

DFO : D F O

Name: _____ Today's Date _____

Please answer every section, and mark in each section the one statement which most applies to you. We realize that two statements in any one section may relate to you, but just mark the one, which most closely describes your level now. These questions are based only on what you can do at this time. Do not compare y

9. B

(If you do pointe work, indicate whether you can perform the indicated level on pointe.)

- Able to attain and maintain my balance in relevé / pointe on the involved side without a problem.
- Able to attain and maintain my balance in relevé / pointe on the involved side with only slight problems.
- Able to attain and maintain my balance in relevé / pointe on the involved side with moderate difficulty.
- Able to relevé but can't maintain the balance on the involved side without barre assistance.
- Able to maintain my balance on flat foot, but cannot balance in relevé.
- Cannot relevé or maintain my balance on the involved side on flat foot.

10.

- Able to fully perform as much and as often as required, at 90°: grand rond de jambe en l'aire a la seconde (rotational movements of the leg in the air).
- Able to perform at reduced speed: rond de jambe en l'aire a la seconde (rotational movements of the leg in the air).
- Able to perform with mild problems such as reduced number and speed: rond de jambe en l'aire a la seconde (rotational movements of the leg in the air).
- Able to perform with moderate problems such as reduced number, speed, and height (at 45°): rond de jambe en l'aire a la seconde (rotational movements of the leg in the air).
- I mark or avoid all rond de jambe en l'aire type movements (rotational movements of the leg in the air).
- I am unable to perform rond de jambe en l'aire a la seconde (rotational movements of the leg in the air) at all.

11. K / F

