



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 1

TECHNICAL EXAM ONLY

(No banned or dangerous movements allowed)

(REVISED: July 2026)

FIGURE MARCHING - SET EXERCISE: MUSIC TRACK A

Commence centre back

- 1-4 Wait
 - 5-6 Step **Left**, **Right** forward leg raise
 - 7-8 Step **Right**, **Left** forward leg raise
 - 9-10 Step **Left**, **Right** forward leg raise
 - 11-12 Sustain **Right** forward leg raise
 - 13-14 Close to attention
 - 15-16 and using all of musical phrasing
 - Step **Left**, **Right** circular high kick outward (corner to corner) arms side raise
 - Right** single kneel facing R downstage corner arms side oblique down
 - take hands to hips firm, pass through double kneel facing the back, finishing
 - Left** single kneel facing **Left** downstage corner
 - take **Left** arm to forward oblique down, palm up
 - recover through **Right** forward lunge to extended supporting leg facing **Left** downstage corner L toepoint behind, taking **Left** arm slowly up to forward oblique up, palm up, finish **Right** arm hips firm, **Left** arm forward oblique up, palm up
 - Close to attention facing the front.
 - Left** foot across to complete a full turn.
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- 1-2 Side step to upstage **Left** corner, hands hips firm
 - 3-4 Side step to upstage **Left** corner, hands hips firm
 - 5-6 Side step to upstage **Left** corner, coupé **Right** foot rise on demi pointe and turn to face **Right** side
 - 7-11 Forward marching, arms swinging
 - 12 **Right** step open turn by **Left** shoulder
 - 13-14 Forward march toward **Left** downstage corner
 - 15-16 Step forward on **Left** coupé **Right** foot and high kick **Left** leg forward (arms to slightly relaxed side raise with palms facing upward as in a presentation style)

FIGURE MARCHING - SET EXERCISE cont'd...

- 1 -2 **Left** step forward to attention facing **Left** side
 3-6 Mark time facing **Left** side
 7-8 About turn with forward step closing to attention facing **Right** side
 9-11 Forward march to **Right** side, arm swinging
 12 Corner turn to front
 13-15 Forward march with arm swinging
 16 Close **Right** foot to attention
 1-4 2 x **Left** side steps, lifting arms to side oblique up, palms up
 5- 8 Mark time moving backwards bringing arms down to attention
 9-10 **Right** side step **Left** leg circular high kick outward (corner to corner) arms at side raise
 11-12 Finish with full turn on demi point by **Left** shoulder, arms to attention
 13-16 Bouree back **Left** foot in front, lifting arms to side oblique up with palms up, finish in 5th on demi pointe, arms side oblique upward

FREE EXERCISES

Perform each of the following movements

1. Forward walkover changing legs: L & R	2. Backward walkover from forward leg raise - leg of choice Leg raise minimum hip height
3. Supported Arabesque Release: L & R Held from behind, other arm obliquely forward down with palm down, then release support and maintain legs with arms in 1 st arabesque alignment with palm facing down	4. Circular leg raise into high arabesque: L & R <i>Outward:</i> Lift the leg through forward raise (arms neck rest) to side raise (arms side raise) into low arabesque (hips firm position) followed by high arabesque (hips firm position) close at attention
5. Reverse Valdez: Leg of choice. Arms optional	6. Pivot Mount: L & R Other arm at neckrest
7. Leg Mount with Relevé: L & R 1-2 Prepare leg mount holding heel in front or behind, other arm at attention 3-4 Leg mount, other arm neck rest 5-7 Relevé and maintain leg mount 8 Attention	8. Leg Mount Forward: Leg of choice
9. Head rest stand from standing: Hand placement optional. Take legs to vertical. Recover through kneeling position. Own choice of leg.	10. Change direction leap to standing or Change direction leap to floor (one to be demonstrated - own choice)

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 at attention hands at ends of rod (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
- 10 Relevé into $\frac{1}{4}$ 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.

CLUB SWINGING

- All swings will be requested

1. Inward: - Hip/wrist swing <i>– changing sides without a backswing between</i>	2. Outward: - Hip/wrist swing <i>changing sides without a backswing between</i> - Hip cross
3. Parallel: (R or L directions) - Double wrist cross - <i>facing backward side</i>	4. Side Windmill: (R or L directions) - Double wrist cross - <i>facing forward side</i> - Double Fold at side raise
5. 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 <i>either side</i> - Overhead wrist cross - Hip cross - Double wrist cross <i>- at forward raise facing the side</i>	6. 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 <i>either side</i> - Overhead wrist cross - Hip cross - Double wrist cross <i>- at forward raise facing the side</i>

AESTHETIC/DANCE

Examiner will request that each of the following movements be performed individually
(with leg of choice and choice of arm lines, optional entry and exit to each dance movement/step)

1. Posé pirouette, fouetté
2. Assemblé with beat (battu)
3. Turning jeté in attitude

SET EXERCISE: MUSIC TRACK A
(Performed without skirt)

**ESSENTIAL TO VIEW VIDEO/FILM WHILST LEARNING THIS SET CHOREOGRAPHY FOR
CORRECT TIMING**

NOTE:

1. *That many balletic terms have been adapted to calisthenic terminology*
2. *Counts are a guide only*

AESTHETIC/DANCE cont'd...

