



SKILLS PROGRAMME

SILVER MEDAL

ALL MOVEMENTS MUST BE COMPLETED

(Minimum age of Candidate must be 17 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)

FIGURE MARCHING - SET EXERCISE: MUSIC TRACK A

Commence Centre Back - wait 8 counts

- 1-6 Forward march with arm swinging
- 7-8 Close to attention
- 9-12 Mark time facing the left side
- 13-14 **Left** forward step and lift **Right** leg to 90°
- 15-16 **Right** forward step and lift **Left** leg to 90°
- 1-2 **Left** side step hands at hips firm
- 3-6 Facing front place **Right** foot behind in coupé with **Left** in demi plié and **Left** sidestep, arms obliquely up with palms up. Turn palms down and close **Right** foot to **Left** foot to attention.
- 7-8 Mark time facing the front, arms folded in front
- 9-15 Extended marching moving backwards on slight diagonal to centre back remain facing the front, taking arms slowly to obliquely up with palms facing up
- 16-1 **Right** foot across L foot
- 2 Coupé
- 3-4 Step back on **Left** foot, soutenu turn by **Right** shoulder, finish facing **Right** side to attention
- 5-6 Forward march with arm swinging
- 7-8 Step forward about turn to face **Left**
- 9-10 **Left** step forward arms to attention, lift R to parallel retiré
- 11-12 Change retiré **Left** then R
- 13-14 **Right** step forward, lift **Left** to 90
- 15-16 **Left** side step facing the front
- 1-4 **Left** side step, **Right** circular high kick outward (corner to corner) taking **Right** arm to side raise and circle **Left** arm across body circling outwards
- 7-8 Diagonal marching forward to **Left** downstage corner, swinging arms
- 9-10 **Right** forward step to attention on demi pointe facing **Right** downstage corner
- 11-12 Diagonal marching forward to **Right** downstage corner, swinging arms
- 13-14 **Left** forward step to attention facing front
- 15 Wait
- 16 Take **Left** foot crossed over **Right** resting on extended **Left** foot, as arms cross in front of lower body and sharply extend to **Left** arm hips firm, **Right** arm obliquely down fingers gripped, **Right** head turn.

FREE EXERCISES

Demonstrate each of the following movements

1. Forward Walkover: L & R	2. Backward Walkover: L & R
3. Supported Arabesque: L & R Held from behind the other arm forward obliquely Down with palm down	4. Head rest stand from kneeling: Hand placement optional. Take legs to vertical. Recover through kneeling position. Own choice of leg.
5. Catch and hold side leg raise: L & R Catch the front or back of the foot in a straight leg lift to the side with the other hand at neck rest	6. Circular leg raise: L & R : through forward raise, side, low arabesque to attitude derrière. Arms through forward raise, side raise, hips firm. Complete by extending leg down to attention.
7. Straddle rotation into forward split: Turning to both sides arms at side raise.	8. Circular Split: Squat facing front, right quarter turn to execute right leg forward split, arms and hand extended sideways to floor, place weight on back hand and swing back leg in full circle to become left leg forward split. Repeat to right leg forward split.
9. Floor aerial(rainbow)	

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise including –

- . Four (4) of the above movements
- . Balance of floor work
- . Bends – using both sides of the body
- . Movements with degree of difficulty appropriate to this level

ROD EXERCISES

**The examiner will request that you perform 2 of the 3 following set combinations
To (candidates) COUNTS ONLY.**

All combinations can be executed to the other side if you wish to use a preferred leg.

