

## List by Test, Grade & Medals of Free Exercise movements in Skills Syllabus – January 2017

Arms		Legs		Bends		Floorwork	
Attention	Test 1	Attention	Test 1	Knee Bends	Test 1	Cross leg sit	Test 1
Forward Raise	Test 1	Side Step	Test 1			Long sit with forward trunk bend over legs	Test 1
Upward Stretch	Test 1	Toe Point Forward	Test 1			Supine lie with alternate leg raises	Test 2
Hips Firm	Test 1	Toe Point Side	Test 2				
Fingers to Shoulders	Test 1	Side Lunge	Grade 1	Full forward bend	Grade 1	Body Raise	Grade 1
Side Raise	Test 1	Turning Lunge	Grade 1	Side Bend	Grade 1	Single Leg Kneel	Grade 1
Upward Stretch	Test 2	Turning Step	Grade 1	Back Trunk Bend	Grade 1	Double Leg Kneel	Grade 1
Neck rest	Test 2					Prone Kneel	Grade 1
Front Support	Test 3					Kneeling Arabesque	Grade 1
Sideways Oblique Up	Grade 2	Knee Raise	Grade 2	Half Forward Trunk Bend	Grade 2	Single Kneel with side leg extension	Grade 1
Sideways Oblique Down	Grade 2	Side Leg Raise	Grade 2			Legs Astride Sit - with forward bend over each leg, hands under instep	Grade 2
Forward Oblique Up	Grade 2	Squat	Grade 2			Supine Lie - leg Raises single, double – through bent knees, straddle – through bent knees	Grade 2
Forward Oblique Down	Grade 2	Step Forward	Grade 2			Prone lie - single leg raises	Grade 2
Arms folded in Front	Grade 2	Step Backward	Grade 2				
Arms folded Behind	Grade 2	Toe point with Fondu –side, front, backward	Grade 2				
Hands Clasped Overhead	Grade 2	Retiré	Grade 2				

<b>Arms</b>		<b>Legs</b>		<b>Bends</b>		<b>Floorwork</b>	
Curve Overhead	Grade 3	Lunge – backward , forward	Grade 3	Kneeling lean back	Grade 3	Straddle/ legs astride – chest to floor	Grade 3
Obliquely forward- up, down, mixed	Grade 3	Low arabesque	Grade 3			Split	Grade 3
Overhead wrist cross	Grade 3	Rotating toepoint- fondu or straight supporting leg	Grade 3			Long sit single leg raises forward through développé, holding ankle	Grade 3
		Leg mount	Grade 3			Prone leg raises – single leg raises	Grade 3
						Side lying leg raises through développé	Grade 3
	GRADE 4						
Obliquely Back	Grade 4	Low arabesque with fondu	Grade 4	Extended backbend – feet together or apart	Grade 4	Chest raise from prone lie	Grade 4
Mixed Oblique Positions	Grade 4	High arabesque	Grade 4	Circular half trunk bend	Grade 4	Forward leg raise through développé from long sit to supine lie	Grade 4
		Forward Leg raise	Grade 4			Attitude sit	Grade 4
		Circular leg mount – front to side	Grade 4				
		Supported parallel attitude	Grade 4				
		Catch and hold side leg raise	Grade 4				
		Pas de bourée piqué	Grade 4				

Arms		Legs		Bends		Floorwork	
	BRONZE						
		Supported arabesque (own choice)	Bronze	Forward Walkover (own choice)	Bronze		
		Circular Leg Raise –L & R Developpé forward on fondu carry leg to side straighten supporting leg, continue to carry leg into fondu arabesque, and close to attention	Bronze	Backward Walkover (own choice)	Bronze		
		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.		Extended Backbend from standing	Bronze		
				Tic-Toc in Tiger Stand	Bronze		
	SILVER						
		Supported Arabesque – L & R	Silver	Forward Walkover - L & R	Silver	Straddle rotation into forward split	Silver
		Catch and hold side leg raise – L & R	Silver	Backward Walkover L & R	Silver	Circular Split	Silver
		Circular leg raise – through forward raise, side, low arabesque to attitude derrière and extend before closing at	Silver			Head rest stand from kneeling	Silver

		attention - L & R					

Arms		Legs		Bends		Floorwork	
	GOLD						
		Supported arabesque release – L&R	Gold	Forward walkover changing legs - L & R	Gold		
				Backward walkover from forward leg raise- (own choice)	Gold		
		<p>Circular leg raise into high arabesque: <i>L &amp; R</i>  <i>Outward:</i> Lift the leg through forward raise (arms fwd raise) to side raise (arms side raise) into low arabesque (hips firm position) followed by high arabesque (hips firm position) close at attention</p> <p><i>Repeat in reverse – Inward: L &amp; R</i>  High arabesque to low arabesque (hips firm position).  Carry leg to side raise (arms side raise), leg to forward raise (arms forward raise). Close at attention.</p>	Gold	Reverse Valdez (leg of choice)	Gold		
		Pivot Mount: <i>L &amp; R</i>	Gold				
		Leg Mount with Relevé: <i>L &amp; R</i>	Gold				
		Leg mount forward (own choice)	Gold				
		Head rest stand from standing	Gold				