

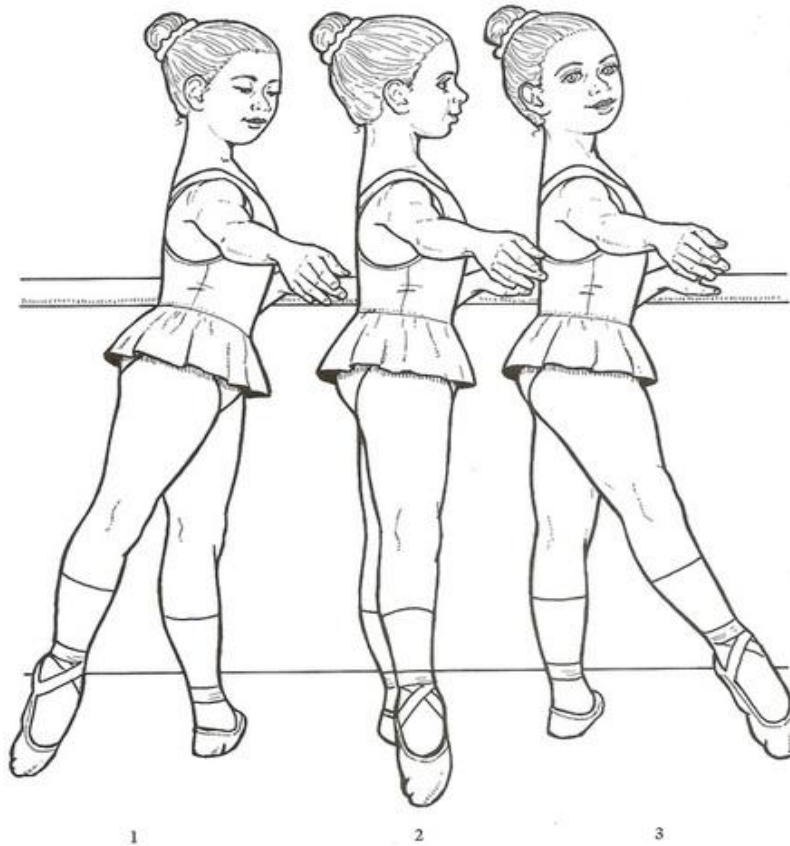


NORTH POINTE BALLET

Tendu

[tahn-DEW]

Stretched. The working foot slides from the first or fifth position to the second or fourth position without lifting the toe from the ground. Both knees must be kept straight. When the foot reaches the fully stretched position, it then returns to the first or fifth position.



BATTEMENT TENDU

Tendu means stretched. In battement tendu the leg extends outward from, and returns to a position of, first or fifth. Tendu stretches and strengthens the leg and foot and develops turn-out (the rotation of the leg outward from the hip). This student shows us battement tendu in three directions: (1) en arrière (back); (2) à la seconde (side), and (3) en avant (front). In battement tendu the foot of the working leg slides outward in a straight line

until the leg and foot are fully extended and turned out. The heel leaves the floor first, then the ball of the foot. The toes remain lightly touching the floor. The weight is entirely on the supporting leg. The hips and shoulders remain forward and level, and the muscles of both legs are pulled tight. The body and arm must be held correctly throughout.