



Australian
Calisthenic
Federation

SKILLS PROGRAMME

BRONZE MEDAL

ALL MOVEMENTS MUST BE COMPLETED

(Minimum age of Candidate must be 16 years as at 31 December in the year of presenting for the exam.)

Candidates must achieve 60% or higher for each section to earn a medal and certificate.

(No banned or dangerous movements allowed)

(REVISED: July 2018)

FIGURE MARCHING - SET EXERCISE: MUSIC TRACK A

Commence centre stage at attention

- 1-4 Step across on **Left** foot to coupé pas de bourree piqué – hands hips firm
- 5-6 Finish standing on right foot **Left** foot toepoint behind, arms extend to side oblique down lifting to side oblique up with palms up
- 7-8 Close to attention facing front
- 9-16 Turn to face L side and mark time moving backwards lifting **Left** leg to commence

- 1-2 Facing **Left** downstage corner forward march
- 3-4 Step together on demi pointe to face **Right** downstage corner
- 5-6 Facing **Right** downstage corner, forward march
- 7-8 Step together to attention facing **Right** downstage corner

- 9-12 Mark time facing **Left** side
- 13-14 Step forward lift **Right** leg to forward raise
- 15 Bend **Right** leg to parallel retiré
- 16 Extend **Right** leg to forward leg raise
- 1-2 **Right** step forward lift **Left** leg to forward raise
- 3 Bend **Left** leg to parallel retiré
- 4 Extend **Left** leg to forward leg raise
- 5-6 **Left** side step facing the front, hands hips firm
- 7 **Left** side step facing the front, **Right** arm hand hips firm, **Left** hand to **Right** shoulder and extend to **Left** obliquely up palms facing up
- 8 Attention facing front
- 9-10 **Left** about turn with forward step to face back
- 11-14 Forward march with arm swinging
- 15-16 **Left** step forward about turn bringing **Right** foot to attention facing the front
- 1-4 Extended marktime on the spot with arms at attention
- 5-6 **Left** step forward **Right** high kick arms at attention
- 7-8 **Right** step forward **Left** high kick arms at attention
- 9-10 Step on **Left** brush R foot forward to foot crossed in front, resting on extended **Right** foot – quarter head turn to **Left** corner, **Right** hand hips firm, **Left** hand to head finger parted as if holding the brim of a hat with thumb and centre finger

FREE EXERCISES

Demonstrate each of the following movements

1. Forward Walkover: One leg, own choice	2. Backward Walkover: One leg, own choice.
3. Supported Arabesque: Held from behind the other arm forward obliquely down with palm down. One leg – own choice	4. Circular Leg Raise: L & R: Développé forward on fondu carry leg to side as you straighten supporting leg, continue to carry leg into low arabesque on fondu, and close to attention. Arms at hips firm.
5. Side leg mount release L & R: With the arm in front of the leg hold the heel in front or behind, other arm at hips firm, release leg and sustain for 4 counts with arms in curve overhead.	6. Tic-Toc in Tiger Stand: Commence from forward lunge and forward raise, place forearms on the floor parallel (or \wedge) with the head off the floor looking between arms. Take first leg over and place foot onto the floor, second leg to touch floor, and recover through to kneel.

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise including –

- Four (4) of the above movements
- Balance of floor work
- Bends – using both sides of the body
- Movements with degree of difficulty appropriate to this level

ROD EXERCISES

The examiner will request that you perform 2 of the 3 following set combinations – To (candidates) COUNTS ONLY.

All combinations can be executed to the other side if you wish to use a preferred leg.

Combination A

Commence at attention

- 1-4 4 under-grip flashes to the left, on demi-point with **right** foot devant
 5 **Left** side raise twist, commence pas de bourée piqué with right foot
 6-7 Slide into **right** vertical twist
 8 Swing rod in **left** hand down past leg to **left** side oblique upward strike,
 right side leg catch.

Return to attention.

Combination B

*Commence on demi-pointe **right** foot devant, with **right** side oblique twist up.*

- 1-2 Slide rod towards **right** side and roll into top grip
 3-4 **Right** side raise twist, small développé to a **left** side toe point on fondu.
 5-6 Slide rod towards **left** into **right** forward raise twist with curve overhead to face **right**, posé on **right** foot taking **left** leg into low arabesque.
 7-8 Take rod to **left** back twist forward, step forward toward corner on **left** leg.
 Finish in **right** back toe point.

Combination C

*Commence in **left** leg held arabesque, **right** arm holding rod in forward strike obliquely down.*

- 1-4 3 baton flashes with R hand, finish with forward oblique down strike, maintain held balance
 5-6 **left** top grip forward raise twist, obliquely down,
 Step forward onto **left** leg to face **right** downstage corner into single leg kneel.
 7-8 Slide into **left** leg forward split, rolling rod into **right** forward oblique twist up (under grip)

ROD EXERCISES cont'd...

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise including

- Baton flash (both sides of the wrist),
- Flashing in top grip and under grip and
- Advanced leg work
- Making full use of the working area in a creative arrangement.

CLUB SWINGING

- **All swings will be requested**

1. Inward: Overhead wrist cross Double wrist cross – <i>facing side</i>	2. Outward: Dual/double hip swing Chest cross Overhead wrist cross
3. Parallel: (<i>R or L directions</i>) Double fold at side raise Hip/wrist swing Overhead wrist cross	4. Side Windmill: (<i>R or L directions</i>) Neck swing - <i>backward side</i> Single hip swing Neck cross – <i>forward side</i>
5. Outward Windmill: Neck swing Big wheel turns Single hip swing - <i>Commence and finish with back swing both hands</i> Single wrist cross – <i>facing side</i>	6. Inward Windmill: Neck swing Big wheel turns Single hip swing– - <i>Commence and finish with back swing both hands</i> Single wrist cross – <i>facing side</i>

Select one piece of music **SET MUSIC – TRACK A or B**

Perform pre-choreographed exercises to include

TRACK A:

Commence with outward windmill -

- 16 bars outward windmill, and
- 16 bars parallel
- Both exercises must include appropriate swings for this level including those displaying different swings in each hand.
- Foot and legwork appropriate to this level

TRACK B:

Commence with parallel -

- 16 bars parallel, and
- 16 bars outward windmill.
- Both exercises must include appropriate swings for this level including those displaying different swings in each hand.
- Foot and legwork appropriate to this level

AESTHETIC/DANCE

Demonstrate each of the following - (with leg of choice and choice of arm lines, optional entry and exit to each dance movement/step)

1. Développé to 2nd
2. Demi grand rond de jambe en dedan (inward) (*développé to the side and carry leg to attitude devant on fondu*)
3. Arabesque penchée
4. Grand jeté en tournant
5. Grand jeté forward
6. Chainés
7. Fouetté to demi arabesque on fondu followed by relevé in demi arabesque

Select one piece of music **SET MUSIC – TRACK A or B**

Perform a pre-choreographed exercise to include

- Développés
- Arabesque penchée
- Various arm positions
- Balance work using both legs
- Body bends including both sides of the body
- Elevated dance steps
- Grand jeté forward

(Refer to previous Grades and perform without a skirt)

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