

## SKILLS PROGRAMME

### GRADE ONE

(Arm and leg movements, including the use of apparatus, may be requested in any section)

(REVISED: July 2024)

#### FIGURE MARCHING

##### Identify in Set Exercise:

Marking Time  
Forward March with arm swinging  
Side Stepping  
Corner Turns

**Note: The accepted method of corner turns for this examination is shown on the video resource**

##### **Set Exercise:**

Commence in the **upstage R** corner and facing the **L** side

- 1 - 32 Forward March with arm swinging, around in a square with corner turns on counts 7, 15, 7, 15, back to starting position
- 1 - 8 Face the **L** side and Marking Time
- 9 - 16 Face the **Front** and Marking Time
  
- 1 - 8 2 Side Steps to the **L**
- 9 - 16 2 Side Steps to the **R**
- 1 - 4 Marking Time to the **Front**
- 5 - 8 Marking Time facing the **L** side

#### FREE EXERCISES

<p><b>1. <u>Arm Positions:</u></b> Attention Forward Raise Upward Stretch Side Raise Neck Rest Hips Firm</p>	<p><b>2. <u>Leg and Feet Positions:</u></b> <i>with hands in the Hips Firm position</i> Toe Point - Side - Forward - Backward  Side Lunge Side Step Turning Lunge Turning Step</p>
<p><b>3. <u>Bends:</u></b> Full Forward Trunk Bend <i>Commence in Side Step with Upward Stretch</i> Side Bend (to the <b>L</b> or <b>R</b>) <i>Commence in Side Step with arms at Neck Rest</i> Back Trunk Bend <i>Commence in Side Step with hands Hips Firm</i></p>	<p><b>4. <u>Floorwork:</u></b> Body Raise Kneeling Positions: - Single Leg Kneel - Double Leg Kneel - Prone Kneel - <i>with a square back</i> Kneeling Arabesque - <i>from Prone Kneel</i> Single Kneel with Side Leg Extension and Hands in the Neck Rest Position</p>

**FREE EXERCISES** (cont'd..)

**Set Exercise:**

- 1 - 2 **L** Backward Toe Point with arms Forward Raise
- 3 - 4 **L** Side Toe Point with arms Side Raise
- 5 - 6 **L** Side Lunge with **R** arm Neck Rest and **L** arm Hips Firm
- 7 - 8 Recover to **L** Side Step with both hands at Neck Rest
- 9 - 10 Side Bend to the **R**
- 11 - 12 Recover
- 13 - 14 Facing the **L** side, Step forward with the **L** foot and Kneel on the **R** leg with arms Forward Raise
- 15 - 16 Prone Kneel

- 1 - 2 Lift the **R** leg into a Kneeling Arabesque
- 3 - 4 Recover to Prone Kneel
- 5 - 6 Sit to **L** of body and turn by the **R** to face the **R** side of the room
- 7 - 8 Long Sit
- 9 - 10 Body Raise
- 11 - 12 Recover
- 13 - 14 Double Kneel facing the front
- 15 Single Kneel lifting the **R** leg forward, **L** arm Forward Raise, **R** arm Neck Rest and pass through side raise
- 16 Stand to Attention.

**ROD EXERCISES**

<p><b>1. Under Grip:</b>                  Side Raise Twist                  Forward Raise Twist                  Side Raise Twist with Curve Overhead                  (<i>Side Raise Twist, and Side Raise Twist with Curve Overhead may be requested with a Flash or Twist entry</i>)                   Vertical Twist                  Single Flash</p>	<p>Single Hand Strike – <i>can be requested in any position as per the Technical Guide</i>                  Arms Folded at Forward Raise   <b>Top Grip:</b>                  Attention position</p>
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**Set Exercise:**

- 1 - 2 Flash or Twist into **L** Side Raise Twist with **L** Side Toe Point
  - 3 - 4 **L** Side Lunge with Curve Overhead to the **L**
  - 5 - 6 Recover to **L** Side Toe Point with arms Forward Raise
  - 7 - 8 Attention
  - 9 - 10 **R** Single Flash
  - 11 - 12 **R** Single Flash
  - 13 - 14 **R** Side Lunge with **R** Side Raise Twist
  - 15 - 16 Attention.
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- 1 - 2 **L** Forward Toe Point with **L** Forward Raise Twist, recover through forward raise
  - 3 - 4 Attention
  - 5 - 6 **R** Backward Toe Point with **R** Forward Raise Twist, recover through forward raise
  - 7 - 8 Attention
  - 9 - 10 Turn to face the **L** and **L** Side Step to the **Back**, Twist **R** hand to Vertical Twist
  - 11 - 12 Forward Truck Bend
  - 13 - 14 Recover
  - 15 - 16 Turn to face the **Front** bringing the **L** foot to Attention and Unflash/Slide **R** hand to attention position

