

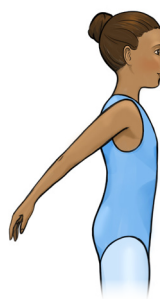
# Pre-Ballet Arm Positions



Arms Down



Arms Forward



Arms Back



Hands on Waist



First Position



Demi Second  
Position



Second Position



Open Fifth  
Position



Bras Bas



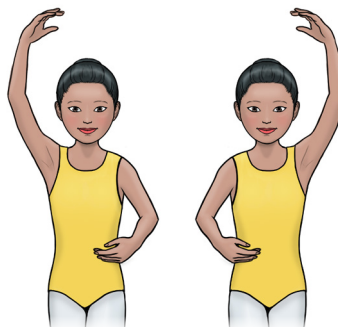
Arms Up in  
Front



Third Position



Fifth Position



Fourth Position