



Australian  
Calisthenic  
Federation

ABN 83 741 804 818

Patrons: Mr Bill Scott  
Ms Frances Bedford JP MLA

Correspondence:

ACFEAB  
PO Box 66  
Belair SA 5052  
0409 521990  
ptd@netspace.net.au

[www.calisthenicsaustralia.org](http://www.calisthenicsaustralia.org)

## **Calisthenic Skills Update**

***Please note that from the 1<sup>st</sup> July 2011 the updated syllabus must be used.***

***All exam periods from the 1<sup>st</sup> July will refer to the updated syllabus.***

***Test 1, 2, 3, Grade 1 & 2, 2011 version (Standard 1 & 2 2011 also available).***

***From 1<sup>st</sup> July 2011 all visual resources and the syllabus will be available to download from the ACF website.***

**Music tracks remain as per the current CD (including Test 3); however, the updated syllabus has the tracks renumbered and during the transition phase it is possible to purchase a Test 1- Grade 2 CD and Prep 3 – Gold Medal CD separately.**

**Prep 3/Grade 3 through to Gold Medal will remain as per the current syllabus until further notice.**

**Any queries please contact your skills administrator.**