



# Lyme School of Ballet

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## The RAD's DVDs, Video App and Music Downloads

I would like to remind members of Lyme School of Ballet that the Royal Academy of Dance (RAD) has a selection of resources available to purchase which are designed to aid students when learning their classical ballet syllabi. These resources are particularly helpful and important for those of you wishing to take an official examination of your work.

### DVDs

The RAD have published DVDs which show all the examination settings of exercises and dances for each ballet syllabus.

As a young student, I would study the RAD DVDs for hours on end and try to emulate the technique, musicality and the all-important performance of the beautiful girls and boys shown. Why not have a go yourself?

You can find all DVDs for purchase here:

- <https://www.radenterprises.co.uk/collections/graded-syllabi-dvds>
- <https://www.radenterprises.co.uk/collections/vocational-graded-syllabus-dvd>

### RAD Video App

The content of the DVDs mentioned above can now be accessed via the RAD Video app too, available to download on both Android and Apple devices here:

- <https://www.radenterprises.co.uk/pages/rad-video-applications>

Sadly, the App does not currently provide access to the full Grade 6, 7 and 8 work. These syllabi are only available in DVD form. However, if you are preparing the male settings for Grade 6 and 7, you can find a short video outlining these exercises in the App.

### Grade 1, 2 and 3 Character Work

If you would like to practice your Character Work in particular, use the RAD Video App to download practice exercises for Grades 1, 2 and 3, accompanied by detailed advice from Character expert, Valerie Sunderland.

### RAD Music Downloads

The music for Pre-Primary to Advanced 2 examination settings is now available to digitally download here:

- <https://www.radenterprises.co.uk/collections/music-downloads>

### Tips...

- When watching the DVD or App you will notice that most exercises are shown twice, with two different pieces of music. The exercises will also have two different pieces of music in the Music Downloads. You only need to practice with the familiar piece of music.
- Some dances, particularly Transfers Of Weight, may appear different to the choreography that you have learnt in class. Don't worry – these exercises are teacher choreographed so practice with whichever music is familiar but do not necessarily copy the dancers. Just practice the dance that you know from our classes.
- When it comes to the long dances at the end of your syllabus (Dances A – F in most Grades, including your Character Dance), please only practice the ones that are familiar. You do not need to learn every single one.
- Pop a mirror in front of your screen and watch the video footage through the mirror. You won't then need to reverse the feet (right and left) that you need to use when practicing!
- Some of you have been using videos on YouTube to practice your work. I would encourage you to avoid YouTube as the quality of the work is not RAD regulated. Some people may download RAD work but not actually be an RAD qualified teacher. Two exceptions to this rule are for Grades 6 and 8. There are currently full copies of the DVD content on YouTube (not quite sure how, but there are!). Try these links if you are in Grade 6 or 8.
  - Grade 6: <https://www.youtube.com/watch?v=lSmCGsjpD6c>
  - Grade 8: [https://www.youtube.com/watch?v=X\\_KC6pRhsmo](https://www.youtube.com/watch?v=X_KC6pRhsmo)

**Perhaps as a Birthday treat or Christmas gift, some of the resources above would be the perfect idea!**