



## SKILLS PROGRAMME

# GRADE ONE

(Arm and leg movements, including the use of apparatus, may be requested in any section)

(REVISED: October 2013)

### FREE EXERCISES

<p><b>1. <u>Arm Positions:</u></b> Attention Forward Raise Upward Stretch Side Raise Neck Rest Hips Firm</p>	<p><b>2. <u>Leg and Feet Positions:</u></b> <i>with hands in the Hips Firm position</i> Toe Point - Side     - Forward     - Backward  Side Lunge Side Step Turning Lunge Turning Step</p>
<p><b>3. <u>Bends:</u></b> Full Forward Trunk Bend     <i>Commence in Side Step with Upward Stretch</i> Side Bend (to the <b>L</b> or <b>R</b>)     <i>Commence in Side Step with arms at Neck Rest</i> Back Trunk Bend     <i>Commence in Side Step with hands Hips Firm</i></p>	<p><b>4. <u>Floorwork:</u></b> Body Raise Kneeling Positions:     - Single Leg Kneel     - Double Leg Kneel     - Prone Kneel - <i>with a square back</i> Kneeling Arabesque - <i>from Prone Kneel</i> Single Kneel with Side Leg Extension and Hands in the Neck Rest Position</p>

### Set Exercise:

### MUSIC TRACK 1

- 1 - 2   **L** Backward Toe Point with arms Forward Raise  
3 - 4   **L** Side Toe Point with arms Side Raise  
5 - 6   **L** Side Lunge with **R** arm Neck Rest and **L** arm Hips Firm  
7 - 8   Recover **L** foot to **L** Side Step with both hands at Neck Rest  
9 - 10   Side Bend to the **R**  
11 - 12   Recover  
13 - 14   Facing the **L** side, Step forward with the **L** foot and Kneel on the **R** leg with arms Forward Raise  
15 - 16   Prone Kneel
- 1 - 2   Lift the **R** leg into a Kneeling Arabesque  
3 - 4   Recover to Prone Kneel  
5 - 6   Sit to **L** of body and turn by the **R** to face the **R** side of the room  
7 - 8   Long Sit  
9 - 10   Body Raise  
11 - 12   Recover  
13 - 14   Double Kneel facing the front  
15   Single Kneel lifting the **R** leg forward, **L** arm Forward Raise, **R** arm Neck Rest  
16   Stand to Attention.

**ROD EXERCISES**

<p><b>1. Under Grip:</b>                  Side Raise Twist                  Forward Raise Twist                  Side Raise Twist with Curve Overhead                  Vertical Twist                  Single Flash</p>	<p>Single Hand Strike – <i>can be requested in any position as per the Technical Guide</i>                  Arms Folded at Forward Raise    <b>Side Raise Twist and Side Raise Twist with Curve Overhead may be requested with a Flash or Twist entry</b></p>
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**Set Exercise: MUSIC TRACK 2**

- 1 - 2 Flash or Twist into **L** Side Raise Twist with **L** Side Toe Point
- 3 - 4 **L** Side Lunge with Curve Overhead to the **L**
- 5 - 6 Recover to **L** Side Toe Point with arms Forward Raise
- 7 - 8 Attention
- 9 - 10 **R** Single Flash
- 11 - 12 **R** Single Flash
- 13 - 14 **R** Side Lunge with **R** Side Raise Twist
- 15 - 16 Attention.
  
- 1 - 2 **L** Forward Toe Point with **L** Forward Raise Twist
- 3 - 4 Attention
- 5 - 6 **R** Backward Toe Point with **R** Forward Raise Twist
- 7 - 8 Attention
- 9 - 10 Turn to face the **L** and **L** Side Step to the **Back**, Twist **R** hand to Vertical Twist
- 11 - 12 Forward Truck Bend
- 13 - 14 Recover
- 15 - 16 Turn to face the **Front** bringing the **L** foot to Attention and Unflash/Slide **L** hand across to Rod across Legs.

**CLUB SWINGING**

<p><b>1. Inward:</b>                  Full Circle                  Head Swing                  Back Swing                  Side Raise Swing</p>	<p><b>2. Outward:</b>                  Full Circle                  Head Swing                  Back Swing                  Side Raise Swing                  Leg Swing                  Double Fold at Side Raise</p>
<p><b>3. Parallel: (L&amp; R directions)</b>                  Full Circle                  Head Swing                  Leg Swing                  Overhead Wrist Swing</p>	<p><b>4. Parallel: facing the Forward side</b>                  Forward Raise Swing                  Full Circles - Alternating with Forward Raise Swings                  Body Swing to the Back and the Front                  Body Cross                  Double Fold</p> <p><b>5. Parallel: facing the Backward side</b>                  Forward Raise Swing</p>
<p><b>6. Side Windmill: (L&amp; R directions)</b>                  Full Circle                  Head Swing</p>	<p><b>7. Side Windmill: facing the Forward side</b>                  Forward Raise Swing                  Full Circles</p>

**CLUB SWINGING** (cont'd)**Set Exercises: MUSIC TRACK 3**

On the 4 bar introduction -

- 1 - 2 Wait standing at Attention with the clubs along the arms
- 3 - 4 Side Step to the **L** and swing the clubs Inward to Upward Stretch

