



**Australian
Calisthenic
Federation**

**ACF SKILLS PROGRAM
Calisthenic Technical Guide Index**

Effective July 2025

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 Flashing multiple undergrip	Grade 1 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

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

Aesthetic

Order	Movement	Calisthenic Skills Level
1	Arabesque en fondu	Bronze Medal
2	Arabesque – low	Grade 2
3	Arabesque penchée	Grade 4
4	Arms – 1 st arabesque <i>Note : voice over and text say Grade 1</i>	Grade 2
5	Arms – 2 nd arabesque	Grade 2
6	Arms – 3 rd arabesque	Grade 3
7	Arms – 4 th arm position	Grade 1
8	Arms – 1 st arm position	Test 1
9	Arms – 2 nd arm position <i>Note: voice over and text say Test 1</i>	Test 3
10	Arms – 3 rd arm position	Grade 1
11	Arms – 4 th crossed arm position	Grade 3
12	Arms – 5 th arm position	Grade 1
13	Arms- Demi bras	Grade 2
14	Arms – low 2 nd	Test 1
15	Arms – high 2 nd	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 st position	Test 1
25	Demi plié in 2 nd position <i>Note : voice over repeats position</i>	Test 1
26	Demi plié in 3 rd position <i>Note: voice over and text say Test 2</i>	Test 3
27	Demi pointe (1 st on demi pointe) <i>Note: voice over and text say Test 3 .This movement is introduced in Test 1 as rises in 1st</i>	Test 1
28	Devant	Grade 1
29	Derrière	Grade 1
30	Développé (low développé)	Grade 1
31	Développé to the side (2 nd)	Grade 3
32	Feet – 1 st position	Test 1
33	Feet – 2 nd position	Test 1
34	Feet – 3 rd position <i>Note: voice over and text say Test 1</i>	Test 3
35	Feet – 4 th crossed	Grade 2
36	Feet – 4 th position	Grade 2

37	Feet – 5 th on demi pointe	Test 3
38	Feet – 5 th 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 st	Test 1
46	Rond da jambe – a terre (on the floor)	Grade 3
47	Sautés in 1 st position	Test 1
48	Toe point forward (devant)	Test 1
49	Toe point to the side (2 nd 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 th	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	Grade 2
	<i>Note : voice over says Grade 1</i>	
16	High kick to the side	Grade 1
	<i>Note : voice over says Grade 2</i>	
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	Grade 2
	<i>Note : voice over says Grade 1</i>	
25	Posé pirouette	Grade 3
26	Posé to (2 nd) side with retire derrière	Grade 3
27	Relevé in attitude derrière	Grade 4
28	Relevé in 5 th	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	Grade 1
	<i>Note : voice over says Grade 2</i>	
36	Step relevé with parallel knee	Grade 1
	<i>Note : voice over says Grade 2</i>	
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