



# 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:

- Dance To Your Own Tune: [www.radenterprises.co.uk/products/dance-to-your-own-tune-book-cd-dvd-pack](http://www.radenterprises.co.uk/products/dance-to-your-own-tune-book-cd-dvd-pack)
- Pre-Primary to Grade 8: [www.radenterprises.co.uk/collections/graded-syllabi-dvds](http://www.radenterprises.co.uk/collections/graded-syllabi-dvds)
- Grades 1, 2 and 3 Character Work: [www.radenterprises.co.uk/search?type=product&q=character+grades+1-3+dvd](http://www.radenterprises.co.uk/search?type=product&q=character+grades+1-3+dvd)
- Intermediate Foundation to Advanced 2: [www.radenterprises.co.uk/search?type=product&q=vocational+graded+dvd](http://www.radenterprises.co.uk/search?type=product&q=vocational+graded+dvd)
- Discovering Repertoire: [www.radenterprises.co.uk/collections/discovering-repertoire-3](http://www.radenterprises.co.uk/collections/discovering-repertoire-3)
- Silver Swans: [www.radenterprises.co.uk/search?type=product&q=silver+swans+dvd](http://www.radenterprises.co.uk/search?type=product&q=silver+swans+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:

- [www.radenterprises.co.uk/pages/rad-video-applications](http://www.radenterprises.co.uk/pages/rad-video-applications)

Sadly, the App does not currently provide access to any Dance To Your Own Tune resources, or to the full Grade 6, 7 and 8 syllabi. 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. This is very helpful as the male exercise adaptations are not included in the DVDs!

### RAD Music Downloads

The music for Pre-Primary to Advanced 2 examination settings is now available to digitally download at the below link. Discovering Repertoire and Free Enchainement music for Vocational Grades is also available.

- [www.radenterprises.co.uk/collections/music-downloads](http://www.radenterprises.co.uk/collections/music-downloads)

For Silver Swans, follow this link:

- [www.radenterprises.co.uk/products/silver-swans-music-download](http://www.radenterprises.co.uk/products/silver-swans-music-download)

### Tips...

- When watching the DVD or App, or listening to the Music Downloads, you will notice that most exercises in the Graded Syllabi are shown twice, with two different pieces of music. You only need to practice with the familiar piece.
- Some dances in the Graded Syllabi, 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 (Classical and Character Dances A – F in most Graded Syllabi, or Variations 1 – 2 in Vocational Grades) 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 footwork that you see (right vs. left).
- 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. One exception to this rule is for Grades 6. There is currently a full copy of the DVD content on YouTube (not quite sure how, but it's there!).
  - Grade 6: [www.youtube.com/watch?v=9eMXzV04WsU](http://www.youtube.com/watch?v=9eMXzV04WsU)

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