

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. A terre means where?**
 - A. On the ground**
 - B. In the air**
 - C. On the stage**
 - D. Under the arm**

- 2. Which term is used to describe a turn on one leg, where the working leg whips around to pass through passé and extend?**
 - A. Fouette**
 - B. Attitude**
 - C. Epaulement**
 - D. Arabesque**

- 3. Which term means 'escaped'?**
 - A. Echappe**
 - B. Temps leve**
 - C. Arabesque**
 - D. Developpe**

- 4. Which term means 'to dart'?**
 - A. Efface**
 - B. Elancer**
 - C. Chaine**
 - D. Petits Battements**

- 5. Which term describes a whipping movement of the working leg during a turn?**
 - A. A pose with the knee bent and thigh turned out**
 - B. A whipping movement of the leg**
 - C. A turn on one leg with extended leg**
 - D. The alignment of head and shoulders**

6. Which term means 'assembled'?

- A. Assemble**
- B. Chasse**
- C. De suite**
- D. Soutenu**

7. Which term corresponds to "twirl or spin"?

- A. Turn in the Air**
- B. Port de Bras**
- C. Pirouette**
- D. Jete**

8. Balance means?

- A. To sway or rock**
- B. To stand still**
- C. To jump lightly**
- D. To turn slowly**

9. Which ballet term corresponds to a sudden leap?

- A. Petits Tours**
- B. Battu**
- C. Soubresaut**
- D. Chaine**

10. Which term describes a pose where the knee is bent and the thigh turned out?

- A. The movement of the head and shoulders to the side**
- B. A pose with the knee bent and thigh turned out**
- C. A whipping movement of the leg**
- D. A leap from one foot to the other**

Answers

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

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Explanations

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1. A terre means where?

- A. On the ground**
- B. In the air**
- C. On the stage**
- D. Under the arm**

À terre means on the ground. In Cecchetti terminology, it describes a movement or finish that stays on the floor, with the foot in contact with the ground or the dancer settling on the floor. It contrasts with en l'air, which means in the air (performed while jumping). The other options don't fit the standard ballet sense of where a movement occurs.

2. Which term is used to describe a turn on one leg, where the working leg whips around to pass through passé and extend?

- A. Fouette**
- B. Attitude**
- C. Epaulement**
- D. Arabesque**

This item tests the vocabulary for a turn on one leg that uses a whipping action of the working leg as it circles around the body, passing through passé and then extending. That rapid whipping around of the leg, moving through passé on the way, is the defining feature of a fouetté turn. It's the common technique ballet uses to generate momentum in a turn on one leg, with the leg snapping around and then extending to continue or complete the turn. Attitude describes a posed position with the leg in an attitude shape, not a turning action. Arabesque is an extended line behind the body, also not a turn. Epaulement refers to the subtle placement and rotation of the shoulders and torso, not the mechanics of turning. So the description of a whipping leg passing through passé and extending fits a fouetté turn.

3. Which term means 'escaped'?

- A. Echappe**
- B. Temps leve**
- C. Arabesque**
- D. Developpe**

The main idea here is a movement that describes sliding the feet from a closed position to an open position while keeping the rest of the body stable. The term échappé literally means "escaped," and in practice it refers to the feet slipping from a closed stance (like fifth) to an open one (such as second), with turnout maintained and the torso upright. This term is used in various forms, including a small demi-plié opening or a jump, but the core idea is the escape from closed to open. The other terms describe different actions—temps levé is a raising movement (a jump or transfer of weight), arabesque is a pose with the working leg extended, and developpe is drawing the leg through to extension. So the word that means escaped is échappé.

4. Which term means 'to dart'?

- A. Efface
- B. Elancer**
- C. Chaîne
- D. Petits Battements

Élancer means to move with a quick, forward launching of the body—like a dart. In ballet French vocabulary, to é lancer is to throw the leg out or to propel oneself suddenly with energy and speed, giving a sharp, darting feel to the motion. The other terms describe different things: effacé is a shading/position where the dancer is turned away from the audience with the weight on one leg, not a speed or impulse; chaîne is a sequence of turns in a straight line or circle; petits battements are small beating steps. So the term that best captures the idea of a rapid, darting action is élancer.

