



**ACF SKILLS PROGRAM**  
**Calisthenic Technical Guide Index**  
Effective July 2025

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*Note : some movements are repeated depending on the order of the name*

*Note : voice over repeats introduction*

## Figure Marching

Order	Movement	Calisthenic Skills Level
1	About turn foot across behind	Grade 3
2	About turn foot across in front	Grade 3
3	About turn forward step	Grade 2
4	Box step – forward , side , backward stepping	Grade 3
5	Corner turn	Grade 1
6	Corner turn step together	Grade 4
7	Forward march	Test 2
8	Slow march forward	Grade 4
9	Side head turn	Test 3
10	Mark time forward	Grade 2
11	Mark time backwards	Grade 3
12	Mark time	Test 1
13	Side step	Grade 1
14	Mark time with head turns	Grade 2
15	Forward step to attention	Grade 2
16	Step forward knee raise	Grade 4
17	Step forward leg raise	Bronze Medal
18	Extended mark time	Bronze Medal
19	Quarter head turn	Bronze Medal
20	Extended march backwards	Silver Medal
21	Diagonal March	Silver Medal

## Free Exercises

Order	Movement	Calisthenic Skills Level
1	Arabesque	Grade 4
2	Arms folded behind <i>note text missing</i>	Grade 2
3	Arms folded in front	Grade 2
4	Attention (arms)	Test 1
5	Attention (legs)	Test 1
6	Attitude sit	Grade 4
7	Bridge <i>note : eyes are to the wall not the floor</i>	Grade 4
8	Backbend extended <i>note : eyes are to the wall not the floor</i>	Grade 4
9	Circular half trunk bend	Grade 4
10	Bend - full forward trunk	Grade 1
11	Bend - half forward trunk	Grade 2
12	Bend - side	Grade 1
13	Bend – Back trunk	Grade 1
14	Body raise	Grade 1
15	Catch and hold side leg raise	Grade 4
16	Chest raise from prone lie	Grade 4
17	Circular split	Silver Medal
18	Cross leg sit	Test 1
19	Curve overhead	Grade 3
20	Fingers to shoulders	Test 1
21	Forward oblique up and down	Grade 2
22	Forward raise	Test 1
23	Front support	Test 3
24	Hands clasped overhead	Grade 2
25	Head rest stand from standing	Gold Medal
26	Head rest stand from kneeling	Silver Medal
27	Hips firm	Test 1
28	Knee raise	Grade 2
29	Knee bends	Test 1
30	Kneel - prone	Test 3
31	Kneel -double	Test 3
32	Kneeling arabesque	Grade 1
33	Kneeling lean back	Grade 3
34	Leg mount - forward	Gold Medal
35	Leg mount – side	Grade 3
36	Leg mount – circular (front to side)	Grade 4
37	Leg mount with relevé	Gold Medal
38	Leg raise - circular	Bronze Medal
39	Leg raise – forward	Grade 4
40	Leg raise – side	Grade 2
41	Long sit	Test 1
42	Long sit with forward bend	Test 1

