CECCHETTI GRADE 5 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which term means 'large beating'?

A. Releve

B. Echappe

C. Changement

D. Grand battement

2. Derriere means?

A. In front

B. Above

C. Behind

D. Under

3. Why are the arms and torso coordinated with the legs in Cecchetti?

A. To prevent line alignment.

B. To create a harmonious line, maintain balance, and reflect musicality.

C. To make the legs move faster.

D. To satisfy a judge's preference.

4. What might a dancer be asked to show in a barre sequence regarding tempo?

A. Rapid tempo only

B. Steady tempo with clear rhythm, including both slow and faster passages

C. Tempo is irrelevant

D. Only slow passages

5. Which term describes the movement of the upper body to the side to create line and expression in turns?

A. Attitude

B. Epaulement

C. Arabesque

D. Fouette

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6. What is the meaning of plie?

A. Bent

B. Half

C. Stretched Beating

D. Withdrawn

7. Which term describes the action of turning the head and shoulders to one side while the torso remains facing forward?

A. The movement of the head and shoulders to the side

B. A whipping movement of the leg

C. A pose with the knee bent and thigh turned out

D. A leap from one foot to the other

8. Which term means 'interweaving four times'?

A. Soubresaut

B. Entrechat Quatre

C. Chaine

D. Petits Tours

9. De suite means?

A. Continuous

B. Suddenly

C. Arched

D. Spun

10. Balance means?

A. To sway or rock

B. To stand still

C. To jump lightly

D. To turn slowly

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Answers

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

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Explanations

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1. Which term means 'large beating'?

A. Releve

B. Echappe

C. Changement

D. Grand battement

In ballet vocabulary, grand battement literally means a large beating of the leg. It describes a strong, sweeping brush of the working leg from the hip, with the knee kept straight and the foot pointed, reaching outward to front, side, or back and then returning to a closed position. The focus is on a broad, powerful extension and clean control of the leg, not on turning or jumping. The other terms refer to different actions: relevé is simply rising onto the balls of the feet or onto pointe; échappé is sliding from a closed to an open position; changement is a jump that changes the feet in the air. So grand battement is the term that denotes the large beating of the leg.

2. 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.

3. Why are the arms and torso coordinated with the legs in Cecchetti?

A. To prevent line alignment.

B. To create a harmonious line, maintain balance, and reflect musicality.

C. To make the legs move faster.

D. To satisfy a judge's preference.

Coordinating the arms and torso with the legs in Cecchetti is about creating a unified, harmonious line that moves with the music. When the legs travel through a pose or transition, the arms and torso must lengthen and align to mirror and extend that leg line, keeping the spine tall, shoulders relaxed, and the rib cage softly held. This keeps the whole body as one integrated unit, which helps with balance and control, especially as weight shifts or changes direction. The outcome is a clean, elegant silhouette that reflects musical phrasing; the movement feels expressive and embodied rather than separated. It isn't about speed or pleasing a judge—the aim is a balanced, musical line where the arms and torso naturally support and enhance the legs.

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4. What might a dancer be asked to show in a barre sequence regarding tempo?

A. Rapid tempo only

B. Steady tempo with clear rhythm, including both slow and faster passages

C. Tempo is irrelevant

D. Only slow passages

Tempo control and rhythm accuracy are being tested in a barre sequence. You should demonstrate a steady tempo with clear rhythm, keeping even timing and precise articulation, while moving through passages that are both slow and faster. This shows you can maintain control, alignment, and musical phrasing across different speeds, which is essential in Cecchetti technique. Choices that focus only on a rapid pace, only slow passages, or claim tempo doesn't matter don't reflect the real aim, which is to reveal your ability to rhythmically and energetically manage varying speeds within the sequence.

5. Which term describes the movement of the upper body to the side to create line and expression in turns?

A. Attitude

B. Epaulement

C. Arabesque

D. Fouette

Epaulement describes how the upper body, especially the shoulders and head, is rotated to the side to create line and expression in turns. In a turning sequence, you don't want the torso to stay completely square; you angle the shoulders and tilt the head toward the direction of the turn while keeping the hips aligned forward. This subtle upper-body rotation lengthens the line from the crown through the spine and arm, guides the gaze, and adds audible and visual fluency to the movement. It also helps balance the body as the turn happens, making the line appear clean and expressive. The other terms refer to different ideas: an Attitude is a leg position with the knee bent and the leg held out, not about guiding the upper-body line in turns; Arabesque is a back leg extension with the torso held to create a long front line, which isn't the function described here; a Fouette is a whip-like turning action of the working leg, a technique of the turn itself rather than the upper-body placement that creates line.

6. What is the meaning of plie?

A. Bent

B. Half

C. Stretched Beating

D. Withdrawn

Plie 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.

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7. Which term describes the action of turning the head and shoulders to one side while the torso remains facing forward?

A. The movement of the head and shoulders to the side

B. A whipping movement of the leg

C. A pose with the knee bent and thigh turned out

D. A leap from one foot to the other

This item tests recognizing a movement that isolates the upper body. The described action is turning only the head and shoulders to the side while the torso stays facing forward, which is exactly the movement being described by the option that says the movement of the head and shoulders to the side. This keeps the chest and hips aligned forward, providing a separate, controlled rotation of the upper body for expression or direction without shifting the overall torso position. The other options refer to actions involving the legs or a leap, or describe a different pose, so they don't capture this specific upper-body isolation.

8. Which term means 'interweaving four times'?

A. Soubresaut

B. Entrechat Quatre

C. Chaine

D. Petits Tours

Interweaving four times refers to a jump where the legs cross and beat in the air four times before landing. The term for that is Entrechat Quatre. In this vocabulary, "entrechat" means a beating or interweaving of the legs in the air, and the number shows how many crossings occur. So quatre = four interweaves. The other terms describe different movements: a Soubresaut is a jump with no feet beating in the air, a Chaine is a rapid sequence of turns, and Petits Tours are small turns.

9. De suite means?

A. Continuous

B. Suddenly

C. Arched

D. Spun

De suite signals a continuous, in-sequence flow of movement. It tells you to carry on from one step to the next without stopping, keeping the line and connection intact. That smooth, uninterrupted progression is what "continuous" captures. It's not about arched shapes or turning quickly, so it wouldn't describe a sudden, spun, or arched action.

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10. 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.

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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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