**CLUB SWINGING**

<b>1. Inward:</b> Full Circle Head Swing Back Swing Side Raise Swing	<b>2. Outward:</b> Full Circle Head Swing Back Swing Side Raise Swing Leg Swing Double Fold at Side Raise
<b>3. Parallel: (L &amp; R directions)</b> Full Circle Head Swing Leg Swing Overhead Wrist Swing	<b>4. Parallel: facing the <b>Forward</b> side</b> Forward Raise Swing Full Circles - Alternating with Forward Raise Swings Body Swing to the Back and the Front Body Cross Double Fold  <b>5. Parallel: facing the <b>Backward</b> side</b> Forward Raise Swing
<b>6. Side Windmill: (L &amp; R directions)</b> Full Circle Head Swing	<b>7. Side Windmill: facing the <b>Forward</b> side</b> Forward Raise Swing Full Circles

**CLUB SWINGING (cont'd)****Set Exercises:**

On the 4 bar introduction -

- 1 - 2 Wait standing at Attention with the clubs along the arms  
3 - 4 Side Step to the **L** and swing the clubs Inward to Upward Stretch

Inward:

- 1 Full Circle  
2 Head Swing  
3 Full Circle  
4 Side Raise Swing  
5 - 6 Circle to Back Swing  
7 Circle to Head Swing  
8 Upward Stretch

Outward:

- 1 Full Circle  
2 Head Swing  
3 Side Raise Swing  
4 - 6 Double Fold  
7 Leg Swing  
8 Full Circle to Upward Stretch

Side Windmill:

- Commence with the **R** arm to the **L** Side*  
1 Full Circle to the **L**  
2 Head Swing  
3 - 4 Face the **Forward** side (**L**) and Forward Raise Swings **L, R, L**  
5 - One Full Circle with each arm, **R** then **L**  
6 One Forward Raise Swing with each hand, **R** then **L**  
7 Face the **Front** then Full Circle  
8 Head Swing  
9 - 16 **Repeat** to the **R** side.

**TURNOUT EXERCISE:**

Commence with feet in 1<sup>st</sup>, arms in Preparation. Use **all** the music to execute to the **L** side only.

1 - 2	Demi-plié	
3 - 4	Recover	
5 - 6	Demi-plié	
7 - 8	Recover	
9 - 10	Rise in 1 <sup>st</sup> Position (do <u>not</u> keep the heels together)	
11 - 12	Lower the heels	
13 - 14	<b>L</b> Side Toe Point	Arms to 1 <sup>st</sup>
15 - 16	Lower heel in 2 <sup>nd</sup> Position	Arms to 2 <sup>nd</sup> , lower to Preparation
1 - 4	Grand (deep) plié in 2 <sup>nd</sup> Position	Open arms to Low 2 <sup>nd</sup> with a ¼ Turn of the Head to the <b>L</b>
		Bring arms back to Preparation
5 - 8	Recover	
9 - 10	Rise in 2 <sup>nd</sup> Position	
11 - 12	Lower the heels	
13 - 14	<b>L</b> Side Toe Point	Open arms to Low 2 <sup>nd</sup> with a ¼ Turn of the Head to the <b>L</b>
15 - 16	Close <b>L</b> foot to 1 <sup>st</sup> Position.	Arms to Preparation

**AESTHETIC**

*Expression is required in set choreography*

<p><b>1. <u>Arm Positions:</u></b>                  Preparation Position                  1<sup>st</sup> Position                  2<sup>nd</sup> Position                  3<sup>rd</sup> Position                  4<sup>th</sup> Position                  5<sup>th</sup> Position                  Low 2<sup>nd</sup> Position</p>	<p><b>2. <u>Leg and Feet Positions:</u></b>                  1<sup>st</sup> Position                  2<sup>nd</sup> Position                  3<sup>rd</sup> Position                  5<sup>th</sup> on Demi-pointe</p> <p><b><u>NOTE:</u></b></p> <p><b><u>DEVANT</u></b> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><b><u>DERRIÈRE</u></b> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p>
<p><b>3. <u>Head Positions:</u></b>                  Quarter Turn (¼ Turn)                  Incline                  Forward Tilt</p>	<p><b>4. <u>Identify in Set Choreography:</u></b>                  Chassé                  Coupé                  Low Développé                  Dance Mime</p>

**Set Choreography:**

Commence with feet in 3<sup>rd</sup> Position, **R** foot in front, facing the **downstage L** corner

Arms in Preparation

1 - 2	Chassé forward (devant) with the <b>R</b> foot	Arms 1 <sup>st</sup>
3	<b>L</b> Toe Point (derrière) to the back	Arms 2 <sup>nd</sup>
4	Fondu on the <b>R</b> leg and place the <b>L</b> foot (derrière) just behind the ankle of the <b>R</b> leg (coupé)	Arms 1 <sup>st</sup> (through Preparation)
5 - 6	Rise in 5 <sup>th</sup> on Demi-pointe pivoting by the <b>L</b> to finish facing the <b>downstage R</b> corner, <b>L</b> foot in front (devant) in 5 <sup>th</sup> on Demi-pointe	Arms 5 <sup>th</sup>
7 - 8	Lower through demi plié to 3 <sup>rd</sup> Position, with the <b>L</b> foot in front (devant)	Arms through 2 <sup>nd</sup> Finish arms in Preparation

