

MASTERS

Emerald Foundation

Novice

Minimum Age 26 years

Optional - 4 of 5 sections must be successfully completed to be awarded Foundation Novice
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

FREE EXERCISES

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

ROD EXERCISES

<p>1. <u>Under Grip:</u> Attention Forward raise Upward stretch Rod across shoulders Forward raise twist Side raise twist</p>	<p>Side raise twist with curve overhead Vertical twist Leg twist Arms folded at forward raise Forward strike from forward raise twist</p> <p>2. <u>Top Grip</u> Attention position Rod across shoulders</p>
--	--

CLUB SWINGING

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

AESTHETIC/ DANCE

Expression is required in this section

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