

## SKILLS PROGRAMME

# TEST THREE

(No impromptu combinations will be requested by the Examiner.  
However, an arm and a leg position can be requested together.)

(REVISED: July 2022 (2))

### FIGURE MARCHING

1. Mark time
2. Head turns
3. Forward March with arm swinging

#### Set Exercise:

(Commence **L** upstage back corner)

- 1 - 4 Introduction
- 5 - 8 4 rises at attention (*1 count rise and 1 count to lower heels, head turn to **L**, centre, **R** centre on 5-8*)
- 1 - 8 8 mark time
- 9 - 16 8 forward march with arm swinging (attention on count 16 by forward step)
- 1 - 4 Step forward and close to attention with  $\frac{1}{4}$  turn by **L** to face **R** side of studio or OP side)
- 5 - 8 4 Mark time
- 9 - 12 4 forward march with arm swinging
- 13 - 14 Step forward on **L** foot
- 15 - 16 Close **R** foot to attention

### FREE EXERCISES

<p><b>1. Arm Positions</b></p> <ul style="list-style-type: none"> <li>Attention</li> <li>Forward raise</li> <li>Side raise</li> <li>Hips firm</li> <li>Neck rest</li> <li>Upward stretch</li> <li>Fingers to shoulders</li> </ul>	<p><b>2. Leg and Foot Positions</b></p> <ul style="list-style-type: none"> <li>Attention</li> <li>Side step</li> <li>Side toe point</li> <li>Cross leg sit to long sit</li> <li>Prone kneel</li> <li>Double leg kneel</li> <li>Single leg kneel</li> <li>From long sit to supine lie with both legs bent up to parallel and feet stretched</li> <li>Front support from prone kneeling toes can be tucked or stretched</li> </ul>
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#### Set Exercise:

Commence from attention

- 1 - 2 **L** toe point forward with forward raise
  - 3 - 4 Close to attention
  - 5 - 6 **R** toe point forward with upward stretch
  - 7 - 8 Close to attention
  - 9 - 10 **L** toe point to **L** side with side raise
  - 11 - 12 Demi-plié in 2<sup>nd</sup> with fingers to shoulders
  - 13 - 14 Recover to **R** side toe point with arms in side raise
  - 15 - 16 Close to attention
- Turn to face **R**
- 1 - 4 Cross leg sit to long sit
  - 5 - 8 Supine lie with both legs bent up parallel and feet stretched
  - 9 Sit up to long sit
  - 10 Bend both knees up to chest
  - 11 - 12 Turn toward the **L** and finish facing the **L** side in a prone kneel
  - 13 - 14 Recover the body to double leg kneel
  - 15 Raise **L** leg to single leg kneel with arms in forward raise
  - 16 Stand up to attention finishing facing **L** side
- Coda Turn by **R** to face front

**ROD EXERCISES**

<p><b>Undergrip</b>                  Attention position                  Forward raise twist                  Upward stretch                  Vertical twist</p>	<p>Side raise twist                  Leg twist                  Rod across shoulders</p>
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**Set Exercise: MUSIC**

- 1 - 2 **L** forward raise twist, **L** forward toe point
- 3 - 4 Attention
- 5 - 6 **R** side raise twist, **R** side toe point
- 7 - 8 Attention
- 9 - 10 Rise on toes, arms upward stretch
- 11 - 12 Demi-plié in attention, arms forward raise
- 13 - 14 **L** vertical twist, with legs straight and feet to attention
- 15 - 16 Untwist to rod across legs and feet to attention.
  
- 1 - 2 **L** side step with **L** hand leg twist
- 3 - 4 Untwist to rod across legs and feet to attention
- 5 - 6 **R** side step with **R** hand leg twist
- 7 - 8 Untwist to rod across legs and feet to attention
- 9 - 10 From attention position rise on toes with rod upward stretch
- 11 - 12 Demi-plié in attention rod across shoulders
- 13 - 14 Straighten legs with rod upward stretch
- 15 - 16 Attention with rod across legs

*(Technical Note: Heels need not be together in rise on toes.)*

**CLUB SWINGING**

<p><b>1. Inward:</b>                  Full circle                  Headswing                  Backswing</p>	<p><b>2. Outward:</b>                  Full circle                  Headswing                  Backswing</p>
<p><b>2. Parallel (L&amp;R directions):</b>                  Full circle                  Headswing                  Legswing                  Overhead wrist swing</p>	

**Set Exercise:**

Parallel: (L & R directions)  
 Commence in side step with arms and clubs in upward stretch

- 1 Full circle - **L** side
- 2 Headswing
- 3 Full circle
- 4 Overhead wristswing both hands
- 5-8 Repeat counts 1-4 to **L** side
  
- 1 Full circle - **R** side
- 2 Headswing
- 3 Full circle
- 4 Overhead wristswing both hands
- 5-8 Repeat counts 1-4 to **R** side

## TURNOUT DEVELOPMENT EXERCISES

**Bends:** **Set Exercise for Small Knee Bends** (Demi-pliés), combined with **Large Knee Bend** (Grand-pliés),

Commence in 1<sup>st</sup> position of the feet with arms in preparation position.  
On introduction arms softly float to low second and return to preparation position.