43	Long sit with forward leg raise	Grade 3
44	Low arabesque with fondu	Grade 4
45	Lunge Backward	Grade 3
46	Lunge forward	Grade 3
47	Lunge turning	Grade 1
48	Lunge side	Grade 1
49	Neck rest	Test 2
50	Obliquely forward down	Grade 3
51	Obliquely forward mixed	Grade 3
52	Obliquely forward up <i>note voice over says obliquely forward down</i>	Grade 3
53	Obliquely back	Grade 4
54	Obliquely mixed side	Grade 4
55	Overhead wrist cross	Grade 3
56	Pas de bourée piqué	Grade 4
57	Pivot mount	Gold Medal
58	Prone arch	Recommended Grade 2
59	Prone lie	Test 2
60	Prone lie with single leg raises	Grade 2
61	Retiré	Grade 2
62	Rotating toepoint fondu or straight supporting leg	Grade 3
63	Side lie	Grade 3
64	Side lie with leg raise	Grade 3
65	Side raise	Test 1
66	Side leg raise	Grade 2
67	Side leg mount release	Bronze Medal
68	Sideways oblique up and down	Grade 2
69	Single kneel	Test 2
70	Single kneel with side leg extension	Grade 1
71	Split	Grade 3
72	Squat	Grade 2
73	Step forward	Grade 2
74	Step - side	Test 1
75	Step – backward	Grade 2
76	Step – turning	Grade 1
77	Straddle legs astride	Grade 2
78	Straddle legs astride with forward bend over leg	Grade 2
79	Straddle legs astride with chest to floor	Grade 2
80	Straddle rotation to forward split	Silver Medal
81	Supine lie	Test 2
82	Supine lie with alternate leg raises	Test 2
83	Supine lie with single, double leg raises and with straddle	Grade 2
84	Supine lie <i>note this movement is not in the grade 4 syllabus</i>	Test 2 NOT Grade 4
85	Supported arabesque	Bronze Medal

86	Supported arabesque release	Gold Medal
87	Supported parallel attitude	Grade 4
88	Tic Toc in Tiger Stand <i>Note : voice over partially repeats</i>	Bronze Medal
89	Toe point- backward	Grade 2
90	Toe point - forward	Test 1
91	Toe point – side	Test 2
92	Toe point with fondu – side, backward, front	Grade 2
93	Upward stretch	Test 2
94	Reverse valdez	Gold Medal
95	Walkover – backward	Bronze Medal
96	Walkover – backward with leg raise	Gold Medal
97	Walkover – forward	Bronze Medal
98	Walkover – change leg forward and backward	Gold Medal

## Rod Exercises

Order	Movement	Calisthenic Skills Level
1	Arms folded at forward raise undergrip	Grade 1
2	Arms folded in front topgrip	Grade 2
3	Attention undergrip	Test 1
4	Attention topgrip	Test 2
5	Back oblique twist down	Grade 3
6	Back twist	Grade 3
7	Forward raise twist with curve overhead	Grade 4
8	Flashing – Bandmaster	Gold Medal
9	Flashing - Baton	Bronze Medal
10	Flashing topgrip single and multiple	Grade 4
11	Flashing undergrip centre of back	Silver Medal
12	Flashing single undergrip	Grade 1
	Flashing multiple undergrip	Grade 3
13	Forward raise under grip	Test 1
14	Forward raise topgrip	Grade 2
15	Forward raise twist topgrip	Grade 2
16	Forward raise twist undergrip	Test 1
17	Leg twist undergrip	Test 2
18	Rod across back	Grade 3
19	Rod across shoulders top grip	Test 2
20	Rod across shoulders undergrip	Test 1
21	Side raise twist topgrip	Grade 3
22	Side raise twist undergrip	Test 3
23	Side raise twist with curve overhead	Grade 1
24	Side raise twist with neck rest	Grade 2
25	Strike forward both hands and single	Grade 2
26	Strike – neck	Grade 4
27	Upward stretch topgrip	Grade 2
28	Upward stretch undergrip	Test 1
29	Vertical twist undergrip	Test 2
30	Vertical twist topgrip	Grade 4
31	Side oblique twist – up or down undergrip	Grade 2
32	Forward oblique twist – up or down undergrip	Grade 4
32	Back twist forward	Grade 4
33	Forward oblique twist up or down topgrip	Grade 4
34	Side oblique twist up or down topgrip	Grade 4