Inward:

- 1 Full Circle
- 2 Head Swing
- 3 Full Circle
- 4 Side Raise Swing
- 5 - 6 Circle to Back Swing
- 7 Circle to Head Swing
- 8 Upward Stretch

Outward:

- 1 Full Circle
- 2 Head Swing
- 3 Side Raise Swing
- 4 - 6 Double Fold
- 7 Leg Swing
- 8 Full Circle to Upward Stretch

Side Windmill:

- Commence with the **R** arm to the **L** Side*
- 1 Full Circle to the **L**
- 2 Head Swing
- 3 - 4 Face the **Forward** side (**L**) and Forward Raise Swings **L, R, L**
- 5 - One Full Circle with each arm, **R** then **L**
- 6 One Forward Raise Swing with each hand, **R** then **L**
- 7 Face the **Front** then Full Circle
- 8 Head Swing
- 9 - 16 **Repeat** to the **R** side.

**FIGURE MARCHING****Identify in Set Exercise:**

Marking Time  
Forward March with arm swinging  
Side Stepping  
Corner Turns

**Note: The accepted method of corner turns for this examination is shown on the DVD**

**Set Exercise: MUSIC TRACK 4**

*Commence in the **upstage R** corner and facing the **L** side*

- 1 - 32 Forward March with arm swinging, around in a square with corner turns on counts 7, 15, 7, 15, back to starting position
- 1 - 8 Face the **L** side and Marking Time
- 9 - 16 Face the **Front** and Marking Time
- 1 - 8 2 Side Steps to the **L**
- 9 - 16 2 Side Steps to the **R**
- 1 - 4 Marking Time to the **Front**
- 5 - 8 Marking Time facing the **L** side

**AESTHETIC***Expression is required in set choreography*

<p><b>1. <u>Arm Positions:</u></b> Preparation Position 1<sup>st</sup> Position 2<sup>nd</sup> Position 3<sup>rd</sup> Position 4<sup>th</sup> Position 5<sup>th</sup> Position Low 2<sup>nd</sup> Position</p>	<p><b>2. <u>Leg and Feet Positions:</u></b> 1<sup>st</sup> Position 2<sup>nd</sup> Position 3<sup>rd</sup> Position 5<sup>th</sup> on Demi-pointe</p> <p><b><u>NOTE:</u></b></p> <p><b><u>DEVANT</u></b> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><b><u>DERRIÈRE</u></b> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p>
<p><b>3. <u>Head Positions:</u></b> Quarter Turn (¼ Turn) Incline Forward Tilt</p>	<p><b>4. <u>Identify in Set Choreography:</u></b> Chassé Fondu Low Développé Dance Mime</p>

**Set Choreography: MUSIC TRACK 5**

*Commence with feet in 3<sup>rd</sup> Position, **R** foot in front, facing the **downstage L** corner*

*Arms in Preparation*

1 - 2	Chassé forward (devant) with the <b>R</b> foot	Arms 1 <sup>st</sup>
3 - 4	<b>L</b> Toe Point (derrière) to the back	Arms 2 <sup>nd</sup>
5 - 6	Fondu on the <b>R</b> leg and place the <b>L</b> foot (derrière) just behind the ankle of the <b>R</b> leg Rise in 5 <sup>th</sup> on Demi-pointe pivoting by the <b>L</b> to finish facing the <b>downstage R</b> corner, <b>L</b> foot in front (devant)	Arms 1 <sup>st</sup> (through Preparation)
7 - 8	Lower to 3 <sup>rd</sup> Position, with the <b>L</b> foot in front (devant)	Arms 5 <sup>th</sup> in 5 <sup>th</sup> on Demi-pointe
9 - 16	Repeat to the other side and finish facing <b>downstage R</b> with feet in 5 <sup>th</sup> on Demi-pointe <b>R</b> foot in front	Arms through 2 <sup>nd</sup> Finish arms in Preparation
1 - 6	Travelling <b>downstage R</b> , Fondu on the <b>L</b> leg, walk <b>R, L, R</b> through Low Développé	Arms 5 <sup>th</sup>
7 - 9	Step forward on the <b>L</b> foot and Fondu, placing the tip of the <b>R</b> foot behind (derrière) in the Curtsey position	Arms 2 <sup>nd</sup> (through Prep) to 1 <sup>st</sup> to 2 <sup>nd</sup>
10 - 12	Rise in 5 <sup>th</sup> on Demi-pointe, with the <b>L</b> foot in front (devant)	Listening Mime - <b>L</b> arm to 2 <sup>nd</sup> palm facing down and <b>R</b> hand by ear
13 - 16	Face the <b>Front</b> , Side Step to the <b>L</b> and place the tip of the <b>R</b> foot behind (derrière) in the Curtsey position (Classical pose), Curtsey and recover from Curtsey extending the supporting leg.	Dance Mime - Rolling the hands whilst carrying the arms through 1 <sup>st</sup> to 5 <sup>th</sup> . Arms to Low 2 <sup>nd</sup> with the palms facing down

