

CECCHETTI GRADE 5 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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. What is the meaning of a la quatrieme derriere in English?

- A. To the second behind
- B. To the fourth behind
- C. Around the room
- D. Crossed in front

2. Which term means 'passed'?

- A. En bas
- B. En haut
- C. Passe
- D. Glissade

3. How should turnout be maintained during centre work?

- A. Rotate hips randomly
- B. Maintain turnout while moving through positions, keeping hips square and controlled
- C. Turnout should be increased at every step
- D. Turnout only at the beginning

4. Describe the retire/retir  position in Cecchetti technique.

- A. The working leg is raised with turnout and the foot placed near the knee of the supporting leg.
- B. The working leg is straightened forward with pointed toe.
- C. The leg is lifted behind the back.
- D. The foot is on the ankle of the supporting leg.

5. What is the meaning of plie?

- A. Bent
- B. Half
- C. Stretched Beating
- D. Withdrawn

6. What is en avant in English?

- A. Forward
- B. To the second
- C. Crossed behind
- D. Spread or thrown apart

7. In Cecchetti Grade 5, turnout is defined as what outward rotation?

- A. Turnout is the outward rotation of the legs from the hip joints; it maintains joint safety, creates proper line, and is essential for all movements.
- B. Turnout is the inward rotation of the feet from the ankle.
- C. Turnout is the movement of the shoulders.
- D. Turnout is the bending of the knees.

8. Which of the following is NOT typically emphasized in Centre Pirouette work?

- A. Elevated leaps
- B. Clean spotting
- C. Stable alignment
- D. Controlled speed

9. Which term means 'small thrown step'?

- A. Releve
- B. Arabesque
- C. Developpe
- D. Petits jeté

10. Which term describes the pose with the leg extended behind the body?

- A. Arabesque
- B. Attitude
- C. Fouette
- D. Piqué

Answers

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

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Explanations

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1. What is the meaning of a la quatrieme derriere in English?

- A. To the second behind
- B. To the fourth behind**
- C. Around the room
- D. Crossed in front

Think of the foot positions in ballet. À la means toward or in the direction of, quatrième is the fourth position, and derrière means behind. Put together, it describes placing the working foot in the fourth position behind the other foot. So it translates to "to the fourth behind." This is different from phrases that would place the foot in front or in a crossed-in-front position.

2. Which term means 'passed'?

- A. En bas
- B. En haut
- C. Passe**
- D. Glissade

Passe is the term that means passed. In Cecchetti vocabulary, passé describes the moment when the working foot passes the supporting leg, usually near the knee or ankle as the leg remains turned out. This directly conveys the idea of something having been passed. The other terms describe different ideas: en bas means low, en haut means high, and glissade is a gliding step. So the term that expresses "passed" is passe.

3. How should turnout be maintained during centre work?

- A. Rotate hips randomly
- B. Maintain turnout while moving through positions, keeping hips square and controlled**
- C. Turnout should be increased at every step
- D. Turnout only at the beginning

Turnout is the outward rotation from the hip that you must keep active as you move through centre work. The goal is to maintain that turnout consistently, moving through each position with the hips square to the front, thighs rotated, and the pelvis held level and controlled. When you keep the turnout through every transition, your lines stay long and your balance stays solid, while the joints stay aligned and protected because the rotation comes from the hips rather than wobbling knees or shifting parts of the body. Rotating the hips randomly disrupts the steady line and balance you're building. Trying to increase turnout at every step isn't realistic or safe and tends to distort the alignment. Relying on turnout only at the beginning means the rotation will be lost as you move, so the posture won't hold through the sequence.

4. Describe the retire/retiré position in Cecchetti technique.

- A. The working leg is raised with turnout and the foot placed near the knee of the supporting leg.
- B. The working leg is straightened forward with pointed toe.
- C. The leg is lifted behind the back.
- D. The foot is on the ankle of the supporting leg.

