

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

Skill Level	Rod movement
<b>Test 1</b>	<b>Undergrip</b>
	Attention
	Forward raise
	Upward stretch
	Rod across shoulders
	Forward raise twist
<b>Test 2</b>	<b>Undergrip</b>
	Forward raise twist
	Upward stretch
	Vertical twist
	Leg twist
	<b>Topgrip</b>
	Attention position
<b>Test 3</b>	<b>Undergrip</b>
	Attention
	Forward raise twist
	Upward stretch
	Vertical twist
	Side raise twist
	Leg twist
	Rod across shoulders
	<b>Topgrip</b>
	Attention position
	Rod across shoulders
<b>Grade 1</b>	<b>Undergrip</b>
	Side raise twist
	Forward raise twist
	Side raise twist with curve overhead
	Vertical twist
	Single Flash
	Single hand strike
	Arms folded at forward raise
	<b>Topgrip</b>
	Attention position
<b>Grade 2</b>	<b>Undergrip</b>
	Side oblique twist – up or down
	Forward oblique twist – up or down
	Forward strike from a twist
	Side raise twist with neck rest
	<b>Topgrip</b>
	Forward raise
	Upward stretch
	Forward raise twist
	Arms folded in front
<b>Grade 3</b>	<b>Undergrip</b>
	Back oblique down twist
	Rod across back
	Back twist

Skill Level	Rod movement
	Multiple flashing
	<b>Topgrip</b>
	Forward raise
	Upward stretch
	Side raise twist
	Forward raise twist
<b>Grade 4</b>	<b>Undergrip</b>
	Forward raise twist with curve overhead
	Neck strike
	Back twist forward
	<b>Topgrip</b>
	Forward oblique twist – up or down
	Side oblique twist – up or down
	Vertical twist
	Flashing –single or multiple
<b>Bronze Medal</b>	
	Baton flash (both sides of wrist)
	<i>Demonstration of rod twists with advanced leg work</i>
<b>Silver Medal</b>	
	Wide grip
	Multiple flashing - changing grip
	Multiple flashing – behind back (under grip)
	<i>Demonstration of rod twists with advanced leg work</i>
<b>Gold Medal</b>	
	Bandmaster flash
	Wide arm upward stretch (holding ends of rod)
	<i>Demonstration of rod twists with advanced leg work</i>