

# Tendu Exercise (with instruments)

- <https://www.youtube.com/watch?v=eq6la44XYjQ>
- develops balance and control during weight transfer, awareness of the core, leg extension, and platform technique
- Notice how they descend into their horns up position...
- Begin in first position, with horns up
  
- Each move is an eight count cycle with motion on odd counts and position held on even counts
  - Count 1 left foot forward
  - Count 3 first position
  - Count 5 left foot forward
  - Count 7 first position
- Sequence
  - Left foot forward
  - Left foot out
  - Left foot backward
  - Left foot out
  - Right foot forward
  - Right foot out
  - Right foot backward
  - Right foot out
  
- The exercise continues with two sets of 3 repetitions of a 6 count move
  - Count 1 left foot tendu forward
  - Count 3-4 left foot sweeps out and back to fourth position
  - Count 5 return to first position
  - Repeat three times with left foot, then three times with right foot

# Plie and Lunge Positions (with instruments)

- <https://www.youtube.com/watch?v=eq6la44XYjQ>
- develops balance and control during weight transfer, awareness of the core, and defines upper body instrument carriage when the feet are not in first position
- Begin in second position with horns up

## *Legato Motions*

- Count 1-2 plie down (keep heels on the ground)
- Count 3-4 return to second position
- Count 5-6 lunge left (keep upper body vertical, not angled)
- Count 7-8 return to second position
- Count 9-10 plie down
- Count 11-2 return to second position
- Count 13-14 lunge right
- Count 15-16 return to second position

## *Staccato Motions*

- Count 1-2 plie down, hold
- Count 3-4 return to second position, hold
- Count 5-6 lunge left, hold
- Count 7-8 return to second position, hold
- Count 9-10 plie down, hold
- Count 11-2 return to second position, hold
- Count 13-14 lunge right, hold
- Count 15-16 return to second position, hold