**TURNOUT EXERCISE: MUSIC TRACK 6**

*Commence with feet in 1<sup>st</sup>, arms in Preparation. Use **all** the music to execute to the **L** side only.*

- |         |  |   |
|---------|--|---|
| 1 - 2   | Demi-plié  |   |
| 3 - 4   | Recover  |   |
| 5 - 6   | Demi-plié  |   |
| 7 - 8   | Recover  |   |
| 9 - 10  | Rise in 1 <sup>st</sup> Position (do <u>not</u> keep the heels together) |   |
| 11 - 12 | Lower the heels  |   |
| 13 - 14 | <b>L</b> Side Toe Point  | Arms to 1 <sup>st</sup>   |
| 15 - 16 | Lower heel in 2 <sup>nd</sup> Position                                   | Arms to 2 <sup>nd</sup> , lower to Preparation                                |
| 1 - 4   | Grand (deep) plié in 2 <sup>nd</sup> Position                            | Open arms to Low 2 <sup>nd</sup> with a ¼<br>Turn of the Head to the <b>L</b> |
| 5 - 8   | Recover  | Bring arms back to Preparation  |
| 9 - 10  | Rise in 2 <sup>nd</sup> Position   |   |
| 11 - 12 | Lower the heels  |   |
| 13 - 14 | <b>L</b> Side Toe Point  | Open arms to Low 2 <sup>nd</sup> with a ¼<br>Turn of the Head to the <b>L</b> |
| 15 - 16 | Close <b>L</b> foot to 1 <sup>st</sup> Position.                         | Arms to Preparation   |

**DANCE**

*Expression is required in set choreography*

<p><b>1. <u>Identify in Set Choreography:</u></b></p> <p>Galop - Side          Temps Levé in Low Retiré - <i>with the foot Behind (derrière)</i>          Petit Jetés</p>	<p>Coupé          Spring Points          Polka - Forward          Sautés</p> <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p><b><u>NOTE:</u></b></p> <p><b><u>DEVANT</u></b> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><b><u>DERRIÈRE</u></b> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p> </div>
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**Set Choreography: MUSIC TRACK 7**

	<i>Commence with a Side Step to the <b>L</b> and place the tip of the <b>R</b> foot behind (derrière) in the Curtsey position (Classical pose)</i>	Arms to low 2 <sup>nd</sup>
1 - 4	1 Galop to the <b>R</b> side Temps Levé with <b>L</b> foot in Low Retiré behind (derrière)	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup> ( <b>L</b> arm forward)
5 - 8	1 Galop to the <b>L</b> side Temps Levé with <b>R</b> foot in Low Retiré behind (derrière)	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup> ( <b>R</b> arm forward)
9 - 12	1 Galop to the <b>R</b> side Temps Levé with <b>L</b> foot in Low Retiré behind (derrière)	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup> ( <b>L</b> arm forward)
13 - 16	1 Galop to the <b>L</b> side Temps Levé with <b>R</b> foot in Low Retiré behind (derrière)	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup> ( <b>R</b> arm forward)
1 - 3	3 Petit Jetés commencing with a spring onto the <b>R</b> foot with the <b>L</b> foot (derrière) at the back	Hands in Hips Firm
4	Pause in position - <b>R</b> supporting leg in Fondu with the <b>L</b> foot slightly above and ( in derrière) behind the <b>R</b> ankle	
5 - 7	3 Petit Jetés commencing with a spring onto the <b>L</b> foot with the <b>R</b> foot (derrière)at the back	Hands in Hips Firm
8	Pause in position - <b>L</b> supporting leg in Fondu with the <b>R</b> foot slightly above and (in derrière) behind the <b>L</b> ankle	
9 - 11	Coupé with the <b>R</b> foot, extending <b>L</b> foot forward 3 Spring Points forward (devant) <b>L, R, L</b>	Arms 1 <sup>st</sup> Arms 2 <sup>nd</sup>
12	Pause in position	
13 - 15	3 Spring Points forward (devant) <b>R, L, R</b>	Arms 2 <sup>nd</sup>
16	Pause in position	
	<i>Travelling by the <b>R</b> in a large circle</i>	
1 - 8	Commence with a straight leg lift of the <b>R</b> leg 4 Polkas forward passing through Low Développé (elevated, with both legs and feet extended in 3rd Position in the air) (finish at <b>Centre Back</b> )	Arms 3 <sup>rd</sup> side to side (soft flowing hands)
Coda		
1 - 8	Run to <b>Centre Stage</b> , finish with feet in 1 <sup>st</sup> Position Demi-plié	Arms 1 <sup>st</sup> to 2 <sup>nd</sup> to Low 2 <sup>nd</sup>
9 - 14	3 Sautés in 1 <sup>st</sup> Position	Arms Preparation
15 - 16	Quarter Turn to <b>downstage L corner</b> , <b>L</b> foot Toe Point forward (devant) with a 1/4 Turn of the Head looking to front	Arms 4 <sup>th</sup> with the <b>R</b> arm up

**The following will be assessed throughout the exam:**

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

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