



SKILLS PROGRAMME

TEST THREE

(No impromptu combinations will be requested by the Examiner.
However, an arm and a leg position can be requested together.)

REVISED: July 08
Version 2

FREE EXERCISES

<p>1. Arm Positions: Attention Forward raise Side raise Hips firm Upward stretch Neck rest Front support <i>From prone kneeling Toes can be tucked or stretched</i></p>	<p>2. Leg and Foot Positions: Attention Side step Side toe point Forward toe point</p>
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TURNOUT DEVELOPMENT EXERCISES

Bends: Set Exercise for Small Knee Bends: MUSIC TRACK 1

1. **Small knee bends in attention position:** [Demi-pliés]
(Commence with HIPS FIRM.)
 - 1-2 BEND KNEES OUT OVER TOES, PRESSING HEELS TO THE FLOOR
 - 3-4 STRAIGHTEN LEGS, KEEPING KNEES TURNED OUT AND PRESSING THIGHS BACK
 - 5-16 REPEAT COUNTS 1-4.

Technical Note: Spine must be kept straight, knees must be pressed back in recovery from bend, abdominal muscles must be pulled in.

Set Exercise for Large Knee Bends: MUSIC TRACK 2

2. **Deep knee bends in side step:** [Grand Pliés]
(Commence with HIPS FIRM and side step.)
 - 1-2 BEND KNEES, PRESSING THE KNEES AND THIGHS BACK AND OVER TOES
 - 3-4 STRAIGHTEN LEGS, KEEPING KNEES AND THIGHS PRESSED BACK
 - 5-16 REPEAT COUNTS 1-4.

Technical Note: In Knee Bends (Pliés), girls should never 'sit'. Once they have reached their down position they must start recovering. Movement must be executed slowly and smoothly, extending through body and legs, tightening gluteals. Aim to bend as far as possible and eventually thighs should be parallel to the floor but heels must remain on the floor at all times.

TURNOUT DEVELOPMENT EXERCISES (cont.)**Floorwork:** Set Exercise: MUSIC TRACK 3**1. Foot and Instep Stretches**

(Commence in long sit position with NO TURNOUT, feet flexed and arms extended out to the side. Slowly stretch feet out through insteps, then toes. Repeat by quickly flexing feet.)

- 1-2 STRETCHING INSTEPS TOWARDS FLOOR
- 3 STRETCH TOES LAST
- 4 FLEX FEET
- 5-16 REPEAT THE ABOVE ANOTHER THREE TIMES.

Set Exercise: MUSIC TRACK 4

2. Exercise for Turnout of Legs and Feet

(Commence in long sit position with NO TURNOUT and arms extended out to the side.)

- 1 ROLL LEGS AND FEET OUT
- 2 LIFT **L** LEG A LITTLE OFF THE FLOOR, KEEPING FOOT AND KNEE TURNED OUT AND STRETCHED
- 3 LOWER LEG GENTLY
- 4 ROLL FEET AND LEGS BACK TO STARTING POSITION
- 5-16 REPEAT COUNTS 1-4 USING ALTERNATE LEGS.

END OF TURNOUT DEVELOPMENT EXERCISES**FREE EXERCISE**

Set Exercise: MUSIC TRACK 5

- 1 - 2 **L** FORWARD TOE POINT, ARMS FORWARD RAISE
- 3 - 4 ATTENTION
- 5 - 6 **R** FORWARD TOE POINT, ARMS UPWARD STRETCH
- 7 - 8 ATTENTION
- 9 - 10 **L** SIDE TOE POINT, ARMS SIDE RAISE
- 11 - 12 DEMI-PLIÉ IN SIDE STEP, ARMS HIPS FIRM
- 13 - 14 STRAIGHTEN **L** LEG WITH **R** SIDE TOE POINT
- 15 - 16 ATTENTION
- 1 - 2 CROSS LEG SIT TO **R** SIDE
- 3 - 4 LONG SIT
- 5 SUPINE LIE, BEND KNEES WITH TOES TO FLOOR
- 6 **R** SINGLE LEG RAISE
- 7 RECOVER **R** LEG
- 8 LONG SIT
- 9 - 10 FORWARD BEND OVER LEGS (AS FOR TEST 1)
- 11 - 12 RECOVER
- 13 - KNEES TO FRONT
- 14 DOUBLE KNEEL
- 15 - 16 STAND TO ATTENTION FACING THE FRONT THROUGH **L** SINGLE KNEEL, ARMS SIDE RAISE.

*Technical note : Forward bend over the legs must be taken from the hips.
Do not use the arms to pull the body over the legs. Spine must be elongated not curved.*

ROD EXERCISES

Undergrip Forward raise twist Upward stretch Vertical twist Side raise twist
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Set Exercise: MUSIC TRACK 6

- 1 - 2 **L** FORWARD RAISE TWIST, **L** FORWARD TOE POINT
- 3 - 4 ATTENTION
- 5 - 6 **R** SIDE RAISE TWIST, **R** SIDE TOE POINT
- 7 - 8 ATTENTION
- 9 - 10 RISE ON TOES, ARMS UPWARD STRETCH
- 11 - 12 DEMI-PLIÉ IN ATTENTION, ARMS FORWARD RAISE
- 13 - 14 **L** VERTICAL TWIST, WITH LEGS STRAIGHT AND FEET TO ATTENTION
- 15 - 16 UNTWIST TO ROD ACROSS LEGS AND FEET TO ATTENTION.

