



SKILLS PROGRAMME

GRADE ONE

(Arm and leg movements, including the use of apparatus, may be requested in any section)

(REVISED: October 2013)

FREE EXERCISES

<p>1. <u>Arm Positions:</u> Attention Forward Raise Upward Stretch Side Raise Neck Rest Hips Firm</p>	<p>2. <u>Leg and Feet Positions:</u> <i>with hands in the Hips Firm position</i> Toe Point - Side - Forward - Backward Side Lunge Side Step Turning Lunge Turning Step</p>
<p>3. <u>Bends:</u> Full Forward Trunk Bend <i>Commence in Side Step with Upward Stretch</i> Side Bend (to the L or R) <i>Commence in Side Step with arms at Neck Rest</i> Back Trunk Bend <i>Commence in Side Step with hands Hips Firm</i></p>	<p>4. <u>Floorwork:</u> Body Raise Kneeling Positions: - Single Leg Kneel - Double Leg Kneel - Prone Kneel - <i>with a square back</i> Kneeling Arabesque - <i>from Prone Kneel</i> Single Kneel with Side Leg Extension and Hands in the Neck Rest Position</p>

Set Exercise: MUSIC TRACK 1

- 1 - 2 **L** Backward Toe Point with arms Forward Raise
- 3 - 4 **L** Side Toe Point with arms Side Raise
- 5 - 6 **L** Side Lunge with **R** arm Neck Rest and **L** arm Hips Firm
- 7 - 8 Recover **L** foot to **L** Side Step with both hands at Neck Rest
- 9 - 10 Side Bend to the **R**
- 11 - 12 Recover
- 13 - 14 Facing the **L** side, Step forward with the **L** foot and Kneel on the **R** leg with arms Forward Raise
- 15 - 16 Prone Kneel

- 1 - 2 Lift the **R** leg into a Kneeling Arabesque
- 3 - 4 Recover to Prone Kneel
- 5 - 6 Sit to **L** of body and turn by the **R** to face the **R** side of the room
- 7 - 8 Long Sit
- 9 - 10 Body Raise
- 11 - 12 Recover
- 13 - 14 Double Kneel facing the front
- 15 Single Kneel lifting the **R** leg forward, **L** arm Forward Raise, **R** arm Neck Rest
- 16 Stand to Attention.

ROD EXERCISES

<p>1. Under Grip: Side Raise Twist Forward Raise Twist Side Raise Twist with Curve Overhead Vertical Twist Single Flash</p>	<p>Single Hand Strike – <i>can be requested in any position as per the Technical Guide</i> Arms Folded at Forward Raise Side Raise Twist and Side Raise Twist with Curve Overhead may be requested with a Flash or Twist entry</p>
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Set Exercise: MUSIC TRACK 2

- 1 - 2 Flash or Twist into **L** Side Raise Twist with **L** Side Toe Point
- 3 - 4 **L** Side Lunge with Curve Overhead to the **L**
- 5 - 6 Recover to **L** Side Toe Point with arms Forward Raise
- 7 - 8 Attention
- 9 - 10 **R** Single Flash
- 11 - 12 **R** Single Flash
- 13 - 14 **R** Side Lunge with **R** Side Raise Twist
- 15 - 16 Attention.

- 1 - 2 **L** Forward Toe Point with **L** Forward Raise Twist
- 3 - 4 Attention
- 5 - 6 **R** Backward Toe Point with **R** Forward Raise Twist
- 7 - 8 Attention
- 9 - 10 Turn to face the **L** and **L** Side Step to the **Back**, Twist **R** hand to Vertical Twist
- 11 - 12 Forward Truck Bend
- 13 - 14 Recover
- 15 - 16 Turn to face the **Front** bringing the **L** foot to Attention and Unflash/Slide **L** hand across to Rod across Legs.