Combination A

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

- 1-4 Slide rod towards **left** into 4 under grip flashes to the **right**, Bourée to **right**
 - 5-7 Change to top grip flashing towards **left** (3 flashes) stay on demi-pointe
 - 8 Step onto **right** leg (classical pose with **left** foot derrière) **left** side raise twist top grip.
 - 9-10 Slide rod towards **right** side into **left** oblique back twist facing the **right** side, step towards **right** side on **right** leg.
 - 11-12 Execute **right** leg penchée arabesque maintain **left** oblique back twist.
 - 13-14 Arabesque
- Return to attention

Combination B

*Commence **left** front corner in classical pose **right** foot derrière, facing on a slight angle to the right, hands wide grip*

- 1-2 Turning waltz towards **right** back corner, **left** side raise twist with curve overhead.
 - 3-4 Continue 2nd half of turning waltz, with **right** forward oblique twist down facing **left** downstage corner.
 - 5-6 Take rod to **right** side oblique twist up, Posé onto **right** foot, **left** leg retiré.
 - 7-8 Untwist and re-twist into **left** side oblique twist down, Posé onto **right** foot, **left** leg retiré.
 - 9-10 1 posé pirouette with **right** vertical twist
 - 11-12 1 posé pirouette roll through to **left** vertical twist
- Finish with side step to back **right** corner, swing right arm across body to strike obliquely up with **left** arm at hips firm*

ROD EXERCISES cont'd...**Combination C**

Commence facing **left** downstage corner. **Right** leg forward pressed on demi-pointe, **right** forward raise twist with curve overhead.

- 1-2 Circle arm around to **right** back twist to the left side, step onto **right** foot to face front with **left** side toe point on fondu.
- 3-4 2 under grip flashes behind back, feet 5th on demi pointe, **left** in front
- 5-6 Slide rod into **left** back twist to **right** side, **right** leg to **right** side toepoint on fondu
- 7-8 Take rod to **left** side raise twist with **right** curve overhead, feet 5th on demi pointe, **left** in front
Recover to attention with wide grip
- 9-10 Unflash into 3 under grip flashes to the **right** stepping forward on **left** foot
- 11-14 **Right** side développ  with **right** side oblique twist up
- 15-16 Recover to attention with wide grip

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise to include:

- Flashing at centre back of the body;
- Eight (8) counts flashing in top grip, changing to eight (8) counts flashing in under grip;
- Combined with various rod movements and advanced leg work with a high arabesque to be shown.
- Make full use of the working area in a creative arrangement.

CLUB SWINGING

- **All swings will be requested**

<p>1. Inward: Multiple hip swing - Commence and finish with backswing both hands Neck cross Hip cross</p>	<p>2. Outward: Multiple hip swing - Commence and finish with backswing both hands Neck cross Double wrist cross - facing side</p>
<p>3. Parallel: (R or L directions) Multiple hip swing - Commence and finish with backswing both hands Neck cross – forward and backward side Hip cross Double wrist cross – facing forward side</p>	<p>4. Side Windmill: (R or L directions) Multiple hip swing - Commence and finish with backswing both hands Hip/wrist swing Hip cross Neck cross – backward side</p>
<p>5. Outward Windmill: Chest cross Dual/double hip swing</p>	<p>6. Inward Windmill: Chest cross Dual/double hip swing</p>

Select one piece of music **SET MUSIC – TRACK A or B**

Perform pre-choreographed exercises to include:

- 16 bars outward and
- 16 bars side windmill.
- Both exercises must include appropriate swings for this level including those displaying different swings in each hand.
- Foot and leg work appropriate to this level.

AESTHETIC/DANCE**Demonstrate each of the following -**

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

1. Sissonne in attitude derrière and arms in 5th
2. Grand jeté forward with attitude derrière
3. Posé pirouette en dehors (raised leg moves outward) also known as 'lame duck'
4. Cabriole derrière
5. Demi arabesque on fondu, continue to penchée arabesque with straight supporting leg
6. Développé en fondu, grand rond de jambe en dehors (outward) finishing in arabesque derrière
7. Renversé with relevé en dehors (outward)
8. Sissone with chassé passé to fouetté sauté in arabesque (arms from 1st to 1st arabesque)

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise including

- . 4 of the above movements
- . Arabesque lines on **L & R** legs
- . Movements/steps from previous grades

(Performed without a skirt)

Candidate is expected to have a working knowledge of ALL previous syllabi