



SKILLS PROGRAMME

GOLD MEDAL

ALL MOVEMENTS MUST BE COMPLETED

(Minimum age of Candidate must be 18 years as at 31 December in the year of presenting for the exam.)

Candidates must achieve 60% or higher for each section to earn a medal and certificate.

PART 2

PRE-CHOREOGRAPHED ROUTINES
(No banned or dangerous movements allowed)

(REVISED: July 2026)

FREE EXERCISES: MUSIC TRACK A or B

Perform a pre-choreographed arrangement to set music, containing at least four (4) of the movements listed on the Gold medal syllabus plus basic arm positions bends and legwork. Choreography should complement the music.

ROD EXERCISES: MUSIC TRACK A or B

Music and choreography as for free exercises.
The set should incorporate rod positions with basic and advanced legwork.

CLUB SWINGING: MUSIC TRACK A or B

To include 16 BARS INWARD, AND 16 BARS OUTWARD WINDMILL (incorporating turning to the back).

Both exercises must include appropriate swings for this level including those displaying different swings in each hand, and foot and leg work appropriate to this level.

GOLD MEDAL HONOURS

Candidates who attain a total of 90% or more for the technical and pre-choreographed sections will be eligible to complete the **stage presentation** segment in front of a competition audience. Provided candidates achieve an aggregate percentage of 90% or more for the technical and pre-choreographed segment and the stage presentation, they will be awarded **Gold Medal Honours**.