

List by Test, Grade & Medals of ROD movements in Skills Syllabus – Updated January 2017

| Skill Level | Rod movement |
|----------------|--------------------------------------|
| Test 1 | Undergrip |
| | Forward raise Twist |
| | Upward Stretch |
| | Rod across shoulders |
| Test 2 | Undergrip |
| | Forward raise twist |
| | Upward Stretch |
| | Vertical twist |
| | Leg twist |
| Test 3 | Undergrip |
| | Forward raise twist |
| | Upward Stretch |
| | Vertical twist |
| | Side raise twist |
| Grade 1 | Undergrip |
| | Side raise twist |
| | Forward raise twist |
| | Side raise twist with curve overhead |
| | Vertical twist |
| | Single Flash |
| | Single hand strike |
| | Arms folded at forward raise |
| Grade 2 | Undergrip |
| | Side oblique twist – up or down |
| | Forward oblique twist – up or down |
| | Forward strike |
| | Side raise twist with neck rest |
| | Topgrip |
| | Forward raise |
| | Upward stretch |
| | Forward raise twist |
| | Arms folded in front |
| Grade 3 | Undergrip |
| | Back oblique down twist |
| | Rod across back |
| | Back twist |
| | Multiple flashing |
| | Topgrip |
| | Forward raise |
| | Upward stretch |
| | Side raise twist |
| | Forward raise twist |

| Skill Level | Rod movement |
|---------------------|-----------------------------------------------------------|
| Grade 4 | Undergrip |
| | Forward raise twist with curve overhead |
| | Neck strike |
| | Back twist forward |
| | Topgrip |
| | Forward oblique twist – up or down |
| | Side oblique twist – up or down |
| | Vertical twist |
| | Flashing –single or multiple |
| Bronze Medal | |
| | Baton flash (both sides of wrist) |
| | <i>Demonstration of rod twists with advanced leg work</i> |
| Silver Medal | |
| | Multiple flashing - changing grip. |
| | Multiple flashing – behind back (under grip) |
| | <i>Demonstration of rod twists with advanced leg work</i> |
| Gold Medal | |
| | Bandmaster flash |
| | Wide arm upward stretch (holding ends of rod) |
| | <i>Demonstration of rod twists with advanced leg work</i> |