Commencing in the **LEFT** upstage corner facing upstage

Intro	Classical Pose – Left Foot Derriere – Arms Low 2 nd .
Counts	
Wait 1 - 4	
5 - 8	L back step, taking R leg through coupé to side step. Turn to the front via R shoulder, small développé L foot through to 5 th on demi pointe L foot front Arms – Pass through low 2 nd , 2 nd and circle through 1 st to 5 th and open to high 2 nd – Slight head turn towards 2 hand.
1 - 4	Carry R foot over into pas de bourée piquée finishing 5 th L foot in front. Arms – Soft undulating low 2 nd to high 2 nd .
5 - 6	From plie in 5 th L foot in front. Changement battu finishing in coupé derriere with L foot in coupé. Arms – Opening from 5 th to demi bras.
7 - 8	Coupé under with L foot and complete a circular kick (Grand ronde jambe) with R leg. Arms – Circle to 5 th and opening to 2 nd .
9 - 11	R side step, step across in front with L foot, renversé relevé en dehors (L leg in attitude derriere). Arms – pass through 3 rd L arm fwd, 2 nd and renversé - 4 th R arm up.
12	Chasse to 2 nd with R foot – shoulders facing L downstage corner. Arms – 3 rd R arm forward.
13 - 14	Complete 2 chaînés travelling towards R downstage front corner. Arms – Raise and open arm softly from 3 rd to high 2 nd .
16 - 16	R side step, small développé L through to 4 th on demi pointe to R downstage front corner. Arms – 2 nd Arabesque.
1 - 4	Step forward on R foot, posé in arabesque. Arms – 1 st Arabesque. Travelling towards upstage L back corner. ¼ turn via L shoulder, 3 steps L,R,L into grand jete en tournant finishing in L single kneel, R leg extended forward facing R downstage front corner. Arms – Pass through 2 nd , circle to 5 th – grand Jete and finish in demi bras. Complete an upper back bend in L single kneel with R leg extended forward. Arms – in back bend Circle arms through 2 nd and high 2 nd and 5 th .
5 - 6	Sit back onto L foot extending R leg, forward bend over R leg. Arms – Overhead wrist cross, extending over extended R leg.
7 - 8	Recover from forward bend, L single kneel with R foot on toe pointe. Arms – L arm passes backwards through 5 th . R hand unfolds with palm up into 1 st arabesque alignment. Eyes follow R hand
9 - 10	Recover from floor take L foot over into R foot coupé derriere. Complete a small jump to L foot coupé devant. Arms – 1 st Travelling L downstage front corner, Temps levé in arabesque. Arms – 1 st Arabesque.
11 - 12	Step over on R foot into pas de bourrée en tournant, turning backwards towards the L shoulder. Arms – 4 th crossed L arm up. L forward step towards L downstage front corner, grande développé devant (High Kick). Arms – L high 2 nd , R 2 nd .
13 - 16	Step forward onto L then R into L downstage front corner, penchée arabesque standing on L supporting leg. Arms – 1 st Arabesque.
1 - 2	Recover from penchée to low arabesque. Arms – 1 st Arabesque.
3 - 4	Maintain low Arabesque and rise on demi pointe.