In Cecchetti, retire (retiré) is a withdrawn, compact position where the working leg is turned out from the hip and drawn up so the knee of the working leg comes to rest near the knee of the supporting leg. The emphasis is on turnout, a bent knee, and a pointed foot held close to the supporting leg to create a clean, poised line. That's why describing it as the working leg being raised with turnout and the foot placed near the knee of the supporting leg fits best. If the leg were described as straight in front, that would be a different movement and line, not retirement. Lifting the leg behind the back describes a rear variation, which isn't the general retire position. Placing the foot on the ankle misplaces the foot entirely, since retirement requires the foot to meet the knee area, not the ankle.

5. What is the meaning of plié?

- A. Bent
- B. Half
- C. Stretched Beating
- D. Withdrawn

Plié means to bend. In ballet, a plié is bending the knee joints while keeping the spine tall and the turnout engaged, with the weight flowing through the feet. It comes from the French verb plier, to bend. There are two common forms: a smaller bend called a demi-plié and a deeper bend called a grand plié. This bending action is foundational for almost every movement, helping with alignment, balance, and preparation for jumps or transfers. The other options point to actions like extending or other positions, which aren't what plié describes.

6. What is en avant in English?

- A. Forward
- B. To the second
- C. Crossed behind
- D. Spread or thrown apart

En avant is a French ballet term that means moving toward the front. In Cecchetti, it indicates the forward direction of a movement or the placement of the working limb or arms in front of the body, as in a battement en avant or port de bras en avant. It's different from terms that describe other directions like en seconde (to the second position), en dehors or en dedans (outward or inward), or croisé derrière (crossed behind). So the best translation is forward.

7. In Cecchetti Grade 5, turnout is defined as what outward rotation?

- A. Turnout is the outward rotation of the legs from the hip joints; it maintains joint safety, creates proper line, and is essential for all movements.**
- B. Turnout is the inward rotation of the feet from the ankle.
- C. Turnout is the movement of the shoulders.
- D. Turnout is the bending of the knees.

Turnout means the outward rotation of the legs that starts from the hip joints. This movement from the hips keeps joints safe, helps create a long, clean line, and is essential for almost every movement in ballet. If turnout comes from the ankles, or if you rotate the shoulders or bend the knees instead, it isn't true turnout and can lead to misalignment or injury. So the best description is the outward rotation of the legs from the hip joints.

8. Which of the following is NOT typically emphasized in Centre Pirouette work?

- A. Elevated leaps**
- B. Clean spotting
- C. Stable alignment
- D. Controlled speed

Centre Pirouette work centers on turning with control and balance: you keep a steady axis, maintain proper turnout and alignment, and manage your speed so the turn feels clean and stable. Clean spotting is essential to stay oriented and avoid dizziness, while stable alignment ensures the spine, hips, and shoulders stay in a correct line throughout the turn. Controlling speed lets you finish crisply and safely, preserving turnout and line. Elevated leaps, however, are not a focus in this centre turning work because leaps require jumping dynamics and flight, which disrupt the ability to maintain a fixed axis and precise spotting during a turn. They belong to jumping sequences rather than turning in place.

9. Which term means 'small thrown step'?

- A. Releve
- B. Arabesque
- C. Developpe
- D. Petits jeté**

Small thrown step is described by petit jeté in ballet vocabulary. Jeté means thrown, a light leap with the working leg brushing into the air and the body landing on the opposite foot. Adding petit indicates this is a small, quick version with minimal height. So petit jeté literally means a small thrown step. Relevé is simply a rise on pointe or demi-pointe, arabesque is a pose with the leg extended behind, and developpe is the leg being drawn up to retiré and then extended.

10. Which term describes the pose with the leg extended behind the body?

A. Arabesque

B. Attitude

C. Fouette

D. Piqué

The main idea is understanding the poses and what each term describes. The pose with the leg extended straight behind the body creates a long, continuous line from the fingertips through the torso to the toes. This is arabesque: the working leg is fully extended and pointed behind you, the supporting leg is straight or slightly bent, and the torso stays tall with the hips square. The arms usually balance the line, often one arm forward and the other extended to the side or back. Attitude, by contrast, has the leg lifted behind but bent at the knee, creating a different silhouette. Fouette refers to a turning whip of the leg, not a held pose behind the body. Piqué is a step onto the point or demi-pointe with a straight leg, not a sustained extension behind.

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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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