



SKILLS PROGRAMME

GOLD MEDAL

ALL MOVEMENTS MUST BE COMPLETED

EXAMINATION PAPER

PART 1

*(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.
(No banned or dangerous movements allowed)*

REVISED: July 2026

CANDIDATE NUMBER _____

FIGURE MARCHING *(Set Exercise)*

Music Track A

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Deporment						
March technique						
Rhythm						
Execution & presentation						

TOTAL - Figure Marching /20

CANDIDATE NUMBER _____

FREE EXERCISES

Perform each of the following:

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
<i>Forward walkover changing legs - L leg</i>						
<i>Forward walkover changing legs - R leg</i>						
<i>Backward walkover from forward leg raise – leg of choice</i>						
<i>Supported arabesque release - L leg</i>						
<i>Supported arabesque release - R leg</i>						
<i>Circular leg raise outward into high arabesque – L leg</i>						
<i>Circular leg raise outward into high arabesque – R leg</i>						
<i>Reverse valdez – leg of choice, arms optional</i>						
<i>Pivot mount – L leg</i>						
<i>Pivot mount – R leg</i>						
<i>Leg mount with relevé – L leg</i>						
<i>Leg mount with relevé – R leg</i>						
<i>Leg mount forward – leg of choice</i>						
<i>Headrest stand from standing</i>						
<i>Change direction leap to standing or to floor – candidate choice</i>						

TOTAL - Free Exercises**/20**

ROD EXERCISES

Examiner will request 2 of the 3 following set combinations to (candidates) counts only:

Combination A

Commence at attention hands wide grip

- 1-2 Step forward on **right** leg to face **left** front corner, **right** side raise twist with curve overhead, **left** leg attitude derrière.
 3 Maintain attitude and roll rod into **left** vertical twist.
 4-5 Pivot in attitude to face **right** side, band-master flash towards **right**
 6 Extend **left** leg into low arabesque, rod at forward raise.
 7-8 Step forward towards **left** downstage corner, **left** forward oblique twist down
 9-10 Pas de bourée piqué towards **left**, rolling rod into top grip **right** forward oblique twist down
 11-12 Step back with **right** foot into **right** back lunge, swinging rod over **left** arm
 13-14 Step back with **left** foot into **left** back lunge, swinging rod over **right** arm
 15-16 Swing rod in **left** hand to **left** side oblique up, step forward on **left** foot, relevé with **right** side développé
 Finish with **right** forward step into classical pose (**left** foot derrière)
 flashing towards **right** into **right** side oblique twist up.
 Return to attention

Combination B

Commence in classical pose **left** foot derrière, **right** side oblique twist up

- 1 Lower **right** arm to side raise twist
 2 Roll through flash position to **right** side raise twist top grip, développé **left** foot to side toe point on fondu
 3 **Left** side step, slide hands to ends of rod at upward stretch top grip (wide grip)
 4 Step back on **right** foot into **left** forward toe point facing **right** downstage corner, **left** side oblique twist up, top grip.
 5-8 Step forward on **right** leg into 1 handed walkover with **right** hand at side raise, close to attention facing **right** downstage corner.
 9 **Left** forward raise twist with curve overhead, **left** forward lunge (front foot on demi-pointe)
 10 Relevé into ¼ attitude turn to **left** downstage corner, lifting **right** leg with **left** side raise twist **right** curve overhead
 11-12 Step across with **right** foot onto fondu, **left** leg coupé derrière facing **left** downstage corner, **right** back twist forward
 13-14 Step back onto **left** leg, pass through **left** side raise twist with curve overhead
 15-16 Lunge back with **right** leg to face **right** downstage corner, **left** forward oblique twist down

Combination C

Commence facing the back **left** corner, attention with hands at ends of rod. (wide grip)

- 1-2 Step forward on **right** leg and relevé into **left** leg high développé to side on demi-pointe, slide into **right** side oblique twist up
 3-4 Relevé turn by **right** to face front with **left** leg low développé on demi-pointe, un-twist and re-twist into **left** side oblique twist down.
 5-7 Step forward onto **left** leg into **right** grand jeté forward with **right** leg galop preparation, slide into 2 flashes under grip towards **right**, into **right** forward raise twist with curve overhead.
 8 Step across with **left** foot to **right** downstage corner, **left** back twist forward with **right** back toe point
 9-10 Take **right** leg to side to point on fondu, **right** side raise twist with curve overhead
 11 **Right** leg retiré with **right** vertical twist facing the front
 12 Step onto **right** foot finish in classical pose **left** foot derrière, band-master flash towards **left**
 13-14 **Left** leg beat in retiré, **right** vertical twist
 15-16 **Left** side toe point on fondu, **right** side oblique twist up.

(the appropriate boxes - 2 of the 3)

Combination A

Combination B

Combination C

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Rod technique						
Department & Body line						
Precision						
Leg & footwork						
Execution & presentation						

TOTAL - Rod Exercises

/20

CANDIDATE NUMBER _____

CLUB SWINGING

- All swings will be requested

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
INWARD:						
Hip/wrist swing <i>-changing sides without a backswing between</i>						
OUTWARD:						
Hip/wrist swing <i>-changing sides without a backswing between</i>						
Hip cross						
PARALLEL: (R or L directions)						
Double wrist cross <i>- facing the backward side</i>						
SIDE WINDMILL: (R or L directions)						
Double wrist cross <i>- facing the forward side</i>						
Double fold at side raise						
OUTWARD WINDMILL:						
Hip/wrist swing <i>- both sides of the body</i>						
Multiple hip swing <i>- commence and finish with back swing both hands</i>						
Neck cross – either side						
Overhead wrist cross						
Hip cross						
Double wrist cross <i>- at forward raise facing the side</i>						
INWARD WINDMILL:						
Hip/wrist swing <i>- both sides of the body</i>						
Multiple hip swing <i>- commence and finish with back swing both hands</i>						
Neck cross – either side						
Overhead wrist cross						
Hip cross						
Double wrist cross <i>- at forward raise facing the side</i>						

TOTAL - Club Swinging /20

CANDIDATE NUMBER _____

AESTHETIC/DANCE**Perform each of the following movements:**

(with leg of choice and choice of arm lines, optional entry and exit to each dance movement/step)

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Posé pirouette, fouetté						
Assemblé with beat (battu)						
Turning grand jeté in attitude						
TOTAL (this section)						/20

AESTHETIC/DANCE (Set Exercise)**Music Track A**

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Poise & body alignment						
Technique of Foot & legwork						
Technique of arm & hand lines						
Presentation & interpretation						
Execution						
TOTAL (this section)						/20

TOTAL	- Aesthetic & Dance	/40
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CANDIDATE NUMBER _____

Grand Total **/120****Result – PART 1** **%****MARKS:**

90-100 Honours 85 – 89 Credit Plus 80 – 84 Credit 75 – 79 Highly Commended
70 – 74 Commended 65 – 69 Pass Plus 60 – 64 Pass Unable to Qualify

Examiner's Signature: _____*Date:* _____

The Examiner's decision is final and no correspondence will be entered