SKILLS PROGRAMME
GRADE THREE

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

FREE EXERCISES

1. Arm Positions:
   - Curve overhead
   - Obliquely forward up
   - Obliquely forward down
   - Obliquely forward mixed
   - Overhead wrist cross
   - Clasp overhead

2. Leg and Feet Positions:
   - Lunge backward - hands in hips firm position
   - Lunge forward - hands in hips firm position
   - Rotating toe point with straight leg
     hands in hips firm position
   - Rotating toe point with fondu
     hands in hips firm position
     (forward, side to backward toe point)
   - Leg mount
     arm curve overhead
   - Low arabesque
     hands at neck rest

3. Bends:
   - Half forward trunk bend
     side step, arms upward stretch
   - Side
     side step, arms upward stretch,
   - Kneeling lean back
     hands neck rest
     (double leg kneel, lean back maintaining
     straight line from knees to the top of the head)

4. Floorwork:
   - Legs astride sit - chest to floor
     (holding feet under insteps or palms flat
     on the floor)
   - Split - either leg
   - Long sit single leg raise through développé
     (holding heel or ankle) - either leg
   - Prone lie single leg raise - either leg
   - Side lying leg raise through développe - either leg

Set Exercise: MUSIC TRACK 1

1-2 Face front R forward toe point, overhead wrist cross
3-4 R rotating toe point (front to back) to step back, arms side obliquely down
5-6 L side toe point, arms neck rest
7-8 Prepare for L side leg mount, R arm hips firm
9-12 Lift leg to L side leg mount, R arm to curve overhead
13-14 L side lunge, arms side obliquely down
15-16 L single kneel facing R side, arms forward raise

1-2 R forward split arms side obliquely down to floor
3 Turn to face L side taking R leg around to long sit, arms behind obliquely down
4 Bend L leg to the body and hold heel with both hands
5-6 L single leg raise forward through développé, holding heel or ankle
7 Lower L leg to long sit
8 Face R prone lie
9-10 Prone lie L single leg raise
11-12 Prone lie
13-14 Pull back on double kneel
15 Lift R leg to single kneel
16 Stand to attention facing the front
**ROD EXERCISES**

1. **Under Grip:**
   - Back oblique down twist
   - Rod across back
   - Back twist
   - Multiple flashing

2. **Top Grip**
   - Forward raise
   - Upward stretch
   - Side raise twist
   - Forward raise twist

**Set Exercise:** MUSIC TRACK 2

Commence in under grip

1-2  L forward toe point, L back oblique down twist
3-4  L lunge back, L forward raise twist
5-6  L side lunge, R side raise twist with curve overhead
7-8  Back twist to the L, feet to attention
9-10 Face L downstage corner R back lunge, L hand vertical twist
11-12 Attention facing the front
13-14 L side toe point, R side raise twist
15-16 Un-slide (un-flash) into 2 flashes to the L with L leg to side leg raise

1-2  L side lunge, rod across back to L
3-4  Unflash to attention
5-6  R side lunge, R side oblique up twist
7-8  Unflash to attention
9-10 R forward toe point, L forward raise twist
11-12 R side toe point, roll arms through, changing grip to R forward raise twist in top grip
13-14 R side leg raise, upward stretch (top grip)
15  R leg retiré with R top grip side oblique up twist
16  Take rod in L hand and circle L arm downward to finish L side oblique up, as R arm extends to R side oblique up, with rise in 5th position on demi-pointe R foot devant

**CLUB SWINGING**

1. **Inward:**
   - Back wrist swing
   - Big wheel turns
     (start & finish with swing at side raise)

2. **Inward**
   - Mixed fold at forward raise - facing side
   - Single wrist cross - facing side

3. **Outward**
   - Back wrist swing
   - Big wheel turns
     (start & finish with swing at side raise)

4. **Outward**
   - Mixed fold at forward raise - facing side
   - Single wrist cross - facing side (either hand on top)

5. **Parallel: (L & R directions)**
   - Back wrist swing

6. **Parallel: (L & R directions)**
   - Body cross - facing backward side

7. **Side Windmill (L & R directions)**
   - Side raise swing

8. **Side Windmill (L & R directions)**
   - Body cross - facing forward side

9. **Side Windmill (L & R directions)**
   - Forward raise swing - facing backward side
   - Full circles - facing backward side

10. **Outward Windmill**
    - Leg swing
    - Double fold at side raise

11. **Outward Windmill**
    - Forward raise swing - facing side
    - Full circles - facing side
    (alternating with forward raise swings)

12. **Inward Windmill**
    - Full circle
    - Head swing
    - Side raise swing
    - Leg swing
    - Double fold at side raise

