

SKILLS PROGRAMME

GRADE ONE

(No impromptu combinations will be requested by the Examiner)

(REVISED: January 2005)

FREE EXERCISES

<p>1. Arm Positions: Attention Forward raise Upward stretch Side raise Neck rest Hips firm</p>	<p>2. Leg and Foot Positions: with hands in hips firm position Attention Toe point side Toe point forward Side lunge Side step</p>
<p>3. Bends: Forward <i>(trunk bend to floor, side step with upward stretch)</i> Side <i>(commence side step with arms at attention)</i> Back <i>(back trunk bend, hands hips firm with feet at attention)</i></p>	<p>4. Floorwork: Cross leg sit Long sit Body raise Kneeling positions . Single leg kneel . Double leg kneel . Prone kneel <i>(square back)</i> Kneeling arabesque <i>(from prone kneel)</i></p>

Set Exercise: MUSIC TRACK 19

- 1 - 2 ARMS FORWARD RAISE
 3 - 4 ARMS SIDE RAISE, **L** SIDE TOE POINT
 5 - 6 ARMS NECK REST, **L** SIDE LUNGE
 7 - 8 ATTENTION
 9 - 10 FACE **L** SIDE, **L** SIDE STEP, ARMS UPWARD STRETCH
 11 - 12 FULL FORWARD TRUNK BEND
 13 - 14 RECOVER
 15 - 16 LOWER ARMS THROUGH SIDE RAISE TO ATTENTION - **L** LEG TO ATTENTION
- 1 - 2 FACE FRONT, **L** SINGLE LEG KNEEL ARMS FORWARD RAISE
 3 - 4 PRONE KNEEL
 5 - 6 **L** LEG EXTEND INTO KNEELING ARABESQUE
 7 - 8 RECOVER
 9 - 10 SIT ON FLOOR TO **L** SIDE OF FEET - ARMS LOW OBLIQUE FINGER TIPS ON FLOOR
 11 - 12 LONG SIT FACING **R** SIDE
 13 - 14 CROSS-LEG SIT
 15 - 16 STAND TO ATTENTION THROUGH CROSS LEG RECOVERY POSITION

ROD EXERCISES

- 1. Undergrip:**
 Side raise twist
 Forward raise twist
 Side curve overhead
 Vertical twist

Set Exercise: MUSIC TRACK 20

- 1 - 2 **L** SIDE RAISE TWIST
 3 - 4 ATTENTION
 5 - 6 **L** SIDE RAISE TWIST WITH **R** CURVE OVERHEAD, **L** SIDE LUNGE
 7 - 8 ATTENTION
 9 - 16 REPEAT COUNTS 1 through 8 TO OPPOSITE SIDE
- 1 - 2 **L** FORWARD RAISE TWIST, **L** FORWARD TOE POINT
 3 - 4 ROD FORWARD RAISE, FEET TO ATTENTION
 5 - 6 **R** FORWARD RAISE TWIST, **R** FORWARD TOE POINT
 7 - 8 ATTENTION
 9 - 10 **L** SIDE STEP, **L** VERTICAL TWIST
 11 - 12 FULL FORWARD TRUNK BEND
 13 - 14 RECOVER
 15 - 16 **L** FOOT TO ATTENTION

CLUB SWINGING

<p>1. Inward: Full circle Headswing Backswing Side raise swing</p>	<p>2. Outward: Full circle Headswing Backswing Side raise swing Legswing Fold at side raise</p>
<p>3. Parallel: (L & R directions) Full circle Headswing Backswing Legswing Overhead wrist swing</p>	<p>4. Parallel (facing forward side) Forward raise swing Full circle (<i>alternating with forward raise swing</i>) Body swing Body cross Fold</p> <p>5. Parallel (facing backward side) Forward raise swing</p>
<p>6. Side Windmill: (L & R directions) Full circle Headswing</p>	<p>7. Side Windmill: (facing forward side) Forward raise swing Full circles</p>

Set Exercises: MUSIC TRACK 21

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*

- Inward:
- 1 FULL CIRCLE
 2 HEADSWING
 3 FULL CIRCLE
 4 HEADSWING
 5-6 BACKSWING
 7 FULL CIRCLE
 8 SIDE RAISE SWING & FINISH AT UPWARD STRETCH
 9-16 REPEAT THIS EXERCISE

CLUB SWINGING (contd)**Set Exercises: (contd)****Side Windmill - L & R Sides:**

- 1 FULL CIRCLE (to L)
- 2 HEADSWING (FULL CIRCLE WITH R HAND, COMMENCE FORWARD RAISE SWING WITH L HAND)
- 3-4 FORWARD RAISE SWINGS (L, R, L FACING FORWARD SIDE - L SIDE)
- 5-6 ONE FULL CIRCLE WITH EACH ARM (R THEN L)
- 7 TWO FORWARD RAISE SWINGS (R THEN L)
- 8 R ARM LEADS TO CIRCLE TO UPWARD STRETCH 9-16 Repeat to R side

FIGURE MARCHING

Mark time Forward march Side stepping

Set Exercise: MUSIC TRACK 22

(Commence at the centre back of the room and facing L side).