## Club Swinging

Order	Movement	Calisthenic Skills Level
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1	Backswing – inward windmill	Grade 4
2	Backswing- inward	Test 2
3	Backswing – outward windmill	Grade 4
4	Backswing – outward	Test 3
5	Backswing- parallel	Grade 2
6	Backswing- side windmill	Grade 2
7	Back wristswing- inward windmill	Grade 4
8	Back wristswing – inward	Grade 3
9	Back wristswing – outward windmill	Grade 4
10	Back wristswing – outward	Grade 3
11	Back wristswing – parallel	Grade 3
12	Back wristswing – side windmill (one arm) <i>Note: video and voice over say Grade 2</i>	Grade 4
13	Big wheel turn – inward windmill	Bronze Medal
14	Big wheel turn – inward	Grade 3
15	Big wheel turn – outward windmill	Bronze Medal
16	Big wheel turn - outward	Grade 3
17	Body cross – parallel forward side	Grade 1
18	Body cross- parallel backward side	Grade 3
19	Body cross – side windmill forward side	Grade 3
20	Body cross – side windmill backward side	Grade 4
21	Body swing – facing the side inward windmill	Grade 4
22	Body swing – facing the side outward windmill	Grade 4
23	Body swing to the front – parallel forward side	Grade 1
24	Body swing to the front- parallel backward side <i>Note : video shows to back and front</i>	Grade 1
25	Body swing to the front- inward	Grade 2
26	Body swing to the front – outward	Grade 2
27	Chest cross – inward windmill	Grade 4
28	Chest cross – inward	Grade 4
29	Chest cross – outward windmill	Grade 4
30	Chest cross – outward	Bronze Medal
31	Chest cross – parallel	Bronze Medal
32	Chest swing – inward	Grade 2
33	Chest swing- outward	Grade 2
34	Dual/ double hipswing – inward windmill	Silver Medal
	Dual/ double hipswing -inward <i>Note: demonstrated on video but no voice over</i>	Bronze Medal
35	Dual/ double hipswing – outward	Bronze Medal
36	Dual/double hipswing – outward windmill	Silver Medal
37	Dual/double hipswing – parallel	Bronze Medal
38	Double fold– parallel forward side	Grade 1
39	Double fold – parallel backward side	Grade 2
40	Double fold – side windmill forward side <i>Note : demonstrated needs smoother rhythm</i>	Grade 2
41	Double fold – side windmill backward side <i>Note : demonstrated needs smoother rhythm</i>	Grade 4
42	Double fold at side raise – side windmill	Gold Medal
43	Double fold facing the side – inward windmill	Grade 4

44	Double fold facing the side – inward	Grade 2
45	Double fold facing the side – outward windmill	Grade 4
46	Double fold facing the side – outward windmill	Grade 4
47	Double fold at side raise – parallel	Bronze Medal
48	Double wristcross – inward windmill	Gold Medal
49	Double wristcross – inward	Grade 4 Bronze Medal
50	Double wristcross – outward windmill	Gold Medal
51	Double wristcross – outward	Silver Medal
52	Double wristcross – parallel forward side	Silver Medal
53	Double wristcross – parallel backward side	Gold Medal
54	Double wristcross – side windmill forward side	Gold Medal
55	Double wristcross – side windmill backward side	Gold Medal
56	Forward raise swing – inward windmill	Grade 3
57	Forward raise swing – inward	Grade 2
58	Forward raise swing – outward windmill	Grade 2
59	Forward raise swing – outward	Grade 2
60	Forward raise swing – parallel backward side	Grade 1
61	Forward raise swing – parallel forward side	Grade 1
62	Forward raise swing – side windmill forward side	Grade 1
63	Forward raise swing – side windmill backward side	Grade 3
64	Front to back turning – inward	Grade 2
65	Front to back turning – outward	Grade 2
66	Front to back turning – parallel backward and forward	Grade 2
67	Front to back turning – side windmill	Grade 2
68	Front to back turning – outward windmill	Grade 4
69	Front to back turning – inward windmill	Grade 4
70	Full circles – inward windmill	Grade 2
71	Full circles – inward	Test 1
72	Full circles – outward windmill	Grade 2
73	Full circles – outward	Test 1
74	Full circles – parallel	Test 2
75	Full circles – side windmill	Grade 1
76	Full circles facing the side – inward windmill	Grade 3
77	Full circles facing the side – parallel forward side	Grade 1
78	Full circles facing the side – parallel backward side	Grade 2
79	Full circles facing the side – side windmill forward side	Grade 1
80	Full circles facing the side – side windmill backward side	Grade 3
81	Headswing – inward windmill	Grade 2
82	Headswing – inward	Test 1
83	Headswing – outward windmill	Grade 2
84	Headswing – outward	Test 1
85	Headswing – parallel	Test 2
86	Headswing – side windmill	Grade 1



