than the front. It's the French word used to describe the placement or direction behind you, with the opposite being **devant**, meaning in front. So **Derrière** corresponds to behind. The other options describe in front, above, or under (front = **devant**; above = **au-dessus** or **en haut**; under = **dessous** or **en bas**), which is why **Derrière** is the correct choice.

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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://cecchettigrade5.examzify.com>

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

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