CLUB SWINGING

<p>1. Inward: Full Circle Head Swing Back Swing Side Raise Swing</p>	<p>2. Outward: Full Circle Head Swing Back Swing Side Raise Swing Leg Swing Double Fold at Side Raise</p>
<p>3. Parallel: (L& R directions) Full Circle Head Swing Leg Swing Overhead Wrist Swing</p>	<p>4. Parallel: facing the Forward side Forward Raise Swing Full Circles - Alternating with Forward Raise Swings Body Swing to the Back and the Front Body Cross Double Fold</p> <p>5. Parallel: facing the Backward side Forward Raise Swing</p>
<p>6. Side Windmill: (L& R directions) Full Circle Head Swing</p>	<p>7. Side Windmill: facing the Forward side Forward Raise Swing Full Circles</p>

CLUB SWINGING (cont'd)**Set Exercises: MUSIC TRACK 3***On the 4 bar introduction -*

- 1 - 2 Wait standing at Attention with the clubs along the arms
- 3 - 4 Side Step to the **L** and swing the clubs Inward to Upward Stretch

Inward:

- 1 Full Circle
- 2 Head Swing
- 3 Full Circle
- 4 Side Raise Swing
- 5 - 6 Circle to Back Swing
- 7 Circle to Head Swing
- 8 Upward Stretch

Outward:

- 1 Full Circle
- 2 Head Swing
- 3 Side Raise Swing
- 4 - 6 Double Fold
- 7 Leg Swing
- 8 Full Circle to Upward Stretch

Side Windmill:

- Commence with the **R** arm to the **L** Side*
- 1 Full Circle to the **L**
- 2 Head Swing
- 3 - 4 Face the **Forward** side (**L**) and Forward Raise Swings **L, R, L**
- 5 - One Full Circle with each arm, **R** then **L**
- 6 One Forward Raise Swing with each hand, **R** then **L**
- 7 Face the **Front** then Full Circle
- 8 Head Swing
- 9 - 16 **Repeat** to the **R** side.

FIGURE MARCHING**Identify in Set Exercise:**

Marking Time
 Forward March with arm swinging
 Side Stepping
 Corner Turns

Note: The accepted method of corner turns for this examination is shown on the DVD

Set Exercise: MUSIC TRACK 4*Commence in the **upstage R** corner and facing the **L** side*

- 1 - 32 Forward March with arm swinging, around in a square with corner turns on counts 7, 15, 7, 15, back to starting position
- 1 - 8 Face the **L** side and Marking Time
- 9 - 16 Face the **Front** and Marking Time
- 1 - 8 2 Side Steps to the **L**
- 9 - 16 2 Side Steps to the **R**
- 1 - 4 Marking Time to the **Front**
- 5 - 8 Marking Time facing the **L** side

AESTHETIC

Expression is required in set choreography

<p>1. <u>Arm Positions:</u> Preparation Position 1st Position 2nd Position 3rd Position 4th Position 5th Position Low 2nd Position</p>	<p>2. <u>Leg and Feet Positions:</u> 1st Position 2nd Position 3rd Position 5th on Demi-pointe</p> <p><u>NOTE:</u></p> <p><u>DEVANT</u> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><u>DERRIÈRE</u> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p>
<p>3. <u>Head Positions:</u> Quarter Turn (¼ Turn) Incline Forward Tilt</p>	<p>4. <u>Identify in Set Choreography:</u> Chassé Fondu Low Développé Dance Mime</p>

Set Choreography: MUSIC TRACK 5

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

Arms in Preparation

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| <p>1 - 2 Chassé forward (devant) with the R foot</p> <p>3 - 4 L Toe Point (derrière) to the back</p> <p>5 - 6 Fondu on the R leg and place the L foot (derrière) just behind the ankle of the R leg</p> <p>Rise in 5th on Demi-pointe pivoting by the L to finish facing the downstage R corner, L foot in front (devant)</p> <p>7 - 8 Lower to 3rd Position, with the L foot in front (devant)</p> <p>9 - 16 Repeat to the other side and finish facing downstage R with feet in 5th on Demi-pointe R foot in front</p> <p>1 - 6 Travelling downstage R, Fondu on the L leg, walk R, L, R through Low Développé</p> <p>7 - 9 Step forward on the L foot and Fondu, placing the tip of the R foot behind (derrière) in the Curtsey position</p> <p>10 - 12 Rise in 5th on Demi-pointe, with the L foot in front (devant)</p> <p>13 - 16 Face the Front, Side Step to the L and place the tip of the R foot behind (derrière) in the Curtsey position (Classical pose), Curtsey and recover from Curtsey extending the supporting leg.</p> | <p>Arms 1st</p> <p>Arms 2nd</p> <p>Arms 1st (through Preparation)</p> <p>Arms 5th in 5th on Demi-pointe</p> <p>Arms through 2nd</p> <p>Finish arms in Preparation</p> <p>Arms 5th</p> <p>Arms 2nd (through Prep) to 1st to 2nd</p> <p>Listening Mime - L arm to 2nd palm facing down and R hand by ear</p> <p>Dance Mime - Rolling the hands whilst carrying the arms through 1st to 5th.</p> <p>Arms to Low 2nd with the palms facing down</p> |
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TURNOUT EXERCISE: MUSIC TRACK 6