87	Hip cross – inward windmill <i>Note: video to be inserted</i>	Gold Medal
88	Hip cross – inward <i>Note : video to be inserted</i>	Silver Medal
89	Hip cross – outward windmill <i>Note : video to be inserted</i>	Gold Medal
90	Hip cross – outward <i>Note : video to be inserted</i>	Gold Medal
91	Hip cross – parallel <i>Note: video to be inserted</i>	Silver Medal
92	Hip cross – side windmill <i>Note: video to be inserted</i>	Silver Medal
93	Hip / leg swing – parallel	Grade 4
94	Hip swing single – inward windmill	Bronze Medal
95	Hip swing single – inward	Grade 4
96	Hip swing single – outward windmill	Bronze Medal
97	Hip swing single – outward	Grade 4
98	Hip swing single – parallel	Grade 4
99	Hip swing single – side windmill	Bronze Medal
100	Hip swing dual/ double – inward windmill	Silver Medal
101	Hip swing dual/ double – inward	Bronze Medal
102	Hip swing dual/ double – outward windmill	Silver Medal
103	Hip swing dual/ double – outward	Bronze Medal
104	Hip/ wrist swing – inward windmill	Gold Medal
105	Hip/ wrist swing – inward	Gold Medal
106	Hip/ wrist swing – outward windmill	Gold Medal
107	Hip/ wrist swing – outward	Gold Medal
108	Hip/ wrist swing – parallel	Bronze Medal
109	Hip/ wrist swing- side windmill	Silver Medal
110	Leg swing – inward windmill	Grade 3
111	Leg swing – inward	Grade 2
112	Leg swing – outward windmill	Grade 3
113	Leg swing- outward	Grade 1
114	Leg swing- parallel	Test 3
115	Mixed fold at forward raise - inward	Grade 3
116	Mixed fold at forward raise – outward	Grade 3
117	Multiple hipswing – inward windmill	Gold Medal
118	Multiple hipswing – inward	Silver Medal
119	Multiple hipswing – outward windmill	Gold Medal
120	Multiple hipswing – outward	Silver Medal
121	Multiple hipswing – parallel	Silver Medal
122	Multiple hipswing – side windmill	Silver Medal
123	Neck cross – inward windmill	Gold Medal
124	Neck cross - inward	Silver Medal
125	Neck cross – outward windmill	Gold Medal
126	Neck cross – outward	Silver Medal
127	Neck cross – parallel forward side	Silver Medal
128	Neck cross – parallel backward side	Silver Medal
129	Neck cross – side windmill forward side	Bronze Medal

