

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!

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- 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!

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- 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!

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