

**MASTERS**  
**Emerald Foundation**  
**Mastery**

**Only set work required to be presented if Novice has been achieved.**

**Minimum Age 26 years**

**Optional - 4 of 5 sections must be successfully completed to be awarded Foundation Advanced**  
**Optional - Sections can be presented one at a time at different exam sessions**

**REVISED: July 2026**

**FIGURE MARCHING**

Mark time Forward march with arm swinging	Mark time facing the side Turning marktime
Side step About turn foot across in front About turn foot across behind	Head turns to left and right

**Set exercise**

- 1-8 Forward March with Arm swing
- 9-16 Turning mark time
- 1-4 Left foot across in front turn to back
- 5-6 Right side step to attention hips firm head turn right
- 7-8 Left side step to attention hips firm head turn left
- 9-12 Right foot across behind turn to front
- 13-14 Single forward march no arm swing to attention, hips firm
- 15-16 Arms attention

**FREE EXERCISES**

<p><b>1. <u>Arm Positions:</u></b> Attention Forward raise Side raise Upward stretch Hips firm Fingers to shoulders Neck rest</p>	<p><b>2. <u>Leg and Feet Positions:</u></b> Attention Side step Toe point forward Toe point side Single leg kneel Double leg kneel Prone kneel Front support <b><i>Arms at attention, however arm and leg positions can be requested together.</i></b></p>
<p><b>3. <u>Knee Bends:</u></b> Knee bends at attention <i>Commence with Side Step and Hips Firm - demonstrate 4 Knee Bends through Demi-plié, recovering to Attention. Maintain 45° turnout.</i>  Knee bends from side step</p>	<p><b>4. <u>Floorwork:</u></b> Long sit Prone lie Supine lie</p>

*Commence with Side Step and Hips Firm - transfer weight to one (1) leg and Side Toe Point with the other, then bend through Demi-plié to the opposite side Toe Point. Repeat bend to both sides then close to Attention. Maintain 45° turnout*

**Set exercise**

**Introduction 1-2 attention**

- 3-4 R side point R side raise, L neckrest head turn R
- 5-6 Side step neckrest
- 7-8 L side point L side raise, R neckrest head turn Left
- 9-10 L forward point with upward stretch
- 11-12 Feet attention, Forward raise
- 13-14 R toe point forward, hips firm
- 15 Feet attention, hips firm
- 16 Attention facing L side

**Second half floor version**

- 1-2 L back into single kneel, forward raise
- 3-4 Double kneel facing L, head turn to front, R side raise, L fingertips to shoulders
- 5-6 Prone kneel
- 7-8 Front support
- 9-10 Long sit facing R side
- 11-12 Supine lie
- 13-14 Prone lie
- 15-16 Double kneel seated through pull back position
- 1 Upward stretch passing through shoulder looking up
- 2-3 L arm attention passing through forward raise
- 4 Head to front

**Second half standing variation**

- 1-2 Classical pose L foot behind, forward raise (optional feet to attention for balance)
- 3-4 Attention head turn to front, R side raise , L fingertips to shoulders
- 5-6 Attention
- 7-8 Facing front R toe point to side, hips firm
- 9-10 Knee bend in side step, hips firm
- 11-12 L toe point hips firm side oblique mixed
- 13-14 Attention facing R side
- 15-16 Classical pose, L behind
- 1 R arm upward stretch through shoulder looking up (optional feet together for balance)
- 2-3 R arm attention passing through forward raise
- 4 Head to front

**ROD EXERCISES**

**1. Under Grip:**

- Attention
- Forward raise
- Upward stretch
- Rod across shoulders
- Forward raise twist
- Side raise twist

- Side raise twist with curve overhead
- Vertical twist
- Leg twist
- Arms folded at forward raise
- Forward strike from forward raise twist

**2. Top Grip**

- Attention position
- Rod across shoulders

**Set exercise**

- 1-4 Attention
- 5-6 R leg twist
- 7-8 Attention
- 9-10 L side raise twist L side point
- 11-12 L side raise twist with curve over head L side step
- 13-14 L side raise twist L side point
- 15-16 Upward stretch feet attention
- 1-2 R vertical twist R forward point
- 3-4 Arms folded in front feet attention
- 5-6 R forward raise twist L forward point
- 7-8 Forward strike feet attention
- 9-10 Attention
- 11-12 R hand to top grip
- 13-14 Attention in top grip
- 15 Upward stretch, R side step
- 16 Rod across shoulders

