



SKILLS PROGRAMME BRONZE MEDAL

ALL MOVEMENTS MUST BE COMPLETED

EXAMINATION PAPER

(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: January 2020)

CANDIDATE NUMBER _____

FIGURE MARCHING (Set Exercise)

Music Track A

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Department						
March technique						
Rhythm						
Execution & presentation						

TOTAL - Figure Marching /20

FREE EXERCISES

Demonstrate each of the following:

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Forward Walkover (either leg)						
Backward Walkover (either leg)						
Supported Arabesque (either leg)						
Circular Leg Raise – L leg <i>(commence with développé forward to low arabesque on fondu)</i>						
Circular Leg Raise – R leg <i>(commence with développé forward to low arabesque on fondu)</i>						
Side Leg Mount Release – L leg <i>(hold for 4 counts)</i>						
Side Leg Mount Release – R leg <i>(hold for 4 counts)</i>						
Tic-Toc in Tiger Stand						
TOTAL (this section)						/20

CANDIDATE NUMBER _____

FREE EXERCISES cont'd...**Perform Pre-choreographed Exercise****Music Track A or B**

To include:

- 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

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Technique						
Value & complexity.						
Precision						
Flexibility						
Leg & footwork						
Execution & presentation						
TOTAL (this section)						/20

TOTAL - Free Exercises	/40
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ROD EXERCISES

Examiner will request 2 of the 3 following set rod combinations:

To (candidates) counts only

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 in forward downward oblique 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)

CANDIDATE NUMBER _____

ROD EXERCISES cont'd...

(☑ the appropriate boxes - 2 of the 3)

 Combination A **Combination B** **Combination C****Perform Pre Choreographed Exercise****Music Track A or B**

To include:

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

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Combinations						
Rod technique						
Value & complexity						
Precision						
Leg & footwork						
Execution & presentation						

TOTAL	- Rod Exercises	/40
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CANDIDATE NUMBER _____

CLUB SWINGING

(all swings will be requested)

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
INWARD:						
Overhead wrist cross						
Double wrist cross – <i>facing side</i>						
OUTWARD:						
Dual/double hip swing						
Chest cross						
Overhead wrist cross						
PARALLEL: (R or L direction)						
Double fold at side raise						
Hip/wrist swing						
Overhead wrist cross						
SIDE WINDMILL: (R or L direction)						
Neck swing – <i>backward side</i>						
Single hip swing						
Neck cross – <i>forward side</i>						
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>						
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>						
TOTAL (this section)						/20

CANDIDATE NUMBER _____

CLUB SWINGING cont'd...**Music Track A or B****Perform Pre Choreographed Exercise**

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 leg work 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 leg work appropriate to this level

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Club technique						
Value & complexity						
Rhythm						
Execution & presentation						
TOTAL (this section)						/20

TOTAL - Club Exercises /40**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)

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	
Développé to 2nd						
Demi grand rond de jambe en dedan (inward) <i>(développé to the side and carry leg to attitude devant on fondu)</i>						
Arabesque penchée						
Grand jeté en tournant						
Grand jeté forward						
Chainés						
Fouetté to demi arabesque on fondu followed by relevé in demi arabesque						
TOTAL (this section)						/20

CANDIDATE NUMBER _____

AESTHETIC & DANCE cont'd...

Perform Pre Choreographed Exercise

Music Track A or B

To include:

- a) Développés
- b) Aarabesque penchée
- c) Various arms positions
- d) Balance work
- e) Use of both legs
- f) Body bends including both sides of the body
- g) Elevated dance steps
- h) Grand jeté forward

(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)

	N	S	G	Vg	Ex	General comments:
Poise & body alignment						
Technique of Foot & legwork						
Technique of arm & hand lines						
Presentation & interpretation						
Execution						
TOTAL (this section)						/20

TOTAL - Aesthetic & Dance /40

GRAND TOTAL /180

MARKS: 95+ Honours with Distinction 90-94 Honours 85 – 89 Credit Plus 80 – 84 Credit
 75 – 79 Highly Commended 70 – 74 Commended 65 – 69 Pass Plus 60 – 64 Pass Unable to Qualify

RESULT :

Examiner's Comments:

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Examiner's Signature: _____ **Date:** _____

The Examiners decision is final and no correspondence will be entered into.