

# List by Test, Grade & Medals of Free Exercise movements in Skills Syllabus – July 2025

Arms		Legs		Bends		Floorwork	
Attention	<b>Test 1</b>	Attention	<b>Test 1</b>	Knee Bends	<b>Test 1</b>	Cross leg sit	<b>Test 1</b>
Forward Raise	<b>Test 1</b>	Side Step	<b>Test 1</b>			Long sit with forward trunk bend over legs	<b>Test 1</b>
Upward Stretch	<b>Test 1</b>	Toe Point Forward	<b>Test 1</b>			Single kneel	<b>Test 2</b>
Side Raise	<b>Test 1</b>					Prone lie Supine lie	<b>Test 2</b>
Upward Stretch	<b>Test 1</b>	Toe Point Side	<b>Test 2</b>	Knee Bends with toe points	<b>Test 2</b>	Supine lie with alternate leg raises	<b>Test 2</b>
Hips Firm	<b>Test 1</b>					Single Leg Kneel	
Fingers to Shoulders	<b>Test 1</b>					Double Leg Kneel	<b>Test 3</b>
						Cross leg sit to long sit	<b>Test 3</b>
Neck rest	<b>Test 2</b>					Prone Kneel	
						Front Support	<b>Test 3</b>
		Toe Point Backward	<b>Grade 1</b>			Body Raise	<b>Grade 1</b>
		Side Lunge	<b>Grade 1</b>	Full forward bend	<b>Grade 1</b>	Kneeling Arabesque	<b>Grade 1</b>
		Turning Lunge	<b>Grade 1</b>	Side Bend	<b>Grade 1</b>	Single Kneel with side leg extension	<b>Grade 1</b>
		Turning Step	<b>Grade 1</b>	Back Trunk Bend	<b>Grade 1</b>		
Sideways Oblique Up	<b>Grade 2</b>	Knee Raise	<b>Grade 2</b>	Half Forward Trunk Bend	<b>Grade 2</b>	Legs Astride Sit - with forward bend over each leg, hands under instep	<b>Grade 2</b>
Sideways Oblique Down	<b>Grade 2</b>	Side Leg Raise	<b>Grade 2</b>			Supine Lie - leg Raises single, double – through bent knees, straddle – through bent knees	<b>Grade 2</b>
Forward Oblique Up	<b>Grade 2</b>	Squat	<b>Grade 2</b>			Prone lie - single leg raises	<b>Grade 2</b>
Forward Oblique Down	<b>Grade 2</b>	Step Forward	<b>Grade 2</b>				
Arms folded in Front	<b>Grade 2</b>	Step Backward	<b>Grade 2</b>				

Arms		Legs		Bends		Floorwork	
Arms folded Behind	<b>Grade 2</b>	Toe point with Fondu –side, front, backward	<b>Grade 2</b>				
Hands Clapsed Overhead	<b>Grade 2</b>	Retiré	<b>Grade 2</b>				
Curve Overhead	<b>Grade 3</b>	Lunge – backward , forward	<b>Grade 3</b>	Kneeling lean back	<b>Grade 3</b>	Straddle/ legs astride – chest to floor	<b>Grade 3</b>
Obliquely forward- up, down, mixed	<b>Grade 3</b>	Low arabesque	<b>Grade 3</b>			Split	<b>Grade 3</b>
Overhead wrist cross	<b>Grade 3</b>	Rotating toepoint-fondu or straight supporting leg	<b>Grade 3</b>			Long sit single leg raises forward through développé, holding ankle	<b>Grade 3</b>
		Leg mount	<b>Grade 3</b>			Prone leg raises – single leg raises	<b>Grade 3</b>
		Low arabesque	<b>Grade 3</b>			Side lying leg raises through développé	<b>Grade 3</b>
Obliquely Back	<b>Grade 4</b>	Low arabesque with fondu	<b>Grade 4</b>	Extended backbend – feet together or apart	<b>Grade 4</b>	Chest raise from prone lie	<b>Grade 4</b>
Mixed Oblique Positions	<b>Grade 4</b>	High arabesque	<b>Grade 4</b>	Circular half trunk bend	<b>Grade 4</b>	Forward leg raise through développé from long sit to supine lie	<b>Grade 4</b>
		Forward Leg raise	<b>Grade 4</b>			Attitude sit	<b>Grade 4</b>
		Circular leg mount – front to side	<b>Grade 4</b>				
		Supported parallel attitude	<b>Grade 4</b>				
		Catch and hold side leg raise	<b>Grade 4</b>				
		Pas de bourée piqué	<b>Grade 4</b>				

Arms		Legs		Bends		Floorwork	
		Supported arabesque (own choice)	<b>Bronze</b>	Forward Walkover (own choice)	<b>Bronze</b>		
		Circular Leg Raise –L & R Developpé forward on fondu carry leg to side straighten supporting leg, continue to carry leg into fondu arabesque, and close to attention	<b>Bronze</b>	Backward Walkover (own choice)	<b>Bronze</b>		
		Side Leg Mount Release- L & R With the arm in front of the leg hold the heel in front or behind, other arm at hips firm, release leg and sustain for 4 counts with arms in curve overhead.		Tic-Toc in Tiger Stand	<b>Bronze</b>		
						Supine leg kick	<b>Bronze</b>
		Supported Arabesque – L & R	<b>Silver</b>	Forward Walkover - L & R	<b>Silver</b>	Straddle rotation into forward split	<b>Silver</b>
		Catch and hold side leg raise – L & R	<b>Silver</b>	Backward Walkover L & R	<b>Silver</b>	Circular Split	<b>Silver</b>
		Circular leg raise – through forward raise, side, low arabesque to attitude derrière and extend before closing at attention - L & R	<b>Silver</b>			Head rest stand from kneeling	<b>Silver</b>
						Floor aerial/rainbow	<b>Silver</b>

Arms		Legs		Bends		Floorwork	
		Supported arabesque release – L&R	<b>Gold</b>	Forward walkover changing legs - L & R	<b>Gold</b>	Head rest stand from standing	<b>Gold</b>
		Circular leg raise into high arabesque: <i>L &amp; R</i> <i>Outward:</i> Lift the leg through forward raise (arms fwd raise) to side raise (arms side raise) into low arabesque (hips firm position) followed by high arabesque (hips firm position) close at attention	<b>Gold</b>	Backward walkover from forward leg raise- (own choice)	<b>Gold</b>		
		Pivot Mount: <i>L &amp; R</i>	<b>Gold</b>	Reverse Valdez (leg of choice)	<b>Gold</b>		
		Leg Mount with Relevé: <i>L &amp; R</i>	<b>Gold</b>				
		Leg mount forward (own choice)	<b>Gold</b>				
		Change direction leap	<b>Gold</b>				