



SKILLS PROGRAMME

GOLD MEDAL

ALL MOVEMENTS MUST BE COMPLETED

(Minimum age of Candidate must be 18 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.

PART 1

TECHNICAL EXAM ONLY

(No banned or dangerous movements allowed)

(REVISED: July 2024)

FIGURE MARCHING - SET EXERCISE: MUSIC TRACK A

Commence centre back

- 1-4 Wait
- 5-6 Step **Left, Right** forward leg raise
- 7-8 Step **Right, Left** forward leg raise
- 9-10 Step **Left, Right** forward leg raise
- 11-12 Sustain **Right** forward leg raise
- 13-14 Close to attention
- 15-16 and using all of musical phrasing
Step **Left, Right** circular high kick outward (corner to corner) arms side raise
Right single kneel facing R downstage corner arms side oblique down
take hands to hips firm, pass through double kneel facing the back, finishing
Left single kneel facing **Left** downstage corner
take **Left** arm to forward oblique down, palm up
recover through **Right** forward lunge to extended supporting leg facing **Left** downstage corner L toepoint
behind, taking **Left** arm slowly up to forward oblique up, palm up, finish **Right** arm hips firm, **Left** arm
forward oblique up, palm up
Close to attention facing the front.
Left foot across ® to complete a full turn.
- 1-2 Side step to upstage **Left** corner, hands hips firm
- 3-4 Side step to upstage **Left** corner, hands hips firm
- 5-6 Side step to upstage **Left** corner, coupé **Right** foot rise on demi pointe and turn to face **Right** side
- 7-11 Forward marching, arms swinging
- 12 **Right** step open turn by **Left** shoulder
- 13-14 Forward march toward **Left** downstage corner
- 15-16 Step forward on **Left** coupé **Right** foot and high kick **Left** leg forward (arms to slightly relaxed side raise
with palms facing upward as in a presentation style)

FIGURE MARCHING - SET EXERCISE cont'd...

- 1 -2 **Left** step forward to attention facing **Left** side
 3-6 Mark time facing **Left** side
 7-8 About turn with forward step closing to attention facing **Right** side
 9-11 Forward march to **Right** side, arm swinging
 12 Corner turn to front
 13-15 Forward march with arm swinging
 16 Close **Right** foot to attention
 1-4 2 x **Left** side steps, lifting arms to side oblique up, palms up
 5- 8 Mark time moving backwards bringing arms down to attention
 9-10 **Right** side step **Left** leg circular high kick outward (corner to corner) arms at side raise
 11-12 Finish with full turn on demi point by **Left** shoulder, arms to attention
 13-16 Bouree back **Left** foot in front, lifting arms to side oblique up with palms up, finish in 5th on demi pointe, arms side oblique upward

FREE EXERCISES

Perform each of the following movements

<p>1. Forward walkover changing legs: L & R</p>	<p>2. Backward walkover from forward leg raise - leg of choice Leg raise minimum hip height</p>
<p>3. Supported Arabesque Release: L & R Held from behind, other arm obliquely forward down with palm down, then release support and maintain legs with arms in 1st arabesque alignment with palm facing down</p>	<p>4. Circular leg raise into high arabesque: L & R <i>Outward:</i> Lift the leg through forward raise (arms neck rest) to side raise (arms side raise) into low arabesque (hips firm position) followed by high arabesque (hips firm position) close at attention <i>Repeat in reverse – Inward: L & R</i> High arabesque to low arabesque (hips firm) Carry leg to side raise (arms side raise) and leg to forward raise (arms neck rest) close at attention.</p>
<p>5. Reverse Valdez: Leg of choice. Arms optional</p>	<p>6. Pivot Mount: L & R Other arm at neckrest</p>
<p>7. Leg Mount with Relevé: L & R 1-2 Prepare leg mount holding heel in front or behind, other arm at attention 3-4 Leg mount, other arm neck rest 5-7 Relevé and maintain leg mount 8 Attention</p>	<p>8. Leg Mount Forward: Leg of choice</p>
<p>9. Head rest stand from standing: Hand placement optional. Take legs to vertical. Recover through kneeling position. Own choice of leg.</p>	

ROD EXERCISES

The examiner will request that you perform 2 of the 3 following set combinations
To (candidates) COUNTS ONLY.

All combinations can be executed to the other side if you wish to use a preferred leg.

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.