5. Which term describes a whipping movement of the working leg during a turn?

- A. A pose with the knee bent and thigh turned out
- B. A whipping movement of the leg**
- C. A turn on one leg with extended leg
- D. The alignment of head and shoulders

The thing being tested is the specific term for the way the leg moves during a turning sequence. A fouetté is the whipping action of the working leg as you spin on one supporting leg. The leg quickly whips around from a bent/compact position into an extended line, giving the turn its momentum and drama. This is a defining action of fouetté turns in Cecchetti, and you'll see it repeated to build multiple rotations. Other descriptions describe positions or alignment rather than the dynamic leg action itself. A pose with a bent knee and turned-out thigh is a static position, not the turning whip. A turn on one leg with the leg extended describes the overall turn setup, not the distinctive whipping motion. Alignment of head and shoulders refers to spotting and balance, not the leg's movement. So the correct term is the whipping leg movement, known as fouetté.

6. Which term means 'assembled'?

- A. Assemble**
- B. Chasse
- C. De suite
- D. Soutenu

The main idea here is the specific ballet term for a jump where the feet come together in the air. The correct term is the French word assemblies, written as assemblé in ballet notation. It literally means "assembled" and describes a jump in which the dancer springs from one foot, brings the feet together in the air, and lands on both feet in 5th position. That precise wording is what the vocabulary uses, so it's the best fit for meaning "assembled." The other terms describe different actions: chassé is a gliding step; de suite means a sequence of steps; soutenu is a sustained turning movement. While "assemble" in plain English conveys the idea of coming together, the standard ballet term is assemblé, with the accent, reflecting the French vocabulary used in Cecchetti notation.

7. Which term corresponds to "twirl or spin"?

- A. Turn in the Air
- B. Port de Bras
- C. Pirouette**
- D. Jete

Turning on a single supporting leg is what the term pirouette describes. In Cecchetti vocabulary, a pirouette is a controlled spin carried out on one foot, often with the other leg in passé or retiré and with a steady spotting action to maintain balance. The other terms refer to different movements: turning while jumping would be described as a turn in the air (aerial turn), port de bras refers to the movement of the arms, and jeté is a leap. So the word that best fits "twirl or spin" is pirouette.

8. Balance means?

- A. To sway or rock**
- B. To stand still
- C. To jump lightly
- D. To turn slowly

Balance is about maintaining controlled weight distribution with a deliberate rocking between the feet. In Cecchetti practice, you achieve balance with a gentle sway or rock, keeping the torso upright and the line long as you transfer weight from one foot to the other. This motion gives your phrases a sense of buoyancy and readiness for the next movement. It isn't simply standing still, because balance involves weight transfer and a small oscillation. It isn't jumping or turning, which involve elevation or rotation, respectively.

9. Which ballet term corresponds to a sudden leap?

- A. Petits Tours
- B. Battu
- C. Soubresaut**
- D. Chaine

Soubresaut is the sudden leap. It describes a quick, clean jump from both feet, landing on both feet in a tight, closed position, typically in fifth. The name itself means "sudden spring," capturing the abrupt, explosive nature of the movement. This differs from petites tours, which are small turns; battu, a beaten step or jump with a beat; and chaine, a rapid sequence of turns. So for a movement that embodies a sudden jump, soubresaut is the precise term.

10. Which term describes a pose where the knee is bent and the thigh turned out?

- A. The movement of the head and shoulders to the side**
- B. A pose with the knee bent and thigh turned out**
- C. A whipping movement of the leg**
- D. A leap from one foot to the other**

Attitude is the term for a pose where the knee is bent and the thigh turned out. In this position, turnout comes from the hip, the working leg is lifted with the knee bent, and the thigh rotates outward, creating a strong, elegant line from the hip to the toes. The description matches attitude exactly, since it highlights the bend in the knee combined with outward rotation of the thigh, rather than describing any upper-body movement, a jump, or a whipping action of the leg. In Cecchetti practice, you'd aim for clear turnout, a level pelvis, and a precise, controlled held shape in attitude.

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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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