*Commence with feet in 1st, arms in Preparation. Use **all** the music to execute to the **L** side only.*

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| 1 - 2 | Demi-plié | |
| 3 - 4 | Recover | |
| 5 - 6 | Demi-plié | |
| 7 - 8 | Recover | |
| 9 - 10 | Rise in 1 st Position (do <u>not</u> keep the heels together) | |
| 11 - 12 | Lower the heels | |
| 13 - 14 | L Side Toe Point | Arms to 1 st |
| 15 - 16 | Lower heel in 2 nd Position | Arms to 2 nd , lower to Preparation |
| 1 - 4 | Grand (deep) plié in 2 nd Position | Open arms to Low 2 nd with a ¼
Turn of the Head to the L |
| 5 - 8 | Recover | Bring arms back to Preparation |
| 9 - 10 | Rise in 2 nd Position | |
| 11 - 12 | Lower the heels | |
| 13 - 14 | L Side Toe Point | Open arms to Low 2 nd with a ¼
Turn of the Head to the L |
| 15 - 16 | Close L foot to 1 st Position. | Arms to Preparation |

DANCE

Expression is required in set choreography

<p>1. <u>Identify in Set Choreography:</u></p> <p>Galop - Side Temps Levé in Low Retiré - <i>with the foot Behind (derrière)</i> Petit Jetés</p>	<p>Coupé Spring Points Polka - Forward Sautés</p> <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p><u>NOTE:</u></p> <p><i>DEVANT</i> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><i>DERRIÈRE</i> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p> </div>
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Set Choreography: MUSIC TRACK 7

	<i>Commence with a Side Step to the L and place the tip of the R foot behind (derrière) in the Curtsey position (Classical pose)</i>	Arms to low 2 nd
1 - 4	1 Galop to the R side Temps Levé with L foot in Low Retiré behind (derrière)	Arms 2 nd Arms 3 rd (L arm forward)
5 - 8	1 Galop to the L side Temps Levé with R foot in Low Retiré behind (derrière)	Arms 2 nd Arms 3 rd (R arm forward)
9 - 12	1 Galop to the R side Temps Levé with L foot in Low Retiré behind (derrière)	Arms 2 nd Arms 3 rd (L arm forward)
13 - 16	1 Galop to the L side Temps Levé with R foot in Low Retiré behind (derrière)	Arms 2 nd Arms 3 rd (R arm forward)
1 - 3	3 Petit Jetés commencing with a spring onto the R foot with the L foot (derrière) at the back	Hands in Hips Firm
4	Pause in position - R supporting leg in Fondu with the L foot slightly above and (in derrière) behind the R ankle	
5 - 7	3 Petit Jetés commencing with a spring onto the L foot with the R foot (derrière)at the back	Hands in Hips Firm
8	Pause in position - L supporting leg in Fondu with the R foot slightly above and (in derrière) behind the L ankle	
9 - 11	Coupé with the R foot, extending L foot forward	Arms 1 st
12	3 Spring Points forward (devant) L, R, L Pause in position	Arms 2 nd
13 - 15	3 Spring Points forward (devant) R, L, R	Arms 2 nd
16	Pause in position	
	<i>Travelling by the R in a large circle</i>	
1 - 8	Commence with a straight leg lift of the R leg 4 Polkas forward passing through Low Développé (elevated, with both legs and feet extended in 3rd Position in the air) (finish at Centre Back)	Arms 3 rd side to side (soft flowing hands)
Coda		
1 - 8	Run to Centre Stage , finish with feet in 1 st Position Demi-plié	Arms 1 st to 2 nd to Low 2 nd
9 - 14	3 Sautés in 1 st Position	Arms Preparation
15 - 16	Quarter Turn to downstage L corner , L foot Toe Point forward (devant) with a 1/4 Turn of the Head looking to front	Arms 4 th with the R arm up

The following will be assessed throughout the exam:

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

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