

# CERTIFICATION IN PROGRESSING BALLET TECHNIQUE

PRESENTED TO :

## ELIZABETH R MORAN

CERTIFIED ON 03 OCTOBER 2021

THE HOLDER HAS TRAINED AND HAS BEEN ASSESSED IN PROGRESSING BALLET TECHNIQUE JUNIOR, SENIOR & ADVANCED PROGRAMS.

THE LEARNER HAS ACHIEVED:

- AN UNDERSTANDING OF THE ACTIVATION OF MUSCLE MEMORY TO ACTIVATE "TURN OUT"
- AN UNDERSTANDING OF THE ACTIVATION OF MUSCLE MEMORY TO ENHANCE "ADAGE MOVEMENTS"
- AN UNDERSTANDING OF THE ACTIVATION OF MUSCLE MEMORY TO ACCELERATE "ALLEGRO"
- AN UNDERSTANDING OF THE ACTIVATION OF MUSCLE MEMORY TO ACTIVATE "BATTERIE"
- AN UNDERSTANDING OF THE ACTIVATION OF MUSCLE MEMORY FOR CONTROLLED LANDINGS
- AN UNDERSTANDING OF HOW TO BREAKDOWN THE EXERCISES
- AN UNDERSTANDING OF HOW TO BUILD THE EXERCISES
- AN UNDERSTANDING OF THE APPROPRIATE AGE RELEVANT TO EACH EXERCISE
- AN UNDERSTANDING OF THE CORRECT MUSCLE GROUPS THAT ASSIST EACH MOVEMENT
- AN UNDERSTANDING OF HOW TO TRANSFER THE MUSCLE MEMORY INTO THE BALLET CLASS

TIME APPLIED TO CERTIFICATION: 6 HOURS



ROBYN SEGEL SHIFREN A.R.A.D  
PBT OFFICIAL TUTOR OF UNITED STATES

MARIE WALTON MAHON ARAD RAD RTS  
FOUNDER AND DIRECTOR

