



SKILLS PROGRAMME

GOLD MEDAL

ALL MOVEMENTS MUST BE COMPLETED

EXAMINATION PAPER

PART 1

*(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)

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: |
|--------------------------|---|---|---|----|----|-------------------|
| Deportment | | | | | | |
| March technique | | | | | | |
| Rhythm | | | | | | |
| Execution & presentation | | | | | | |

TOTAL - Figure Marching /20

CANDIDATE NUMBER _____

FREE EXERCISES

Perform each of the following:

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

| | N | S | G | Vg | Ex | General comments: |
|---|---|---|---|----|----|-------------------|
| <i>Forward Walkover changing legs - L leg</i> | | | | | | |
| <i>Forward Walkover changing legs - R leg</i> | | | | | | |
| <i>Backward Walkover from forward leg raise – leg of choice</i> | | | | | | |
| <i>Supported Arabesque Release - L leg</i> | | | | | | |
| <i>Supported Arabesque Release - R leg</i> | | | | | | |
| <i>Circular leg raise outward into high arabesque – L leg</i> | | | | | | |
| <i>Circular leg raise outward into high arabesque – R leg</i> | | | | | | |
| <i>Circular leg raise inward from high arabesque – L leg</i> | | | | | | |
| <i>Circular leg raise inward from high arabesque – R leg</i> | | | | | | |
| <i>Reverse Valdez – leg of choice, arms optional</i> | | | | | | |
| <i>Pivot Mount – L leg</i> | | | | | | |
| <i>Pivot Mount – R leg</i> | | | | | | |
| <i>Leg Mount with relevé – L leg</i> | | | | | | |
| <i>Leg Mount with relevé – R leg</i> | | | | | | |
| <i>Leg Mount Forward – leg of choice</i> | | | | | | |
| <i>Headrest stand from standing</i> | | | | | | |

TOTAL - Free Exercises**/40**

CANDIDATE NUMBER _____

ROD EXERCISES

Examiner will request 2 of the 3 following set combinations to (candidates) counts only:

Combination A*Commence at attention hands at ends of rod.*

- 1-2 Step forward on **right** leg to face **left** front corner, **right** side raise twist with curve overhead, **left** leg attitude derrière.
 3 Maintain attitude and roll rod into **left** vertical twist.
 4-5 Pivot in attitude to face **right** side, band-master flash towards **right**
 6 Extend **left** leg into low arabesque, rod at forward raise.
 7-8 Step forward towards **left** downstage corner, **left** forward oblique twist down
 9-10 Pas de bourée piqué towards **left**, rolling rod into top grip **right** forward oblique twist down
 11-12 Step back with **right** foot into **right** back lunge, swinging rod over **left** arm
 13-14 Step back with **left** foot into **left** back lunge, swinging rod over **right** arm
 15-16 Swing rod in **left** hand to **left** side oblique up, step forward on **left** foot, relevé with **right** side développé

*Finish with **right** forward step into classical pose (**left** foot derrière) flashing towards **right** into **right** side oblique twist up.***Combination B***Commence in classical pose **left** foot derrière, **right** side oblique twist up*

- 1 Lower **right** arm to side raise twist
 2 Roll through flash position to **right** side raise twist top grip, développé **left** foot to side toe point on fondu
 3 **Left** side step, slide hands to ends of rod at upward stretch top grip
 4 Step back on **right** foot into **left** forward toe point facing **right** downstage corner, **left** side oblique twist up, top grip.
 5-8 Step forward on **right** leg into 1 handed walkover with **right** hand at side raise, close to attention facing **right** downstage corner.
 9 **Left** forward raise twist with curve overhead, **left** forward lunge (front foot on demi-pointe)
 10 Relevé into ¼ attitude turn to **left** downstage corner, lifting **right** leg with **left** side raise twist **right** curve overhead
 11-12 Step across with **right** foot onto fondu, **left** leg coupé derrière facing **left** downstage corner, **right** back twist forward
 13-14 Step back onto **left** leg, pass through **left** side raise twist with curve overhead
 15-16 Lunge back with **right** leg to face **right** downstage corner, **left** forward oblique twist down

