

SKILLS PROGRAMME

STANDARD GRADE ONE

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

(Revised January 2004)

FREE EXERCISES

<p>1. Arm Positions: Attention Forward raise Upward stretch Side raise Neck rest Hips firm</p>	<p>2. Leg and Foot Positions: <i>with hands in hips firm position</i> Attention Toe point side Toe point forward Side lunge Side step</p>
<p>3. Bends: Forward trunk bend <i>(commence side step and keeping the arms straight slide the hands down the legs as you bend forward)</i> Side <i>(commence side step with arms 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 AT ATTENTION
- 11 - 12 FULL FORWARD TRUNK BEND (sliding the hands down the legs)
- 13 - 14 RECOVER
- 15 - 16 **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 **R** VERTICAL TWIST
 13 - 14 **L** SIDE TOE POINT WITH ROD IN UPWARD STRETCH
 15 - 16 **L** FOOT AND ROD TO ATTENTION

CLUB SWINGING

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

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 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
3. Head Positions ¼ turn Incline Forward tilt	4. Identify in Set Choreography: Fondu Chassé Low développé Dance mime

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

Commence with feet in 3rd **R** foot in front facing the front

Arms in Preparation

- 1 - 2 Chassé forward
 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 the front **L** foot in front in 5th on demi-pointe
 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**
 7 - 8 Step forward on **L** foot and fondu placing tip of **R** foot behind supporting **L** leg (curtsy position)

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 2nd
 Listening Mime- **L** arm to 2nd palm facing down and **R** hand by ear.

- 9 - 12 Rise in 5th on demi-pointe **L** foot in front

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

- 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 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 Forward toepoint	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 Side step to R and L forward toepoint with fondu	Arms 2 nd Arms 3 rd
5 - 8	1 Galop to L side Side step to L and R forward toepoint with fondu	Arms 2 nd Arms 3 rd
9 - 12	1 Galop to R side Side step to R and L forward toepoint fondu	Arms 2 nd Arms 3 rd
13 - 16	1 Galop to L side Side step to L and R forward toepoint fondu	Arms 2 nd Arms 3 rd
1 - 2	Close into demi pli� in 1st	Arms preparation
3 - 4	Straighten the legs	Arms preparation
5 - 6	Rise in 1 st	Arms preparation
7 - 8	Lower heels	Arms preparation
9 - 10	Demi pli� in 1st	Arms preparation
11 - 12	Straighten the legs	Arms preparation
13 - 14	Rise in 1 st	Arms preparation
15	Lower heels	Arms preparation
16	R forward toepoint	Arms low 2 nd

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 d�velopp� (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-pli�	Arms 1 st to low 2 nd
9 - 14	3 Saut�s in 1 st	Arms preparation
15 - 16	� turn to downstage L , L foot forward point with � turn of the head looking forward	Arms 4 th , R arm up

MUSICAL APPRECIATION

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

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