



## SKILLS PROGRAMME

# GOLD MEDAL

*ALL MOVEMENTS MUST BE COMPLETED*

### EXAMINATION PAPER

## PART 1

*(Minimum age of Candidate must be 16 years as at 31 December in the year of presenting for the exam.)  
Candidates must achieve 60% or higher for each section to earn a medal and certificate.  
(No banned or dangerous movements allowed)*

*(REVISED: January 2024)*

CANDIDATE NUMBER \_\_\_\_\_

### FIGURE MARCHING *(Set Exercise)*

**Music Track A**

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Department						
March technique						
Rhythm						
Execution & presentation						

**TOTAL - Figure Marching /20**

CANDIDATE NUMBER \_\_\_\_\_

**FREE EXERCISES**

Perform each of the following:

(N = Not mastered: S = Satisfactory &amp; 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
<i>Forward Walkover changing legs - L leg</i>						
<i>Forward Walkover changing legs - R leg</i>						
<i>Backward Walkover from forward leg raise – leg of choice</i>						
<i>Supported Arabesque Release - L leg</i>						
<i>Supported Arabesque Release - R leg</i>						
<i>Circular leg raise outward into high arabesque – L leg</i>						
<i>Circular leg raise outward into high arabesque – R leg</i>						
<i>Circular leg raise inward from high arabesque – L leg</i>						
<i>Circular leg raise inward from high arabesque – R leg</i>						
<i>Reverse Valdez – leg of choice, arms optional</i>						
<i>Pivot Mount – L leg</i>						
<i>Pivot Mount – R leg</i>						
<i>Leg Mount with relevé – L leg</i>						
<i>Leg Mount with relevé – R leg</i>						
<i>Leg Mount Forward – leg of choice</i>						
<i>Headrest stand from standing</i>						

**TOTAL - Free Exercises****/20**

CANDIDATE NUMBER \_\_\_\_\_

## ROD EXERCISES

Examiner will request 2 of the 3 following set combinations to (candidates) counts only:

### Combination A

Commence at attention hands at ends of rod.

- 1-2 Step forward on **right** leg to face **left** front corner, **right** side raise twist with curve overhead, **left** leg attitude derrière.
  - 3 Maintain attitude and roll rod into **left** vertical twist.
  - 4-5 Pivot in attitude to face **right** side, band-master flash towards **right**
  - 6 Extend **left** leg into low arabesque, rod at forward raise.
  - 7-8 Step forward towards **left** downstage corner, **left** forward oblique twist down
  - 9-10 Pas de bourée piqué towards **left**, rolling rod into top grip **right** forward oblique twist down
  - 11-12 Step back with **right** foot into **right** back lunge, swinging rod over **left** arm
  - 13-14 Step back with **left** foot into **left** back lunge, swinging rod over **right** arm
  - 15-16 Swing rod in **left** hand to **left** side oblique up, step forward on **left** foot, relevé with **right** side développé
- Finish with **right** forward step into classical pose (**left** foot derrière)  
flashing towards **right** into **right** side oblique twist up.

### Combination B

Commence in classical pose **left** foot derrière, **right** side oblique twist up

- 1 Lower **right** arm to side raise twist
- 2 Roll through flash position to **right** side raise twist top grip, développé **left** foot to side toe point on fondu
- 3 **Left** side step, slide hands to ends of rod at upward stretch top grip
- 4 Step back on **right** foot into **left** forward toe point facing **right** downstage corner, **left** side oblique twist up, top grip.
- 5-8 Step forward on **right** leg into 1 handed walkover with **right** hand at side raise, close to attention facing **right** downstage corner.
- 9 **Left** forward raise twist with curve overhead, **left** forward lunge (front foot on demi-pointe)
- 10 Relevé into ¼ attitude turn to **left** downstage corner, lifting **right** leg with **left** side raise twist **right** curve overhead
- 11-12 Step across with **right** foot onto fondu, **left** leg coupé derrière facing **left** downstage corner, **right** back twist forward
- 13-14 Step back onto **left** leg, pass through **left** side raise twist with curve overhead
- 15-16 Lunge back with **right** leg to face **right** downstage corner, **left** forward oblique twist down

### Combination C

Commence facing the back **left** corner, attention with hands at ends of rod.