13. **Inward Windmill**
    - Forward raise swing - facing side
    - Full circles - facing side
    (alternating with forward raise swings)
CLUB SWINGING  (contd)

**Set Exercises:** MUSIC TRACK 3

**On the 4 bar introduction -**

1 - 2  Commence in classical pose L foot derrière with arms at attention and the clubs along the arms

3  Circle clubs inward

4  Finish in upward stretch with rise in 5th on demi-pointe L foot derrière

**Outward:**

1  Remaining on demi-pointe R hand head swing L hand full circle,

2  L side step with L hand head swing, R hand leg swing with R side toe point on fondu

3-4  Back wrist swing, with R side step

5  Both arms full circle

6-9  Turn to face the R, with a full circle with R arm, into double fold at forward raise

10  Forward raise swing

11  Single wrist cross at forward raise

12  Step to face the back with L leg, L hand side raise swing and R arm full circle facing the back

13  Both arms full circle

14  Step L foot to face the front, full circle

15  R leg retire, L hand overhead wrist swing R hand head swing,

16  Full circle to upward stretch, rise in 5th on demi-pointe R foot devant

**Inward windmill**

**Commencing with L arm**

1  Full circle with side step to R

2  Head swing

3  Leg swing

4-5  Full circle to face L side, forward raise swing

6  Full circle with R arm, L arm forward raise swing (full circle alternating with forward raise swings)

7  Both hands forward raise swing

8  Full circle with L arm, R arm forward raise swing (full circle alternating with forward raise swings)

9  Both hands forward raise swing

10  Step with R foot to face the back and full circle

11  Head swing leading with R arm

12  Full circle

13  Facing L side forward raise swing

14  Step R to face front in side step, double fold at side raise commencing with R hand

15-16  Full circle to upward stretch
FIGURE MARCHING

1. Arm Positions:
   - 3rd arabesque
   - 4th Crossed

2. Leg Positions:
   - Low arabesque - arms 1st arabesque
   - Développé to the side

3. Identify in Set Choreography:
   - Small developpé
   - Bourrée
   - Chassé forward
   - Low arabesque
   - Waltz (from a classical pose)

Set Exercise: MUSIC TRACK 4

1-8 8 marking time moving backwards
9-16 Step in square - (L forward step to attention, R back step to attention, R side step to attention
1-4 Forward march on the diagonal to R downstage corner, L, R, L with arm swinging, step R corner turn,
5-7 Forward march on diagonal to L downstage corner, L, R, L with arm swinging
8 Close to attention to finish centre stage facing the front
9-10 Marking time on spot
11-12 About turn with L foot across in front (finishing facing upstage)
13-14 Forward march to centre back with arm swinging
15-16 Step L and about turn by forward step with R leg closing to attention facing the front with arms to attention.

AESTHETIC

Expression is required in set choreography
1. Arm Positions:
   - 3rd arabesque
   - 4th Crossed

2. Leg Positions:
   - Low arabesque - arms 1st arabesque
   - Développé to the side

Set Exercise: MUSIC TRACK 5

Commence facing the front in classical pose with L foot derrière

On introduction

1-4 Commence centre back with low développé bringing L foot from derrière to devant and bourrée forward with L foot in front
5 Facing R downstage corner low forward lift of L leg
6 Lower to plié in 4th crossed
7 Recover to R foot back toe point
8
9 Chassé forward with R foot
10 Recover to L foot toe point derrière
11-12 Lift L leg into low arabesque
13-14 Step back on L foot demi-plié in 4th crossed recover to R toe point devant
15-16 Close in 5th on demi-pointe R foot devant

Arms preparation softly to 2nd and return to preparation

Arms 1st to 5th

Arms 5th

Arms through 2nd to preparation

Arms 4th (L arm up)

Arms 4th crossed (R arm up)

Arms 1st

Arms 2nd arabesque

Arms through 1st to 1st arabesque

Arms 1st

Arms 4th (L arm up)

Arms 2nd with small undulation
1. Waltz to L side
2. Waltz to R side
3. Pose on L foot to L downstage corner with low forward lift of the R leg
   and 4. Step forward on R leg, pose on L leg lifting R leg into low arabesque
   and 5. Step forward on R foot, L foot running glissade forward with hips facing L downstage corner
   (a slightly elevated step – not allowed in Aesthetic exercises)
   and 6. Chassé to relevé on R leg in low arabesque
   and 7. Lower R foot in fondu
   and 8. Half turn by the L to face P side and travelling to L on diagonal
   L posé to side with R leg in low side extension
   and 9. Step across with R foot
   and 10. Turn by L to finish facing front, feet in 5th on demi-pointe
   L foot in devant
   11-12. Développé R leg to side
   and 13-14. Développé L leg to side
   and 15. Close in 5th demi-plié with L foot devant facing R downstage corner
   and 16. Step forward on R
   Classical kneel with R leg raised, weight slightly forward over knee
   Quarter turn of the head with eyes to downstage R corner