**CLUB SWINGING**

<p>1. <b><u>Inward:</u></b>                  Full circle                  Head swing                  Legswing                  Overhead wristswing</p>	<p>2. <b><u>Outward:</u></b>                  Full circle                  Head swing                  Legswing                  Overhead wristswing</p>
<p>3. <b><u>Parallel</u></b>                  Full circle                  Head swing                  Legswing                  Overhead wristswing</p>	<p>4. <b><u>Side Windmill</u></b>                  Full circle facing the front</p>
<p>5. <b><u>Outward Windmill</u></b>                  Full circle facing the front</p>	<p>6. <b><u>Inward Windmill</u></b>                  Full circle facing the front</p>

**Set exercise**

- 1-4 Introduction attention clubs on arms
- 5-8 Circle clubs inward to upward stretch R side step

**Inward**

- 1 Full circle
- 2 Headswing
- 3 Full circle
- 4-5 Leg swing
- 6 Over head wristswing

**L Side windmill**

- 7-8 Full circle

**R parallel**

- 1 Full circle
- 2 Headswing
- 3 Full circle

- 4-5 Leg swing
- 6 Over head wristswing

**Outward windmill**

- 7-8 Full circle

- 1-2 Outwards to attention R foot to attention
- 3-4 Clubs up on arms hands meeting at waist
- 5 Transfer R club to left side
- 6 Left side step R hand to 1st
- 7-8 R foot classical pose R hand to second and down to low 2nd head turn R eye line following hand

**AESTHETIC/ DANCE**

*Expression is required in this section*

<p><b>1. <u>Arm Positions:</u></b>          Preparation position          1<sup>st</sup> position          2<sup>nd</sup> position          Low 2<sup>nd</sup> Position          5<sup>th</sup> position</p>	<p><b>2. <u>Feet Positions:</u></b>          1<sup>st</sup> position          2<sup>nd</sup> position          3<sup>rd</sup> position          5<sup>th</sup> on demi pointe</p>
<p><b>3. <u>Legwork</u></b>          Classical pose          Demi plié in 1<sup>st</sup> position          Demi plie in 2<sup>nd</sup> position          Forward step with toetap          Walking with stretched feet          Walking on demi pointe</p>	<p><b>4. <u>Elevated steps</u></b>          Galop sideways          Sautes          Galop forwards</p>

**Set exercise**

- 1-4 Introduction facing down stage left corner, arms in preparation
- 1 Demi plie in 1<sup>st</sup> arms low 2<sup>nd</sup>
- 2 Recover and arms preparation
- 3 R toepoint forward, arms 1<sup>st</sup>
- 4 R side point facing the front, arms 2<sup>nd</sup>
- 5 Demi plie 2<sup>nd</sup>
- 6 Recover L side toe point head ¼ turn left arms 2<sup>nd</sup>
- 7 L toepoint forward facing down stage right corner, arms 5<sup>th</sup>
- 8 Feet 3<sup>rd</sup> ,L foot in front
- 9 Arms 1<sup>st</sup>
- 10 L toepoint forward, arms low 2<sup>nd</sup>
- 11 L forward gallop
- 12 L forward step to 1<sup>st</sup>
- 13-15 3 walks RLR with stretched feet traveling in circle to the R
- 16 Forward step L with R toe tap
- 1 Step up to 5<sup>th</sup> demi R front arms 1<sup>st</sup> facing upstage left corner
- 2-3 Walking on demi to centre facing front, arms 2<sup>nd</sup>
- 4 Feet 1<sup>st</sup> arms low 2<sup>nd</sup>
- 5 R side gallop
- 6 R side step to 1<sup>st</sup>, arms preparation
- 7 Saute in 1<sup>st</sup> finishing in demi plie
- 8 Recover from plie
- 9 L side step to R side toepoint, arms through 1<sup>st</sup> to 2<sup>nd</sup>
- 10 R foot to classical pose, arms low second