

## *Examiners Advisory Board*

Late last year the Examiners Advisory Board was pleased to announce that the updated Calisthenic Skills package was at last ready for distribution. The process has taken many hours over the last two years with an effort to keep the cost to a minimum. The total package is comparable in price to the previous 4 videos, which were required and now for the first time also includes the medals. As part of the package the document "Guidelines for Coaches and Candidates" has been developed and an excerpt appears below.

### **INTRODUCTION**

The examination system was first introduced in 1979 to raise the standard of calisthenics and to unify terminology and technique throughout Australia.

The system consists of three divisions – TESTS, GRADES and MEDALS. Within these divisions there is a logical progression through the various elements, which make up the foundation of calisthenics.

### ***A BRIEF OUTLINE OF THE DIVISIONS***

#### ***TESTS 1, 2 & 3***

The three Tests are designed to introduce younger students to the procedure of exams, to emphasise the importance of developing correct technique, and to encourage confidence.

#### ***GRADES 1, 2, 3 & 4***

By progressing steadily through the Grades, the student builds a comprehensive vocabulary of terminology and a firm understanding of the requirements of basic calisthenics. It also allows the student to develop at their own pace and within their capabilities. Throughout the Grades, combinations of movements are introduced to reinforce the terminology learnt. The examiner can request unrehearsed combinations.

#### ***PREPARATORY GRADE 3***

This Grade was introduced as a 'stepping stone' to the higher levels, where more emphasis is placed on developing classical technique, placement and style. Depending on the background of their previous learning, a student may find benefit working with this level together with Grade 3 in preparation for the higher levels. In the dance section there is an introduction to jazz technique whereas in Grade 3 the dance is of classical style.

#### ***STANDARD GRADES 3 & 4***

*These Grades do not qualify for solo entry.* The recent introduction of these Grades was made to cater for students who are not required to learn classical dance as part of their team curriculum. The syllabus also makes allowances for those who are slightly restricted in natural flexibility by offering optional versions of several movements. The aesthetic section has a smaller progression in difficulty from the lower Grades, and the dance section begins with jazz exercises, moving on to basic steps for a jazz routine. No impromptu combinations of movements will be requested by the examiner.

### ***MEDALS***

Candidates must achieve Grade 4 before commencing Medals. Minimum ages apply to Grade 4 and higher

The Medals have been created with the more mature student in mind and whilst they draw on the technique established in the Grades, they are designed to develop performing skills, quality of movement, musicality and a sense of floor pattern and space. Advanced movements in all facets of calisthenics must be mastered to a high standard with a separate mark being allocated for each movement, which must reach the required standard to pass the overall exam.

Self-choreographed routines introduce the student to the art of choreography and, working with the coach, the student can explore creativity in designing routines to enhance their own capabilities.

### ***FUTURE DEVELOPMENTS***

The EAB continue to work to ensure the Calisthenic Skills programme enriches all participants.

- The Examiner Handbook is nearing completion
- Work will commence shortly on an Administrators handbook to assist those who volunteer for this position in their own state/territory
- Production of an Examiner music CD
- A joint EAB/AAB project with the AIS to develop competencies for Officiating Athletes with a Disability
- Encouraging Coaches to train as Examiners

Correspondence from the Calisthenic Fraternity, relating to the Calisthenic Skills Programme, with the EAB is always welcome. Please keep in mind the meeting dates of May and November.

Correspondence can be addressed to the:

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