- 1-2 Step forward on **right** leg and relevé into **left** leg high développé to side on demi-pointe, slide into **right** side oblique twist up
- 3-4 Relevé turn by **right** to face front with **left** leg low développé on demi-pointe, un-twist and re-twist into **left** side oblique twist down.
- 5-7 Step forward onto **left** leg into **right** grand jeté forward with **right** leg galop preparation, slide into 2 flashes under grip towards **right**, into **right** forward raise twist with curve overhead.
- 8 Step across with **left** foot to **right** downstage corner, **left** back twist forward with **right** back toe point
- 9-10 Take **right** leg to side to point on fondu, **right** side raise twist with curve overhead
- 11 **Right** leg retiré with **right** vertical twist facing the front
- 12 Step onto **right** foot finish in classical pose **left** foot derrière, band-master flash towards **left**
- 13-14 **Left** leg beat in retiré, **right** vertical twist
- 15-16 **Left** side toe point on fondu, **right** side oblique twist up.

( the appropriate boxes - 2 of the 3)

- Combination A
- Combination B
- Combination C

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Rod technique						
Department & Body line						
Precision						
Leg & footwork						
Execution & presentation						

**TOTAL - Rod Exercises /20**

CANDIDATE NUMBER \_\_\_\_\_

**CLUB SWINGING**

- All swings will be requested

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
<b>INWARD:</b>						
<b>Hip/wrist swing</b> <i>-changing sides without a backswing between</i>						
<b>OUTWARD:</b>						
<b>Hip/wrist swing</b> <i>-changing sides without a backswing between</i>						
<b>Hip cross</b>						
<b>PARALLEL: (R or L directions)</b>						
<b>Double wrist cross</b> <i>- facing the backward side</i>						
<b>SIDE WINDMILL: (R or L directions)</b>						
<b>Double wrist cross</b> <i>- facing the backward side</i>						
<b>Double fold at side raise</b>						
<b>OUTWARD WINDMILL:</b>						
<b>Hip/wrist swing</b> <i>- both sides of the body</i>						
<b>Multiple hip swing</b> <i>- commence and finish with back swing both hands</i>						
<b>Neck cross – either side</b>						
<b>Overhead wrist cross</b>						
<b>Hip cross</b>						
<b>Double wrist cross</b> <i>- at forward raise facing the side</i>						
<b>INWARD WINDMILL:</b>						
<b>Hip/wrist swing</b> <i>- both sides of the body</i>						
<b>Multiple hip swing</b> <i>- commence and finish with back swing both hands</i>						
<b>Neck cross – either side</b>						
<b>Overhead wrist cross</b>						
<b>Hip cross</b>						
<b>Double wrist cross</b> <i>- at forward raise facing the side</i>						

**TOTAL - Club Swinging /20**

CANDIDATE NUMBER \_\_\_\_\_

**AESTHETIC/DANCE****Perform each of the following movements:**

(with leg of choice and choice of arm lines, optional entry and exit to each dance movement/step)

(N = Not mastered: S = Satisfactory &amp; 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Pirouette en dedans with fouetté – double						
Assemblé with beat (battu)						
Saut de basque from 'lame duck' pirouette						
<b>TOTAL (this section)</b>						<b>/20</b>

**AESTHETIC/DANCE (Set Exercise)****Music Track A**

(N = Not mastered: S = Satisfactory &amp; 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Poise & body alignment						
Technique of Foot & legwork						
Technique of arm & hand lines						
Presentation & interpretation						
Execution						
<b>TOTAL (this section)</b>						<b>/20</b>

<b>TOTAL - Aesthetic &amp; Dance</b>	<b>/40</b>
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CANDIDATE NUMBER \_\_\_\_\_

**Grand Total** \_\_\_\_\_ **/120****Result – PART 1** \_\_\_\_\_ **%****MARKS:**

90-100 Honours      85 – 89 Credit Plus      80 – 84 Credit      75 – 79 Highly Commended  
70 – 74 Commended      65 – 69 Pass Plus      60 – 64 Pass      Unable to Qualify

**Examiner's Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_

*The Examiners decision is final and no correspondence will be entered into*