

Tracks for Test 1 – Grade 2 are now available to download and save directly from the ACF website <http://calisthenicsaustralia.org/>

The music remains unchanged, however, the tracks on the syllabus for Test 1 to Grade 2 now include Test 3 and the track numbers have been amended on the written syllabus.

The current CD can still be used and is available for Prep 3 to Gold Medal.



Australian  
Calisthenic  
Federation

**Musical CD to accompany syllabus**

**ACF Calisthenic Skills  
Musical CD to accompany syllabus  
Grade 3 to Gold Medal  
\$16.50 (inc GST)**

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Please indicate the following :

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Post to ACF Calisthenic Skills ,PO Box 66 ,Belair SA 5052