Technical note: Heels need not be together in rise on toes.

CLUB SWINGING

1. Inward: Full circle Headswing Backswing	2. Outward: Full circle Headswing Backswing
2. Parallel (L&R directions): Full circle Headswing Legswing Overhead wrist swing	

Set Exercise: MUSIC TRACK 7

Parallel: (L & R DIRECTIONS)

On the 4 bar introduction -

1 – 2 Wait standing at attention with the clubs along the arms

3 – 4 Side step to the left and swing the clubs inward to upward stretch

- 1 FULL CIRCLE - **L** SIDE
- 2 HEADSWING
- 3 FULL CIRCLE
- 4 OVERHEAD WRISTSWING BOTH HANDS
- 5-8 REPEAT COUNTS 1-4 TO **R** SIDE.

Repeat Exercise again

FIGURE MARCHING

Mark time Forward march

Set Exercise: MUSIC TRACK 8

(Commence **L** upstage back corner facing **R** downstage front corner.)

- 1 - 8 MARK TIME
- 9 - 16 FORWARD MARCH
- 1 - 8 FORWARD MARCH (attention on count 8 by forward step)
- 9 - 16 MARK TIME.

AESTHETIC

<p>1. Arm Positions: Preparation position 1st position 2nd position Low 2nd position 5th position</p>	<p>2. Foot Positions: 1st position 2nd position 3rd position Curtsy Demi-plie in 3rd Toepoint to 2nd</p>
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Set Exercise: MUSIC TRACK 9

(Commence facing **R** downstage front corner, feet in 3rd position, **L** foot in front , arms in preparation.)

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| <ul style="list-style-type: none"> 1 - 2 DEMI-PLIE 3 - 4 RECOVER 5 ARMS 1ST 6 ARMS TO 2ND 7 - 8 DEMI-PLIE IN 3RD 9 TOE POINT FORWARD WITH THE L FOOT 10 STEP FORWARD FACING R FRONT CORNER 11 STEP TO R FACING THE FRONT 12 CURTSY. | <ul style="list-style-type: none"> Arms low 2nd, head & eye line to the front Arms preparation, eye line to hands, head inclined to the R Eye line remains to hands, head inclined to the R Head and eye line to the front Arms preparation Arms 5th, head and eye line to the front Arms through 2nd Arms low 2nd Slight undulation of lower arms and hands, forward tilt of the head |
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DANCE

Identify in Set Exercise: 1. Galop forward 2. Galop sideways 3. Walking on demi-pointe 4. Skips forward	5. Polka forward 6. 1 st on demi-pointe 7. Curtsy - <i>curtsy may be performed with foot behind on demi-pointe</i>
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Set Exercise: MUSIC TRACK 10

(Commence centre back facing **L** downstage front corner. Hands HIPS FIRM.)

1 - 8	8 WALKS FORWARD ON DEMI-POINTE COMMENCING WITH THE R FOOT	Hands Hips Firm
9 - 12	3 SIDE GALOPS TO THE R DOWNSTAGE FRONT CORNER, ON THE 3 RD GALLOP JUMP, FEET TOGETHER IN 1 ST	
13 - 16	TRAVELLING TO L DOWNSTAGE FRONT CORNER 3 GALOPS FORWARD WITH L FOOT IN FRONT, ON THE 3 RD GALLOP JUMP FEET TOGETHER IN 1 ST	

Turn to the **R** and circle towards centre back

1 - 8	COMMENCE WITH A HOP, 4 POLKAS FORWARD WITH LOW DÉVELOPPÉ COMMENCING WITH R FOOT
9 - 16	8 SKIPS FORWARD IN A CIRCLE COMMENCING WITH THE R FOOT [KNEES PARALLEL (FORWARD)]

Coda

1 - 3	RUN FORWARD TO CENTRE STAGE & FINISH 1 ST ON DEMI-POINTE, LOWER HEELS IN 1 ST , SIDE STEP TO THE R AND PLACE THE TIP OF THE L FOOT BEHIND THE SUPPORTING R LEG IN CURTSY POSITION, CURTSY.	Arms open through 1 st /2 nd to low 2 nd , palms facing down
4	RECOVER FROM CURTSY EXTENDING SUPPORTING LEG.	Maintain arms in low 2 nd

MUSICAL APPRECIATION**Rhythm Exercise: MUSIC TRACK 11 (see video)**

- ◆ 16 bounces (small sautés) in 4/4 rhythm with a clap on the 1st beat of each bar (i.e. Clap on counts 1, 5, 9, 13). (Commence with arms in Preparation, heels and toes together with NO TURNOUT.)

Technical Notes:

1. Knees must face forward over toes, not rotate inwards. This is a free movement for rhythm.
2. This relaxed movement is an exercise for stretching knees and feet in the air, for rhythm and elevation.
3. Ensure girls are not using upper body for elevation - MUST come from Plié.

MIME

Candidate needs to prepare own exercise to set Examination Music.

- ◆ "Happy" MUSIC TRACK 12
or
- ◆ "Sad" MUSIC TRACK 13

This will not be technically examined. Example of "happy" only shown on DVD. For the examination you must create your own mime to the appropriate music track.

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