

SKILLS PROGRAMME

GRADE TWO

(January 2005)

FREE EXERCISES

<p>1. Arm Positions: Sidways oblique – <i>up or down</i> Arms folded (<i>either in front at shoulder level or behind back</i>)</p>	<p>2. Leg and Foot Positions: <i>with hands in hips firm position</i> Knee raise Toe point backward Side leg raise Squat Step forward or backward Toe point forward or side with fondu</p>
<p>3. Bends: Forward (<i>half forward trunk bend, feet at attention, arms neck rest</i>) Side (<i>feet at side step, one arm upward stretch, other folded behind back with hand gripped</i>) Back (<i>back trunk bend with forward toe point, arms neck rest</i>)</p>	<p>4. Floorwork: Straddle/legs astride sit (<i>forward bend over each leg, hands under instep</i>) Supine lie - leg raises (i) <i>single</i> (ii) <i>double – through bent knees</i> (iii) <i>straddle</i> Prone lie - single leg raises</p>

Set Exercise: MUSIC TRACK 26

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|----|---|----|--|
| 1 | - | 2 | ARMS SIDEWAYS OBLIQUELY UP, L FORWARD TOE POINT WITH FONDU |
| 3 | - | 4 | ARMS SIDEWAYS OBLIQUELY DOWN, L BACKWARD STEP |
| 5 | - | 6 | ARMS FOLDED IN FRONT, R SIDE TOE POINT |
| 7 | - | 8 | CIRCLE ARMS SIDEWAYS TO NECK REST, R SIDE LEG RAISE |
| 9 | - | 10 | ARMS FORWARD RAISE, MAINTAIN LEG RAISE |
| 11 | - | 12 | ARMS SIDE RAISE, R SIDE LUNGE |
| 13 | - | 14 | FACE R SIDE - LIFT ARMS TO UPWARD STRETCH, R FORWARD TOE POINT |
| 15 | - | 16 | LOWER ARMS THROUGH FORWARD RAISE TO ATTENTION |
| | | | |
| 1 | - | 2 | PASS THROUGH CROSS LEG SIT TO |
| 3 | - | 4 | STRADDLE/LEGS ASTRIDE SIT, FINGERTIPS ON FLOOR BEHIND |
| 5 | - | 6 | BEND FORWARD OVER L LEG HOLDING FOOT |
| 7 | - | 8 | RECOVER |
| 9 | - | 10 | LONG SIT |
| 11 | - | 12 | SUPINE LIE, SINGLE LEG RAISE WITH R LEG |
| 13 | - | 14 | CROSS LEG SIT |
| 15 | - | 16 | STAND TO ATTENTION FACING FRONT |

ROD EXERCISES

<p>1. Undergrip: Side oblique twist – <i>up or down</i> Forward oblique twist – <i>up or down</i> Simple strike (<i>to be executed from a twist as requested</i>) Side raise twist with neck rest Upward stretch Rod across shoulders Single flash</p>
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Set Exercise: MUSIC TRACK 27

- 1 - 2 **L** SIDE LUNGE, **L** SIDE OBLIQUE TWIST UP
- 3 - 4 **L** SIDE LUNGE, **R** SIDE OBLIQUE TWIST DOWN
- 5 - 6 **L** SIDE LUNGE, ROD FORWARD RAISE
- 7 - 8 ATTENTION
- 9 - 16 REPEAT COUNTS 1 through 8 TO **R** SIDE

- 1 - 2 SINGLE FLASH TO **L**
- 3 - 4 SINGLE FLASH TO **L**
- 5 - 6 **L** FORWARD RAISE TWIST
- 7 - 8 SIMPLE STRIKE FORWARD (SHOULDER LEVEL), **L** TOE FORWARD POINT
- 9 - 10 **L** SIDE RAISE TWIST WITH **R** NECK REST, FEET TO ATTENTION
- 11 - 12 ROD FORWARD RAISE, **R** SIDE LEG RAISE
- 13 - 14 ROD ACROSS SHOULDERS, **R** SIDE LUNGE
- 15 - 16 ATTENTION