CLUB SWINGING

- All swings will be requested

1. Inward: - Hip/wrist swing - <i>changing sides without a backswing between</i>	2. Outward: - Hip/wrist swing - <i>changing sides without a backswing between</i> - Hip cross
3. Parallel: (R or L directions) - Double wrist cross - <i>facing backward side</i>	4. Side Windmill: (R or L directions) - Double wrist cross - <i>facing backward side</i> - Double Fold at side raise
5. Outward Windmill: - Hip/wrist swing (<i>both sides of the body</i>) - Multiple hip swing - <i>Commence and finish with back swing both hands</i> - Neck cross <i>either side</i> - Overhead wrist cross - Hip cross - Double wrist cross - <i>at forward raise facing the side</i>	6. Inward Windmill: - Hip/wrist swing (<i>both sides of the body</i>) - Multiple hip swing - <i>Commence and finish with back swing both hands</i> - Neck cross <i>either side</i> - Overhead wrist cross - Hip cross - Double wrist cross - <i>at forward raise facing the side</i>

AESTHETIC/DANCE

Examiner will request that each of the following movements be performed individually
(with leg of choice and choice of arm lines, optional entry and exit to each dance movement/step)

<ol style="list-style-type: none"> 1. Pirouette en dedans with fouetté – double 2. Assemblé with beat (battu) 3. Saut de basque from 'lame duck' pirouette

AESTHETIC/DANCE cont'd...**SET EXERCISE: MUSIC TRACK A***(Performed without skirt)***ESSENTIAL TO VIEW VIDEO/FILM WHILST LEARNING THIS SET CHOREOGRAPHY FOR CORRECT TIMING****NOTE:**

1. *That many balletic terms have been adapted to calisthenic terminology*
2. *Counts are a guide only*

*Commencing in the **LEFT** upstage corner facing upstage*

Counts	Movements/positions/dance steps	Arm positions/port de bras
Intro	Feet in classical pose LEFT foot derrière	<i>Low 2nd with soft undulation of the hands and lower arm</i>
1-4	Enter stage with LEFT foot low développé to posé on LEFT foot, step forward with RIGHT foot (still facing upstage)	<i>Arms remain in soft undulating low 2nd</i>
5-6	Low développé with LEFT foot to posé (RIGHT leg soft fondu) to bring feet to 5 th on demi-pointe LEFT foot devant	<i>Arms to 4th with LEFT arm up</i>
7-8	Bourée with half turn by LEFT to face the front finishing with RIGHT foot devant	<i>Arms 5th</i>
9-10	4 chaînés to RIGHT downstage corner on diagonal to centre stage	<i>Arms 2nd to 1st and opening to high 2nd</i>
11	Continuing on diagonal step RIGHT, LEFT	<i>Arms 1st</i>
12	Posé on RIGHT foot with LEFT leg in demi-arabesque	<i>Arms from 1st to high 2nd</i>
13	Coupé over with LEFT leg (RIGHT foot derrière)	<i>Arms to preparation</i>
14	Step onto RIGHT leg taking LEFT foot back passing through 1 st with both legs extended	<i>LEFT arm through 1st to 5th RIGHT arm preparation</i>
15-16	Penchée arabesque lifting LEFT leg	<i>Arms opening to 1st arabesque</i>
1	Recover from penchée arabesque	<i>Arms low 2nd</i>
2-3	Travelling on diagonal to LEFT upstage corner Step forward LEFT, RIGHT, LEFT and grand jeté en tournant, finishing in arabesque fondu	<i>Arm to 2nd, 1st Arms to 5th Arms demi bras</i>
4	Relevé in demi-arabesque LEFT leg lifted	<i>Arms high 2nd</i>
5	LEFT leg coupé over, small forward step on RIGHT foot and galop forward to RIGHT downstage corner with LEFT foot devant, quarter turn to face LEFT downstage corner and execute a RIGHT foot cabriole derrière	<i>Arms 1st Arms 1st arabesque</i>
6	Turn to face LEFT upstage corner galop forward with RIGHT foot devant	<i>Arms soft low 2nd</i>
7-8	Facing upstage centre, execute a high développé to 2 nd with LEFT leg and repeat with RIGHT leg	<i>Arms 1st to 4th with each développé</i>
9	Fouetté into LEFT leg attitude derrière (finish facing RIGHT downstage corner)	<i>Arms 4th LEFT arm up</i>
10	Coupé over with LEFT foot (RIGHT foot derrière)	<i>Arms through 2nd to preparation</i>
11	Bourrée back with feet in 5 th , LEFT foot devant, still facing the RIGHT downstage diagonal	<i>Arms in high 2nd</i>
12	LEFT side step to OP side (across body line) step on RIGHT foot in preparation for renversé relevé en dehors (LEFT leg in attitude derrière)	<i>Arms 1st passing through 4th to slightly open 4th with RIGHT arm up</i>
13	Repeat renversé relevé en dehors (LEFT leg in attitude derrière)	<i>Arms 1st passing through 4th to slightly open 4th with RIGHT arm up</i>
14	Forward split with LEFT leg, facing RIGHT downstage corner with flowing side bend to the LEFT	<i>Arms 1st to RIGHT arm to 5th with LEFT arm softly placed on elbow</i>