- 1 - 32 MARCH AROUND IN A CIRCLE BACK TO STARTING POSITION
- 1 - 8 FACE L AND MARK TIME
- 9 - 16 FACE FRONT AND MARK TIME
- 1 - 4 1 SIDE STEP TO L
- 5 - 8 Repeat
- 9 - 12 1 SIDE STEP TO R
- 13 - 16 Repeat
- 1 - 8 MARK TIME

AESTHETIC

1. Arm Positions: Preparation position 1 st position 2 nd position 3 rd position 4 th position 5 th position Low 2 nd position	2. Foot and Leg Positions 1 st position 2 nd position 3 rd position 5 th on demi-pointe Retiré
3. Head Positions ¼ turn Incline Forward tilt	4. Identify in Set Choreography: Coupé Fondu Chassé Low développé Dance mime

AESTHETIC (contd)**Set Exercise: MUSIC TRACK 23**

Commence with feet in 3rd **R** foot in front facing downstage **L** corner

Arms in Preparation

- 1 - 2 Chassé forward to **L** corner
 3 - 4 **L** back toe point
 5 - 6 Fondu on **R** leg and place **L** foot just behind ankle of **R** leg
 Rise in 5th on demi-pointe pivoting by the **L** to finish facing downstage **R** corner with **L** foot in front in 5th
 7 - 8 Lower to 3rd, **L** foot in front
 9 - 16 Repeat to the other side and finish facing downstage **R**
 1 - 6 Travelling downstage **R**, fondu on **L** leg, walk **R, L, R**
 2nd
 7 - 8 Step forward on **L** foot and fondu placing tip of **R** foot behind supporting **L** leg (curtsy position)
 9 - 12 Rise in 5th on demi-pointe **L** foot in front
 13 - 16 Face front, side step to **L** and place tip of **R** foot behind supporting **L** leg in curtsy position, curtsy and recover from curtsy extending supporting leg.

Arms 1st

Arms 2nd

Arms 1st (through Prep.)

Arms 5th

Arms through 2nd

Finish arms in Preparation

Arms 5th

Arms 2nd (through Prep) to 1st to

Listening Mime- **L** arm to 2nd palm

facing down and **R** hand by ear .

Dance Mime -Rolling the hands whilst carrying the arms through 1st to 5th.

Arms to low 2nd palms facing down

TURNOUT EXERCISE: MUSIC TRACK 24

Commence feet in 1st, arms in preparation. Using all the music execute to **L** side only.

- 1 DEMI Plié
 2 RECOVER
 3 DEMI Plié
 4 RECOVER
 5 RISE IN 1ST (DO NOT KEEP HEELS TOGETHER)
 6 LOWER HEELS
 7 **L** SIDE TOEPOINT ,
 AND LOWER HEEL IN 2nd ,
 8
 1-2 GRAND (DEEP) Plié IN 2nd ,
 3-4 RECOVER ,
 5 RISE IN 2nd
 6 LOWER HEELS
 7 **L** SIDE TOEPOINT ,
 8 CLOSE **L** FOOT TO 1st ,

Arms to 1st

Arms to 2nd

Lower arms to preparation

Open arms to low 2nd

Bring arms back to preparation

Open arms to low 2nd

Arms to preparation

Examiner may request exercise be repeated to **R** side

DANCE

1. Identify in Set Exercise: Side galop Temps levé in forward attitude Petit jetés Coupé	Spring points Polka Sautés
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Set Exercise: MUSIC TRACK 25

Commence with side step to the **L** and place the tip of the **R** foot behind the supporting **L** leg in curtsy position

Arms to low 2nd

1 - 4	1 Galop to the R side temps levé with L leg forward attitude	Arms 2 nd Arms 3 rd
5 - 8	1 Galop to L side temps levé with R leg forward attitude	Arms 2 nd Arms 3 rd
9 - 12	1 Galop to R side temps levé with L leg forward attitude	Arms 2 nd Arms 3 rd
13 - 16	1 Galop to L side temps levé with R leg forward attitude	Arms 2 nd Arms 3 rd
1 - 3	3 Petit Jetés commencing with a spring forward onto the R foot	Arms Preparation
4	Pause in position - R supporting leg in fondu with L foot slightly above and behind R ankle	
5 - 7	3 Petit Jetés commencing with a spring forward onto the L foot with R foot at back	Arms preparation
8	Pause in position - L supporting leg in fondu with R foot slightly above and behind L ankle	
9 - 11	Coupé with R foot extending L foot forward 3 Spring points forward L, R, L	Arms 1 st Arms 2 nd
12	Pause in position	
13 - 15	3 Spring points forward R, L, R	Arms 2 nd
16	Pause in position	

Travelling by **R** in big circle

1 - 8	Commence with a straight leg lift on R foot 4 Polkas forward (elevated, with both feet extended in 3rd in the air) and with low développé (finish centre back)	Arms 3 rd side to side (soft flowing hands)
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Coda

1 - 8	Run to centre stage finish with feet in 1 st demi-plié	Arms 1 st to low 2 nd
9 - 14	3 Sautés in 1 st	Arms preparation
15 - 16	¼ turn to downstage L, L foot forward point with ¼ turn of the head looking forward	Arms 4 th , R arm up

MUSICAL APPRECIATION

- DISTINGUISH MARCH TIME AND/OR WALTZ TIME.
- CLAP IN TIME TO MARCH AND/OR WALTZ TIME.

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