Combination C*Commence facing the back **left** corner, attention with hands at ends of rod.*

- 1-2 Step forward on **right** leg and relevé into **left** leg high développé to side on demi-pointe, slide into **right** side oblique twist up
 3-4 Relevé turn by **right** to face front with **left** leg low développé on demi-pointe, un-twist and re-twist into **left** side oblique twist down.
 5-7 Step forward onto **left** leg into **right** grand jeté forward with **right** leg galop preparation, slide into 2 flashes under grip towards **right**, into **right** forward raise twist with curve overhead.
 8 Step across with **left** foot to **right** downstage corner, **left** back twist forward with **right** back toe point
 9-10 Take **right** leg to side to point on fondu, **right** side raise twist with curve overhead
 11 **Right** leg retiré with **right** vertical twist facing the front
 12 Step onto **right** foot finish in classical pose **left** foot derrière, band-master flash towards **left**
 13-14 **Left** leg beat in retiré, **right** vertical twist
 15-16 **Left** side toe point on fondu, **right** side oblique twist up.

(☑ the appropriate boxes - 2 of the 3)

 Combination A Combination B Combination C*(N = Not mastered: S = Satisfactory & 60%: G = Good: Vg = Very good: Ex = Excellent)*

| | N | S | G | Vg | Ex | General comments: |
|--------------------------|---|---|---|----|----|-------------------|
| Rod technique | | | | | | |
| Department & Body line | | | | | | |
| Precision | | | | | | |
| Leg & footwork | | | | | | |
| Execution & presentation | | | | | | |

TOTAL - Rod Exercises**/40**

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: | | | | | | |
| Hip/wrist swing <i>-changing sides without a backswing between</i> | | | | | | |
| OUTWARD: | | | | | | |
| Hip/wrist swing <i>-changing sides without a backswing between</i> | | | | | | |
| Hip cross | | | | | | |
| PARALLEL: (R or L directions) | | | | | | |
| Double wrist cross <i>- facing the backward side</i> | | | | | | |
| SIDE WINDMILL: (R or L directions) | | | | | | |
| Double wrist cross <i>- facing the backward side</i> | | | | | | |
| Double fold at side raise | | | | | | |
| OUTWARD WINDMILL: | | | | | | |
| Hip/wrist swing <i>- both sides of the body</i> | | | | | | |
| Multiple hip swing <i>- commence and finish with back swing both hands</i> | | | | | | |
| Neck cross – either side | | | | | | |
| Overhead wrist cross | | | | | | |
| Hip cross | | | | | | |
| Double wrist cross <i>- at forward raise facing the side</i> | | | | | | |
| INWARD WINDMILL: | | | | | | |
| Hip/wrist swing <i>- both sides of the body</i> | | | | | | |
| Multiple hip swing <i>- commence and finish with back swing both hands</i> | | | | | | |
| Neck cross – either side | | | | | | |
| Overhead wrist cross | | | | | | |
| Hip cross | | | | | | |
| Double wrist cross <i>- at forward raise facing the side</i> | | | | | | |

TOTAL - Club Swinging /40

CANDIDATE NUMBER _____

AESTHETIC/DANCE**Perform each of the following movements:**

(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 | General comments: |
|---|---|---|---|----|----|-------------------|
| Pirouette en dedans with fouetté – double | | | | | | |
| Assemblé with beat (battu) | | | | | | |
| Saut de basque from 'lame duck' pirouette | | | | | | |
| TOTAL (this section) | | | | | | /20 |

AESTHETIC/DANCE (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: |
|-------------------------------|---|---|---|----|----|-------------------|
| Poise & body alignment | | | | | | |
| Technique of Foot & legwork | | | | | | |
| Technique of arm & hand lines | | | | | | |
| Presentation & interpretation | | | | | | |
| Execution | | | | | | |
| TOTAL (this section) | | | | | | /20 |

| | |
|--------------------------------------|------------|
| TOTAL - Aesthetic & Dance | /40 |
|--------------------------------------|------------|

CANDIDATE NUMBER _____

Grand Total _____ **/180****Result – PART 1** _____ **%****MARKS:**

90-100 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

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

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