

Creation Dance Studio: Pointe Readiness Criteria

Pointe work is an exciting and essential part of a ballet student's training. Our students typically begin preparing for pointe work in Ballet 4, and during this time, they begin pre-pointe class to develop the strength they will need to dance on pointe. Our students are evaluated and invited to begin pointe work in Ballet 4 on an individual basis and at the faculty's discretion. Each student responds to the demands of pointe preparation differently, and some will need a longer preparation time than others. For their own safety, students will not be allowed to begin pointe work if physical limitations prevent them from meeting the minimum criteria.

Creation Dance Studio's readiness for pointe benchmarks includes:

- ☐ The student must be at least 11 years old.
- ☐ The student must have at least 3 years of consistent ballet training.
- ☐ The student must consistently take a minimum of 3 ballet classes per week.
- ☐ The student must be responsible enough to bring all the ballet equipment necessary to class. Pointe shoes require extra care and accessories.
- ☐ The student must pay attention in class and must work hard. Going on pointe is a big step and requires commitment from the student.
- ☐ The student must be in good health and able to take the entire class. If the student frequently needs to rest due to illness or injury, they may not be strong enough to meet the extra demands of pointe work.
- ☐ Can maintain correct turnout while rising from flat to demi-pointe.

- ☐ Can maintain a balance on flat in a turned-out passé (single-leg) for 30 seconds on both sides.
- ☐ Can maintain a balance on demi-pointe in a turned-out passé (single-leg) for 4 seconds on both sides.
- ☐ Can perform piqué passé onto a straight leg.
- ☐ Can perform 16 relevés in first position (on two legs) in the center without stopping.
- ☐ Can execute 20 elevés in parallel coupé on both sides with one hand on the barre.
- ☐ Airplane test:

Stand in parallel and bring both arms to 90 degrees of abduction (second position arms). Move into a flat-backed arabesque position, keeping the chest parallel to the ground and the hips square. The dancer's visual gaze should stay on the floor during the exercise.

Perform 5 consecutive demi-pliés at a pace of 4 seconds per demi-plié. The hands should slowly move down towards the ground during the plié and back to second position while straightening the knee.

Execution on both sides must meet the following criteria: no turnout in either leg, the spine remains neutral, the shoulders and hips are square to the floor, and no loss of balance or tipping over.

- ☐ Sauté test:

Stand in parallel with hands on opposite shoulders and lift one leg into a detached cou-de-pied position.

Complete 8 consecutive sauté jumps. The stance knee should straighten in the jump, and the foot must point completely at the height of each jump.

Execution on both sides must meet the following criteria: execute the jumps with the described mechanics and maintain neutral leg alignment on both sides.

- ☐ Lunge test:

Face a wall and kneel with the test side in front. Lunge forward towards the wall, keeping the knee in line with the second toe while maintaining the heel on the floor.

Execution on both sides must meet the following criteria: achieve tapping the knee to the wall with the maximum distance of their big toe to the wall at less than 2cm.

○ Pencil test:

While sitting, place one leg straight in front, point the foot, and hold the position. The tester places a pencil at the dorsal talar neck (the highest point of the foot).

Execution on both sides must meet the following criteria: the pencil must clear the lower part of the tibia (lower leg).