**TURNOUT EXERCISE: MUSIC TRACK 6**
Commence facing L downstage corner, feet in 1st

1. Grand plié 1st
2. Recover
3. Demi plié
4. Relevé in 5th R foot devant
5. Pivot to face R downstage corner
6. Lower heels in 1st position
7. R toe point forward on fondu
8. R leg rond de jambe through 2nd remaining on fondu
9. To back toe point with straight legs
10. Close to 1st
11. L back toe point on fondu
12. L leg rond de jambe through 2nd remaining on fondu
13. To forward toe point with straight legs
14. Close to 1st
15. Arms in preparation
16. Arms to low 2nd

Repeat from beginning, facing R downstage corner using opposite arms and legs, but with both legs straight on counts 10 & 14, not on fondu.
DANCE

Expression is required in set choreography

1. Identify in Set Choreography
   - Soutenu Turn
   - Temps levé in arabesque
   - Coupé
   - Posé pirouette
   - Posé to side with retiré derrière

Set Exercise: MUSIC TRACK 7

Commence facing front in classical pose with \( R \) foot derrière

<table>
<thead>
<tr>
<th>Count</th>
<th>Movement Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>Waltz to side ( R, L, R, L )</td>
</tr>
<tr>
<td>5-6</td>
<td>Step to ( R ), soutenu turn finish 5( th ) on demi-pointe and finish with ( R ) foot devant facing downstage ( L ) corner</td>
</tr>
<tr>
<td>7-8</td>
<td>Chassé forward with ( R ) foot to downstage ( L ) corner, finishing in ( L ) toe point derrière</td>
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<tr>
<td></td>
<td>and Coupé under</td>
</tr>
<tr>
<td>9</td>
<td>Waltz forward ( R ) foot to downstage ( R ) corner</td>
</tr>
<tr>
<td>10</td>
<td>Waltz back facing downstage ( R ) corner, but finish facing front</td>
</tr>
<tr>
<td>11</td>
<td>Temps levé in arabesque travelling to ( R ) downstage corner</td>
</tr>
<tr>
<td>12</td>
<td>Chassé through ( L ) foot, coupé under to face ( L ) downstage corner</td>
</tr>
<tr>
<td>13-16</td>
<td>Repeat previous 4 bars to opposite side, but finish with ( R ) toe point forward</td>
</tr>
<tr>
<td>1-2</td>
<td>Posé pirouette towards ( R ) downstage corner, finishing with forward toe point on fondu</td>
</tr>
<tr>
<td>3-8</td>
<td>Repeat 3 times</td>
</tr>
<tr>
<td>9-10</td>
<td>Facing front waltz side to side ( R, L )</td>
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<tr>
<td>11-12</td>
<td>Repeat counts 9-10</td>
</tr>
<tr>
<td>13</td>
<td>Posé to ( R ) side on ( R ) foot placing ( L ) foot in retiré derrière</td>
</tr>
<tr>
<td>14</td>
<td>Galop to the ( L ) side</td>
</tr>
<tr>
<td>15</td>
<td>Side step to the ( L )</td>
</tr>
<tr>
<td>16</td>
<td>Take ( R ) foot derrière</td>
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<tr>
<td></td>
<td>Curtsey bowing the head</td>
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<tr>
<td></td>
<td>Recover to extend ( L ) leg</td>
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</tbody>
</table>

Arms preparation
- Arms 3\( rd \) (softly from side to side)
- Arms 1\( st \) to 5\( th \)
- Arms 1\( st \) to low 2\( nd \)
- Arms 1\( st \) arabesque
- Arms 4\( th \) crossed (\( L \) arm up)
- Arms 1\( st \) arabesque
- Arms preparation
- Arms 3\( rd \) (\( R \) arm fwd)
- Arms 4\( th \) crossed (\( R \) arm up) to 4\( th \) crossed (\( L \) arm up)
- Arms 3\( rd \) arabesque toward the downstage right corner
- Arms 2\( nd \)
- Arms through 3\( rd \) (\( R \) arm forward)
- Arms 4\( th \) (\( R \) arm up)
- Lowering \( R \) forward
- With both arms through low 2\( nd \) finish in high 2\( nd \) with hands turning to facing upward on last note of the music

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