<b>130</b>	Neck cross – side windmill backward side	<b>Silver Medal</b>
<b>131</b>	Neck swing -inward windmill <i>Note : video to be inserted</i>	<b>Bronze Medal</b>
<b>132</b>	Neck swing – inward	<b>Bronze Medal</b>
<b>133</b>	Neck swing – outward windmill	<b>Bronze Medal</b>
<b>134</b>	Neck swing – outward	<b>Bronze Medal</b>
<b>135</b>	Neck swing – parallel forward side	<b>Bronze Medal</b>
<b>136</b>	Neck swing – parallel backward side	<b>Bronze Medal</b>
<b>137</b>	Neck swing- side windmill forward side	<b>Grade 4</b>
<b>138</b>	Neck swing – side windmill backward side <i>Note: test and voice over says Bronze Medal as well</i>	<b>Grade 4</b>
<b>139</b>	Overhead wrist cross – inward windmill	<b>Gold Medal</b>
<b>140</b>	Overhead wrist cross – inward <i>Note: text and voice over says Bronze Medal as well</i>	<b>Grade 4</b>
<b>141</b>	Overhead wrist cross – outward windmill	<b>Gold Medal</b>
<b>142</b>	Overhead wrist cross – outward	<b>Bronze Medal</b>
<b>143</b>	Overhead wrist cross – parallel	<b>Bronze Medal</b>
<b>144</b>	Overhead wrist cross – side windmill <i>Note: text and voice over says Silver Medal as well</i>	<b>Grade 4</b>
<b>145</b>	Overhead wrist swing- inward windmill	<b>Grade 4</b>
<b>146</b>	Overhead wrist swing- inward	<b>Grade 2</b>
<b>147</b>	Overhead wrist swing – outward windmill	<b>Grade 4</b>
<b>148</b>	Overhead wrist swing- outward	<b>Grade 2</b>
<b>149</b>	Overhead wrist swing – parallel	<b>Test 3</b>
<b>150</b>	Double fold side raise – inward windmill	<b>Grade 3</b>
<b>151</b>	Double fold side raise – inward	<b>Grade 2</b>
<b>152</b>	Double fold side raise – outward windmill	<b>Grade 2</b>
<b>153</b>	Double fold side raise – outward	<b>Grade 1</b>
<b>154</b>	Double fold side raise – parallel	<b>Bronze Medal</b>
<b>155</b>	Double fold side raise – side windmill	<b>Gold Medal</b>
<b>156</b>	Side raise swing – inward windmill	<b>Grade 2</b>
<b>157</b>	Side raise swing – inward	<b>Grade 1</b>
<b>158</b>	Side raise swing – outward windmill	<b>Grade 2</b>
<b>159</b>	Side raise swing – outward	<b>Grade 1</b>
<b>160</b>	Side raise swing – parallel	<b>Grade 2</b>
<b>161</b>	Side raise swing – side windmill	<b>Grade 3</b>
<b>162</b>	Single wrist cross – inward windmill	<b>Bronze Medal</b>
<b>163</b>	Single wrist cross – inward	<b>Grade 3</b>
<b>164</b>	Single wrist cross – outward windmill	<b>Bronze Medal</b>
<b>165</b>	Single wrist cross – outward	<b>Grade 3</b>
<b>166</b>	Single wrist cross – parallel forward side	<b>Grade 2</b>
<b>167</b>	Single wrist cross – parallel backward side	<b>Grade 2</b>
<b>168</b>	Single wrist cross – side windmill backward side	<b>Grade 4</b>
<b>168</b>	Single wrist cross – side windmill forward side	<b>Grade 4</b>



# Aesthetic

Order	Movement	Calisthenic Skills Level
1	Arabesque en fondu	Bronze Medal
2	Arabesque – low	Grade 2
3	Arabesque penchee	Grade 4
4	Arms – 1 <sup>st</sup> arabesque <i>Note : voice over and text say Grade 1</i>	Grade 2
5	Arms – 2 <sup>nd</sup> arabesque	Grade 2
6	Arms – 3 <sup>rd</sup> arabesque	Grade 3
7	Arms – 4 <sup>th</sup> arm position	Grade 1
8	Arms – 1 <sup>st</sup> arm position	Test 1
9	Arms – 2 <sup>nd</sup> arm position <i>Note: voice over and text say Test 1</i>	Test 3
10	Arms – 3 <sup>rd</sup> arm position	Grade 1
11	Arms – 4 <sup>th</sup> crossed arm position	Grade 3
12	Arms – 5 <sup>th</sup> arm position	Grade 1
13	Arms- Demi bras	Grade 2
14	Arms – low 2 <sup>nd</sup>	Test 1
15	Arms – high 2 <sup>nd</sup>	Grade 4
16	Arms – preparation position	Test 1
17	Attitude devant	Grade 4
18	Attitude derrière	Grade 4
19	Bourée	Grade 3
20	Chassé – devant (forward)	Grade 1
21	Chassé – second ( to the side)	Grade 2
22	Classical kneel	Grade 2
23	Curtsey	Test 2
24	Demi plié in 1 <sup>st</sup> position	Test 1
25	Demi plié in 2 <sup>nd</sup> position <i>Note : voice over repeats position</i>	Test 1
26	Demi plié in 3 <sup>rd</sup> position <i>Note: voice over and text say Test 2</i>	Test 3
27	Demi pointe (1 <sup>st</sup> on demi pointe) <i>Note: voice over and text say Test 3 .This movement is introduced in Test 1 as rises in 1<sup>st</sup></i>	Test 1
28	Devant	Grade 1
29	Derrière	Grade 1
30	Développé (low développé)	Grade 1
31	Développé to the side (2 <sup>nd</sup> )	Grade 3
32	Feet – 1 <sup>st</sup> position	Test 1
33	Feet – 2 <sup>nd</sup> position	Test 1
34	Feet – 3 <sup>rd</sup> position <i>Note: voice over and text say Test 1</i>	Test 3
35	Feet – 4 <sup>th</sup> crossed	Grade 2
36	Feet – 4 <sup>th</sup> position	Grade 2