	R backward step, retiré L leg and pass through developpé derrière to arabesque on fondu on R Supporting leg. Arms – Unfold to 1st arabesque.
5 - 8	Travelling towards R upstage back corner, turning via L shoulder, 4 runs L,R, L,R L grand jete forward with attitude derrière. Arms – pass through 2nd to R – high 2nd, L - 2nd. Head looks over L shoulder to the front
9 - 10	Continue travelling to R upstage back corner, 3 runs, R, L, R. Small developpé L finishing in 4th on demi pointe – L foot front, facing R upstage back corner. Arms – Unfold R arm forward to 2nd Arabesque. Turning via R shoulder to face L downstage front corner, R forward toe pointe on fondu.
11 -12	R step forward into lunge towards L downstage front corner, complete a circular port de bras with upper back.
13 - 16	Rond de jambe L leg around to a forward step to the front taking R leg through developpé in 2nd. Arms – Travel from 2nd through to 5th
1 – 2	With R leg step forward and across into a developpé kick and catch hold to the side. Rise onto 5th demi point. Arms – R arm travels from 1st to 5th.
3 - 4	Travelling downstage towards L downstage front corner, sidestep L, brush R leg through into a turning waltz with half turn. Arms – L High 2nd, R low 2nd. Facing upstage R back corner, brush L leg through into arabesque on fondu R supporting leg. Arms – Unfold R arm into 1st arabesque.
5 - 6	Continue turning to the front via L shoulder, L sidestep drawing feet together into 5th on demi pointe R foot in front. Arms – 2nd
7 - 8	Waltz to L side. Arms – 3rd R arm forward.
9 - 10	Travelling towards R downstage front corner. R pose coupé turn. Arms – 1st.
11 - 12	Continue travelling towards R downstage front corner. Step onto R foot, relevé into turn in arabesque. Arms – 1st arabesque.
13 - 16	Coupé over with L leg, R foot coupé derrière. Arms – 1st. Draw feet into 5th on demi pointe, R foot in front. Arms – R arm 5th, L arm high 2nd.
1 - 6	Forward step towards Right Side stage into Supported Arabesque standing on Right supporting leg. Arms – R arm transitions 5th to 1st to 1st arabesque alignment.
7 - 8	Release L Leg and hold in penchée arabesque on R supporting leg.
9 - 10	Turning towards back via R shoulder draw feet together to 5th on demi pointe R foot in front. Look to front over L shoulder Arms – R 5th, L prep position.
11 -12	Slide into R split toward L upstage back corner. Arms – R side obliquely down, L side obliquely up.
13 -14	Transition into L split with a controlled lift of the body using core strength and changing support arm from R to L. Turning via L shoulder finishing in L split facing R downstage front corner. Arms – L arm unfolds through chest to roof and windmills forward to floor.
15 - 16	Remain in L split, forward bend over L leg. Arms – R arm 5th, L side obliquely down, fingertips to floor. Ronde de jambe R Leg around to L leg finishing in cross leg sit, feet extended to toe pointe facing R downstage front corner. Arms – Unfold R arm to 1st arabesque palm up. Eyes follow R hand.
1 - 2	Alternating legs – extend L leg to forward obliquely up and then change to R leg forward obliquely up in V sit. Arms – Finger tips in low 2nd.
3 – 4	Carry R leg around to attitude sit, shoulders remain facing Rt downstage front corner. Arms – R arm from 1st carry around following leg alignment, L low 2nd.

5 - 6	Change legs to attitude sit R leg at front facing L upstage back corner, perform a high release back rotation taking shoulders and head to the front. Arms – Lean onto R elbow, L hand brush along L side of face.
7 - 8	Reaching forward towards L downstage front corner, transition to prone lie and take legs to double stag in prone lie position. Arms – L extended forward along the floor, R support position bent elbow on floor.
9 - 12	Recover via L shoulder towards the back, L developpé devant kneeling kick towards R upstage back corner. Arms – R supporting arm, Left unfold into 5 th . Recover from floor through L single kneel. Half turn on L demi pointe, R leg rond de jambe. Arms – High 2 nd .
13- 14	R forward galop towards L upstage back corner. Arms – 1 st position
15 - 16	Cabriolet derrière R foot devant. Arms – 1 st arabesque.
1 - 2	L forward step into L upstage back corner feet to 5 th on demi pointe R foot in front. Turning via R shoulder to face downstage L corner. Arms – L high 2 nd , R 2 nd .
3 – 4	Maintain 5 th on demi pointe, R foot in front, complete a turning bourrée via L shoulder. Arms – Circular flowing arm movement. Flowing from 4 th open.
5 - 6	Feet in 5 th R foot in front facing L downstage front corner. Arms – L low 2 nd R open to high 2 nd palm up.
7 - 8	R pose coupé turn into fouetté turn on L supporting leg. Arms – 1 st to 2 nd , 1sts to 2 nd .
9 - 10	Preparation turn on fondu into turning jeté, L leg in attitude derrière. Arms – 4 th L arm up.
11 -12	Complete turning jeté finishing with a rolling sit on the floor recovering through a L single kneel facing R downstage front corner.
13	Develope into R high kick in 2 nd . Arms – R High 2 nd , L 2 nd .
14	R side step, galop facing the front. Arms – 3rd
15	Step into R leg attitude turn finishing with rolling sit into attitude sit, R Leg forward. Arms – Arms high 2 nd in attitude turn lower to low 2 nd as roll is completed
16	Raise to a Kneeling Attitude Sit. Arms – R arm unfolds to high 2 nd , L to 2 nd position

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