**AESTHETIC** (cont'd)

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|--------|--|--|
| 9 - 16 | Repeat to the other side and finish facing to the front lowering through demi pli   to 3 <sup>rd</sup> position with <b>R</b> foot in front (devant)   | Arms 5 <sup>th</sup> to recover through 2 <sup>nd</sup> position to preparation position.            |
| 1 - 3  | Travelling <b>downstage R</b> , Fondu on the <b>L</b> leg, walk <b>R, L, R</b> through Low D  velopp     | Arms through Prep to 1 <sup>st</sup> to 2 <sup>nd</sup>  |
| 4      | Step forward on the <b>L</b> foot and Fondu, placing the tip of the <b>R</b> foot behind (derri  re) in the Curtsey position   | Listening Mime - <b>L</b> arm to 2 <sup>nd</sup> palm facing down and <b>R</b> hand by ear           |
| 5 - 6  | Rise in 5 <sup>th</sup> on Demi-pointe, with the <b>L</b> foot in front (devant)   | Dance Mime - Rolling the hands whilst carrying the arms through 1 <sup>st</sup> to 5 <sup>th</sup> . |
| 7 - 8  | Face the <b>Front</b> , Side Step to the <b>L</b> and place the tip of the <b>R</b> foot behind (derri  re) in the Curtsey position (Classical pose), Curtsey and recover from Curtsey extending the supporting leg. | Arms to Low 2 <sup>nd</sup> with the palms facing down   |

**DANCE**

*Expression is required in set choreography*

<p><b>1. Identify in Set Choreography: note maybe performed parallel or turn out alignment</b></p> <p>Hip lift Step backwards Left and Right Step Relev�� with parallel knee Side Leg Extension with Shoulder Pop Cross Leg Ball Change High Kick to the Side</p>
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**Set Choreography:**

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|--|---|
| <i>Commence facing front standing on left leg, right foot on the ball of the foot next to left foot, knee slightly relaxed in.</i>                                 | <i>Arms Hips Firm</i>   |
| 1-4 Wait   |   |
| 5 - 8 Hip lift right up down left and repeat 4 times   | Arms Hips Firm  |
| 1 - 2 Side step to the right onto balls of the feet, carry right foot to crossed behind finishing in curtsy position left foot at the back on the ball of the foot | Arms pass through Upward Stretch to Side Oblique Down, fingers apart    |
| 3 - 4 Extend left foot to the side and soutenu turn to the left finishing on demi pointe facing the right side   | Arms commence at Side Raise position taking hands into gripped at chest |
| 5 Step backwards with the right foot taking left foot to ball of the foot  | Arms forward, hands flexed up   |
| 6 Step backwards with left foot taking right foot to ball of the foot. Head turn to the front  | Arms down and slightly back, hands flexed up                            |
| 7 Body still facing the right side - Rise onto demi pointe feet in 4th open.   | Arms forward  |
| 8 Sit weight back onto left leg, bent supporting knee, right   | Elbows bent to square and pulled into                                   |

	foot onto ball of the foot	sides, gripped hands
1 – 2	Still facing the right side - Extend right leg and forward step and relevé taking left knee to retire (parallel left knee) Head turn to the front.	Arms R upward and L Hips Firm
3 – 4	Step across with left foot finishing in fondu to the front with right foot on the ball of the foot behind relaxed knee	R arm bent elbow pulled into hip and gripped hand at the shoulder, L Hips Firm
5	Extend right leg out to toe pointe to the side left leg in demi plié. Slight lean forward with the body. Right shoulder pop. (Side leg extension with shoulder pop)	R arm obliquely down to side and L Hips Firm
6	Change to left toe pointe to the side right leg in demi plié. Slight lean forward with the body. Left shoulder pop (Side leg extension with shoulder pop).	L arm obliquely down to side and R Hips Firm
7 – 8	Take the left leg across in front of right, bent supporting knee, ball change right left finishing with left leg remaining in front of right, bent supporting knee weight on left foot, right foot on ball of the foot behind with relaxed knee. (Cross leg ball change).	L arm Hips Firm, R arm obliquely down to side with 2 finger click actions
1 – 2	Step over with right leg, forward step into relevé on right leg with retire left leg.	Take arms to crossed at chest and then L arm Side Raise, R arm obliquely up to side
3 – 4	Step forward with left leg and high kick to the side right leg	Take arms to crossed at chest and then L arm upward and R arm Side Raise
5 – 6	Step forward on right leg and left kneel.	Arms at attention
7 – 8	Carry right leg in circular action to the back sitting back onto the floor finishing in attitude sit leaning back on the left elbow. Eye line looking up toward the right hand.	Leaning back on L elbow, R arm up fingers spread

**The following will be assessed throughout the exam:**

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

<i>Candidate is expected to have a working knowledge of ALL movements from previous syllabi</i>
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