Counts	Movements/positions/dance steps	Arm positions/port de bras
15-16	Turn to face LEFT upstage corner whilst remaining in forward split with RIGHT leg forward and forward bend over the RIGHT leg and recover body to soft LEFT side bend	LEFT arm through 5 th to finish in high 1 st arabesque
1	Sweep body, arms and legs by the RIGHT to finish facing RIGHT downstage corner sitting with knees together	Arms 1 st
2	Extend both knees with undulating body movement (slight contraction) to upright	Arms to 5 th
3	Bend back as LEFT lower leg lifts toward the head	Arms opening to high 2 nd
4	Lift the LEFT knee into a forward single kneel and recover to RIGHT foot toe point derrière	Take RIGHT arm to 5 th
5	Rotation by RIGHT to face LEFT upstage back corner with RIGHT foot toe point devant	Taking LEFT arm to 5 th
6	Travelling on the diagonal upstage step RIGHT , LEFT finishing in RIGHT toe point derrière with bend back using thoracic	Arms in high 2 nd at the completion of line the back bend
7	Small soft run to LEFT upstage corner	Arms through 1 st
8	Finish with feet in 4 th crossed, on slight angle to LEFT downstage corner	Arms into a soft undulating 3 rd arabesque position Changing hands and finish in a high open 3 rd arabesque position
9-10	RIGHT side step, half turn en dehors stepping on to LEFT as preparation for RIGHT leg (fan kick) to high développé to 2 nd . (or posé rotation with développé en tournant)	Arms 1 st to RIGHT arm high 2 nd , LEFT arm low 2 nd
11-12	Posé onto RIGHT foot with LEFT leg executing a low développé passé and with LEFT foot devant galop forward on diagonal to RIGHT downstage corner executing a grand jeté en avant croisé (LEFT leg leading) RIGHT leg in attitude derrière	RIGHT arm in high 2 nd , LEFT arm in 2 nd with palm facing down
13	Passing RIGHT leg through into cabriole fouetté derrière facing LEFT upstage corner	Arms in high open 1 st arabesque
14-15	Facing upstage galop forward RIGHT leg devant into grand jeté en avant en tournant in attitude	Arms 1 st to 4 th (LEFT arm up)
16	Small running steps to slightly forward of LEFT upstage corner	
1	Travelling across centre stage P to OP : Posé pirouette en dehors (lame duck) travelling to the RIGHT	Arms 1 st to 2 nd
2	Into a posé pirouette on RIGHT foot	Arms 4 th with RIGHT arm up
3	Posé pirouette en dehors (lame duck) travelling to the RIGHT	Arms 1 st to 2 nd
4-6	Leave the RIGHT foot in retiré position, lower LEFT foot on fondu in, execute 1 fouetté relevé en tournant to the RIGHT	Arms 1 st to 2 nd
7	2 chaînés on a slight diagonal to downstage RIGHT corner	Arms 1 st
8	Step forward RIGHT , LEFT finishing in RIGHT toe point derrière	Arms softly to low 2 nd
9-10	2 steps back on RIGHT foot, LEFT foot, chasse RIGHT foot back through 1 st and lift RIGHT leg into croisé arabesque in fondu	LEFT arm softly placed on LEFT hip with RIGHT arm in open high 2 nd
11	Step back on RIGHT foot, quarter turn to face LEFT downstage corner	
12	Posé to the side on LEFT leg, RIGHT leg to retire devant	Arms in soft high 3 rd arabesque with RIGHT elbow in a soft square
13	Posé to the side on LEFT leg, RIGHT leg to retire devant	Arms LEFT arm high second RIGHT arm low 2 nd
14	Stepping to the LEFT , soutenu turn	Arms to 5 th
15	Facing the RIGHT downstage corner step forward on LEFT to single knee	Arms forward through to 1 st position
16	Extend LEFT leg to a low arabesque line along the floor whilst lowering RIGHT leg to a sit position	Arms to an open 1 st arabesque line

Candidate is expected to have a working knowledge of ALL previous syllabi