CLUB SWINGING

<p>1. Inward: Legswing Double fold at side raise Overhead wristswing Chest swing Front to back turning</p>	<p>2. Inward (<i>facing side</i>) Forward raise swing Body swing to front</p>
<p>3. Outward Overhead wristswing Chestswing Front to back turning</p>	<p>4. Outward (<i>facing side</i>) Forward raise swing Body swing to front</p>
<p>5. Parallel: (<i>L& R directions</i>) Side raise swing Front to back turning</p>	<p>6. Parallel: (<i>L&R directions</i>) -<i>facing forward side</i> Single wrist cross</p> <p>7. Parallel: (<i>L&R directions</i>) -<i>facing backward side</i> Full circle -<i>alternating with forward raise swing</i> Single wristcross Double fold</p>
<p>8. Side Windmill (<i>L&R directions</i>) Backswing Front to back turning</p> <p>9. Side Windmill (<i>L&R directions</i>) -<i>facing forward side</i> Double fold</p>	<p>10. Outward Windmill Full circle Headswing Side raise swing</p>

CLUB SWINGING (contd)

Set Exercises: MUSIC TRACK 28

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

Parallel - to L Side:

- 1 - 2 FULL CIRCLE INTO SIDE RAISE SWING
- 3 - 5 FACE FORWARD SIDE & FOLD
- 6 FORWARD RAISE SWING
- 7 - 8 FACE FRONT & BACKSWING
- 9 FACE BACKWARD SIDE: FORWARD RAISE SWING
- 10 - 11 ALTERNATE FULL CIRCLE (L ARM); WITH FWD. RAISE SWING (R HAND); THEN (R ARM/ L HAND)
- 12 - 14 FOLD
- 15 FACE FRONT: FULL CIRCLE INTO LEGSWING
- 16 FINISH AT UPWARD STRETCH

Outward Windmill:

- 1 FULL CIRCLE (COMMENCING WITH L HAND)
- 2 HEADSWING
- 3 FULL CIRCLE
- 4 HEADSWING
- 5 FULL CIRCLE
- 6 SIDE RAISE SWING
- 7 - 8 FULL CIRCLE TO UPWARD STRETCH
- 9 - 16 REPEAT COUNTS 1 through 8 COMMENCING WITH R HAND

FIGURE MARCHING

Corner turning Marking time with headturns Mark time moving forward Forward step to attention	<i>Note:</i> The accepted method of cornering for this exam is shown on the video.
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Set Exercise: MUSIC TRACK 29

(Commence in **Left** back corner facing front).

- 1 - 14 MARK TIME MOVING FORWARD, HEAD TURN EVERY 4 BEATS
i.e. L head turn 1, R head turn 5, L head turn 9, head to front 13
- 15 - 16 FORWARD STEP TO ATTENTION
- 1 - 4 2 SIDE STEPS TO L
- 5 - 8 2 SIDE STEPS TO R
- 9 - 16 MARK TIME

AESTHETIC

1. Arm Positions: 1 st arabesque alignment 2 nd arabesque alignment Demi bras	2. Foot and Leg Positions 4 th position 4 th crossed 5 th position Retiré
3. Identify in Set Choreography: Chassé Demi plié Low arabesque Low développé Classical kneel	

AESTHETIC (contd)**Set Exercise: MUSIC TRACK 30**

Introduction

Commence facing front with tip of the **L** foot behind the supporting **R** leg in curtsy position

Lift and place **L** foot behind **R** and rise on demi-pointe in 5th - **R** foot in front
Lower heels to 5th

- 1 - 2 **R** foot Chassé forward
3 - 4 **L** back toe point
- 5 - 6 Lower **L** foot in demi-plié 4th crossed
7 - 8 Recover to **R** forward toe point

- Close feet in 3rd
9 - 12 Chassé to **R**, **L** side toe point
Close to 3rd
13 - 16 Chassé to **L**, **R** side toe point
Close to 3rd

Coda

- 1 - 8 Rise on demi-pointe with a ¼ head turn to **R** downstage cnr. slightly lifting **R** leg forward with well extended **R** foot
4 quick walks forward to downstage **R** corner finishing in 5th on demi-pointe **R** in front

- 1 - 2 Chassé forward with **R** foot facing downstage **R** corner
3 - 4 Recover to **L** back toe point
5 - 6 Lift **L** leg into low arabesque
7 - 8 Bring **L** leg from arabesque with a low développé forward and finish in 5th on demi-pointe **L** foot in front
9 - 12 Travelling by the **L**, 8 runs in a semi circle to centre stage finishing facing front - 5th on demi-pointe **L** in front
13 - 14 Step to the **R** taking **L** leg into classical kneel facing downstage **L** corner - weight slightly forward over knee

- 15 Recover to 5th on demi-pointe **R** foot in front

- 16 Step to the **L** extending **R** foot to side toe point
Place **R** foot behind in curtsy position

Demi plié in curtsy position
Recover from curtsy - extending **L** supporting leg

Head turn
downstage **L** cnr.

