

TENDU

**Tendu** From the French word, etendre, which means to stretch.

**Execution** The weight is shifted from both feet to the supporting side so that the gesture leg can move. The gesture foot slides along the floor, peeling off the floor from the heel through the arch and ball of the foot until it is fully extended to a point with just the toes touching the floor. The process is then reversed to close. There is no weight transfer during this movement. This movement is also known as a battement tendu.

When the starting position is turned out, the heel leads the movement to the front and to the side. When the movement is to the back, the heel leads.

**Teaching Progression – Tendu Starting in 1<sup>st</sup> Position**

Location – facing the barre, 2 hand hold

Speed – 1-2 Brush to the ball of the foot 2 counts (the foot has the metatarsal area in contact with the floor, similar to an elev ). 3-4 extend the toes to a full point. 5-6 - return to the ball of the foot position. 7-8 return to the starting position.

Order – Begin by teaching in parallel alignment to the front. Once the students are able to complete the movements with their feet and ankles aligned proceed to first position and teach the movement to the side.

After the students are able to complete the above exercise to the side from first position, introduce the movement to the front with a turned out alignment.



Location – facing the barre, 2 hand hold

Speed – 1-2- Brush through the foot to the tendu position, 3-4 maintain the position, 5-6 return to first position, 7-8 hold in 1<sup>st</sup> position.

Order – Teach this after the students are able to complete the 4 count version above to both the front and side comfortably.



Location – center floor

Speed – 1-2 - Brush through the foot to the tendu position. 3-4 - Return to first position.

Order – Teach this after the students are able to complete the barre version above to both the front and side comfortably.