37	Feet – 5 <sup>th</sup> on demi pointe	Test 3
38	Feet – 5 <sup>th</sup> position	Grade 2
39	Fondu	Grade 1
40	Head- quarter turn	Grade 1
41	Head – forward tilt	Grade 1
42	Head – incline	Grade 1
43	<i>Posé Note : voice over repeated</i>	Grade 3
44	Relevé in low (demi) arabesque	Grade 3
45	Rises in 1 <sup>st</sup>	Test 1
46	Rond da jambe – a terre (on the floor)	Grade 3
47	Sautés in 1 <sup>st</sup> position	Test 1
48	Toe point forward (devant)	Test 1
49	Toe point to the side (2 <sup>nd</sup> position)	Test 1

# Dance

Order	Movement	Calisthenic Skills Level
1	Arabesque penchée	Grade 4
2	Assemblé (fermée)	Grade 4
3	Ball change	Grade 1
4	Circular por de bras	Grade 4
5	Coupé (to cut)	Grade 1
6	Demi grand rond de jambe	Grade 4
7	Drag to the side	Grade 2
8	Echappé relevé to 4 <sup>th</sup>	Grade 4
9	Forward step with toe tap	Test 2
10	Galop forward	Test 3
11	Galop sideways	Test 2
12	Glissade	Grade 4
13	Grand jeté en avant (forward)	Grade 2
14	Grand jeté entournant	Grade 4
15	Heel toe pivot <i>Note : voice over says Grade 1</i>	Grade 2
16	High kick to the side <i>Note : voice over says Grade 2</i>	Grade 1
17	Hip lift with side step	Grade 2
18	Hip lift	Grade 1
19	Jeté derrière	Grade 4
20	Jeté – small jeté to the side	Grade 2
21	Petit jetés	Recommended Grade 1
22	Polka backwards	Recommended Grade 2
23	Polka forward	Recommended Grade 1
24	Posé into retire <i>Note : voice over says Grade 1</i>	Grade 2
25	Posé pirouette	Grade 3
26	Posé to (2 <sup>nd</sup> ) side with retire derrière	Grade 3
27	Relevé in attitude derrière	Grade 4
28	Relevé in 5 <sup>th</sup>	Recommended Grade 2
29	Side leg extension with shoulder pop	Grade 1
30	Sissone	Grade 4
31	Skips forward	Test 3
32	Skips backward	Recommended Grade 2
33	Soutenu Turn	Recommended Grade 2
34	Spring points	Recommended Grade 1
35	Step backwards L & R <i>Note : voice over says Grade 2</i>	Grade 1
36	Step relevé with parallel knee <i>Note : voice over says Grade 2</i>	Grade 1
37	Temps levé in arabesque	Grade 3
38	Temps levé in attitude devant	Recommended Grade 2
39	Temps levé in low retire derrière	Recommended Grade 1

40	Walking on demi pointe	Test 2
41	Walking with stretched feet	Test 2
42	Waltz	Grade 3