Arms commence low 2nd and softly lower to Preparation

Arms 1st, 5th

Arms 2nd to Preparation

Arms 1st
Arms 4th **L** arm overhead
eyes to downstage **L** corner
Arms 2nd
Arms 4th [Circle **R** arm thru Prep]
¼ Head turn to downstage **R** cnr.
Arms 2nd to 1st
Arms 1st to 2nd
Arms Preparation
Arms 1st to 2nd
Arms Preparation

Arms 1st to 2nd, eyes to front

Arms 1st
Arms 2nd arabesque
Arms 1st arabesque [thru 1st]
Arms 1st
Arms 5th
Arms opening to low 2nd

R arm in low 2nd
taking **L** hand to the **L**
shoulder - fingers lightly
touch the shoulder, ¼ turn
of the head to look to **R**
downstage corner
Dance mime –Rolling the hands
forward whilst carrying the arms
through 1st to 5th.

R arm 1st to 2nd followed by
L arm 1st to 2nd

Arms in low 2nd
Arms slowly lift to 5th and finish
with **L** hand framing **R** side of the
face with palm facing away and
R hand placed under **L** elbow
(palm facing down) ¼
looking to

TURNOUT EXERCISE: MUSIC TRACK 31

Commence feet in 1st, facing **L** front corner, arms in preparation position

1-2	CHASSÉ L FOOT TO 4 th WITH A PLIÉ ,	Arms to 1 ST
3-4	STRAIGHTEN LEGS ,	Arms to 2 ND arabesque
5-6	RISE IN 4 TH ,	Arms to 2 nd position
7-8	LOWER HEELS ,	Arms to 1 st arabesque
9-10	DEMI PLIÉ ,	Arms to 1 st position
11-12	STRAIGHTEN LEGS,	Arms to 5 th position
13-14	L SIDE TOEPOINT , FACE FRONT ,	Arms to 2 nd position
15-16	CLOSE L FOOT TO 1 ST TURNING TO R CORNER ,	Arms preparation

THIS EXERCISE IS PERFORMED WITH VERY SLOW COUNTS. REPEAT TO OTHER SIDE.

DANCE

<p>1. Identify in Set Exercise: Polka Skipping Retiré Spring points Temps levé in forward attitude</p>	<p>Galop Soutenu Petite jetés Relevé</p>
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Set Exercise: MUSIC TRACK 32

Commence facing front with tip of the **R** foot behind the supporting **L** leg in curtsy position

Arms low 2nd

1 - 8	Commencing R foot, 4 forward Polkas with low développé travelling to downstage R corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing R foot, 4 backward Polkas taking the working leg through a retiré	Same arm as leg presenting to 2 nd with head following arm
1 - 8	Commencing R foot, 4 forward Polkas with low développé travelling to downstage L corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing R foot, 8 backward Skips, slightly elevated with knees turned out	Arms 5 th
1 - 8	Facing the front 3 Spring points forward R, L, R , pause 3 Spring points forward L, R, L , pause	Arms 2 nd
9 - 10	L step to 2 nd temps levé in forward attitude R leg	Arms 4 th
11 - 12	Galop to R	Arms 2 nd
13 - 14	R step to 2 nd temps levé in forward attitude L leg	Arms 4 th
15 - 16	Galop to L	Arms 2 nd
1 - 8	3 Spring points forward R, L, R , pause 3 Spring points forward L, R, L , pause	Arms 2 nd
9 - 10	L step to 2 nd temps levé in forward attitude R leg	Arms 4 th
11 - 12	Galop to R	Arms 2 nd
13 - 14	R step to 2 nd temps levé in forward attitude L leg	Arms 4 th
15 - 16	Galop to L	Arms 2 nd

DANCE (contd)**Set exercise: (contd)**

Coda

- | | | |
|--------|---|---|
| 1 - 4 | Step to L soutenu turn finishing facing front L foot in front | Arms 5 th |
| 5 - 12 | 8 Petit jetés commencing with jump onto R foot
Finish with relevé in 5 th L foot in front | Arms Preparation
R arm in 5 th
L hand on the hip |

MUSICAL APPRECIATION

- ◆ DISTINGUISH MARCH, WALTZ AND/OR POLKA TIME

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