

PROGRESSION CARD



NAME: _____ AGE: _____

CARD ISSUED: 2026

Where applicable, skills are to be mastered on the left and right side.

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
BALLET				
<i>TECHNIQUE & POSTURE</i>	☐ General posture/arm coordination ☐ Dir: croisé, effacé, en face ☐ Grand pliés (1 st & 2 nd) ☐ Relevé & Elevé with straight legs	☐ Correct alignment in tendu/dégagé ☐ Proper use of en dehors (rotation) ☐ Legs en l'air >45°	☐ Stability in adagio ☐ Legs en l'air >90°	☐ Legs en l'air >120° ☐ Sustained core engagement and torso alignment
<i>TURNS</i>	☐ Beginning balance in passé (support)	☐ Single pirouette en dehors ☐ 4 chaîné	☐ Single pirouette en dedans ☐ Double pirouette en dehors ☐ Piqué turns en dedans	☐ Double pirouette en dedans ☐ Triple pirouette en dehors ☐ Piqué turns en dehors
<i>JUMPS & ALLEGRO</i>	☐ Basic chassé, glissade ☐ Plié jump (1st to 2nd)	☐ Petit allegro: Temps levé ☐ Sissonne fermée (devant & seconde) ☐ Simple waltz steps with clear timing	☐ Petit allegro: glissade, assemblé, jeté ☐ Grand allegro: grand jeté, saut de chat, tour jeté ☐ Waltz and pas de bourrée	☐ Grand jeté (with strong elevation and split) ☐ Advanced petit allegro combinations with quick footwork and elevation
<i>BALANCE & ADAGIO</i>	☐ Simple port de bras transitions	☐ Beginning balance in retiré (passé) with proper turnout	☐ Coordination of arms and legs through longer adagio phrases ☐ Sustained balance in retiré w/ clean alignment	☐ Strong stability & control in adagio
JAZZ				
<i>TECHNIQUE & POSTURE</i>	☐ Basic jazz stance & posture ☐ Simple arm positions and coordination	☐ Maintains grounded plié ☐ Arm placement and body lines are more defined ☐ Developing control and balance	☐ Strong core engagement in extended lines ☐ Fluid port de bras with stylistic accents	☐ Advanced alignment in turns, jumps, and balances ☐ Dynamic upper body expression with isolations
<i>JUMPS & LEAPS</i>	☐ Straight jump ☐ Tuck jump ☐ Chassés ☐ Assemblé ☐ Jump sissonnes ☐ Down, down calypso	☐ Straddle jump ☐ Firebird ☐ Down, down straddle jump	☐ Chassé step jeté with back attitude ☐ Tilt leap ☐ Russian Switch leap	☐ Chassé step straddle jump ☐ Renversé ☐ Switch leap ☐ 540 jump ☐ Raizé
<i>TURNS</i>	☐ À la seconde turn prep ☐ 5 Relevés in passé ☐ 5 Relevés in coupé ☐ 2 Chaînés	☐ 2 Fouettés ☐ Pirouette hold ☐ Single pirouette ☐ Single coupé	☐ 4 Fouettés ☐ Inside single pirouette ☐ Double pirouette ☐ Double coupé	☐ Triple pirouette ☐ Triple coupé ☐ Illusion ☐ 4 Fouettés + leap
<i>BALANCE & FLEXIBILITY</i> (4 second holds)	☐ Standing leg stretch hold ☐ Arabesque hold >45°	☐ Battement kick >90° ☐ Arabesque hold >90°	☐ Fan kicks > 90° ☐ Penché hold	☐ Leg-hold turn ☐ Side extension hold >90° (no hands)
ARTISTIC DEVELOPMENT & EXECUTION				
<i>CHOREOGRAPHY MUSICALITY & RETENTION</i>	☐ Learns slowly with repetition ☐ Able to stay on beat with regular rhythms	☐ Learns short combos with some repetition ☐ Shows basic musicality within regular rhythms	☐ Learns longer combos quickly ☐ Applies corrections independently ☐ Able to work in irregular rhythms	☐ Retains complex choreography ☐ Strong musicality & timing ☐ Mastery with irregular and complex rhythms
<i>PERFORMANCE</i>	☐ Basic facial expressions & excitement	☐ More confidence ☐ Simple emotion added	☐ Stronger performance quality ☐ Expressive movement	☐ Full confidence, emotion & dynamic stage presence