- 1 – 2 Demi-pliés in 1<sup>st</sup> with arms in preparation position, keeping heels on the floor
- 3 – 4 Recover by straighten legs, keeping knees turned out and pressing thighs back
- 5 – 6 Demi-pliés in 1<sup>st</sup> with arms in preparation position, keeping heels on the floor
- 7 – 8 Recover by straighten legs, keeping knees turned out and pressing thighs back
- 9 - 10 Take arms from preparation position to 1<sup>st</sup> position
- 11-12 Open arms to 2<sup>nd</sup> position with **R** side toe point
- 13-16 Lower **R** foot in 2<sup>nd</sup> position with arms to preparation position
  
- 1 - 4 Grand-pliés in 2<sup>nd</sup> taking arms to low 2<sup>nd</sup> position
- 5 - 8 Recover from Grand-pliés with arms to preparation position
- 9 - 12 Grand-pliés in 2<sup>nd</sup> taking arms to low 2<sup>nd</sup> position
- 13-16 Recover from Grand-pliés with arms to preparation position
  
- 1 - 4 Arms from preparation position to low 2<sup>nd</sup> position with **R** side toe point and close feet to 1<sup>st</sup> position with arms to preparation position
- 5 – 6 Arms to 1<sup>st</sup>
- 7 - 8 **L** side toe point with arms in 2<sup>nd</sup>
- 9 Lower **L** foot to side step
- 10-16 Grand-plié in 2<sup>nd</sup> position with arms lowering to preparation through to 1<sup>st</sup> position
  
- 1 – 2 **L** side toe point, arms to 2<sup>nd</sup> position
- 3 – 4 Close feet to 1<sup>st</sup> position with arms in preparation position
- 5 – 8 Arms through 1<sup>st</sup> to 5<sup>th</sup> position
- 9 – 12 Arms open to 2<sup>nd</sup> position
- 13- 14 Demi-plié in 1<sup>st</sup> with arms lower to preparation position with eye line to **R** hand
- 15-16 Recover to fully extended legs in 1<sup>st</sup> position, arms to preparation position, with eye line to **L** downstage corner

## TURNOUT DEVELOPMENT EXERCISES

**Floorwork:** **Set Exercise:**

### **Foot and Instep Stretches**

Commence facing the side in long sit position with NO TURNOUT, feet flexed and arms extended to the side with finger tips to the floor.

Slowly stretch feet out through insteps, then toes. Repeat by quickly flexing feet.

- 1 - 2 Stretching insteps towards floor
- 3 Stretch toes last
- 4 Flex feet
- 5 - 16 Repeat the above another three times.

**AESTHETIC**

<b>1. Arm Positions:</b> Preparation position 1 <sup>st</sup> position 2 <sup>nd</sup> position Low 2 <sup>nd</sup> position 5 <sup>th</sup> position	<b>2. Foot Positions:</b> 1 <sup>st</sup> position 2 <sup>nd</sup> position 3 <sup>rd</sup> position 5 <sup>th</sup> on demi-point Curtsey Demi-plie in 3 <sup>rd</sup> Toepoint to 2 <sup>nd</sup>
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**Set Exercise:**

Commence facing **R** downstage front corner, feet in 3<sup>rd</sup> position, **L** foot in front, arms in preparation.

On introduction: Float arms to low 2<sup>nd</sup> with eye line to **L** hand, return arms to preparation position with eye line to front

1 - 2	Demi-plié	Arms low 2 <sup>nd</sup> , eye line to <b>L</b> hand
3 - 4	Recover	Arms preparation, eye line to front
5	Arms to 1 <sup>st</sup>	Eye line to hands, head inclined to the <b>R</b>
6	Arms to 2 <sup>nd</sup>	Head and eye line to the front
7	Demi-plié in 3 <sup>rd</sup>	Arms preparation
8	Recover from demi-plié	Arms preparation
9	<b>L</b> toe point forward still facing <b>R</b> front corner	Arms 5 <sup>th</sup> , head and eye line to <b>R</b> front corner
10	Step forward	Arms open to 2 <sup>nd</sup>
11	Step to the <b>R</b> as face the front	Arms low 2 <sup>nd</sup>
12	Curtsey	Slight undulation of the arms with forward tilt of the head
13	Recover from Curtsey	Arms low 2 <sup>nd</sup>
14	Step forward on <b>L</b>	Arms low 2 <sup>nd</sup>
15	Step forward on <b>R</b>	Arms low 2 <sup>nd</sup>
16	Step forward to 5 <sup>th</sup> on demi-point (on the toes) with <b>L</b> foot in front	Arms flowing from preparation position, through 1 <sup>st</sup> to 5 <sup>th</sup>
Coda	Lower feet to 1 <sup>st</sup>	Arms to through 2 <sup>nd</sup> to preparation position

**DANCE**

<b>Identify in Set Choreography:</b> 1. Galop forward 2. Galop sideways 3. Walking on demi-pointe 4. Sautés	5. Skips forward 6. 1 <sup>st</sup> on demi-pointe 7. Curtsey -Curtsey may be performed with <i>foot behind on demi-pointe</i>
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**Set Exercise:**

Commence upstage (centre back) in 1<sup>st</sup> position of the feet with hands hips firm

1 - 3	3 galops forward leading with <b>R</b> foot
4	Jump feet together in 1 <sup>st</sup> and clap hands
5 - 7	3 galops forward leading with <b>L</b> foot
8	Jump feet together in 1 <sup>st</sup> and clap hands
9 - 11	3 galops to <b>R</b> side with hands hips firm
12	<b>R</b> side step to feet in 1 <sup>st</sup> and clap hands
13 - 15	3 galops to <b>L</b> side with hands hips firm
15 - 16	<b>L</b> side step to feet in 1 <sup>st</sup> and clap hands

Facing the **R** side and travelling in a half circle with hands hips firm

1 - 8	8 walks forward on demi-pointe commencing with <b>R</b> foot
9 - 16	8 skips forward commencing with <b>R</b> foot

Coda

1 - 3	Run to centre front and pull up on demi-pointe in 1 <sup>st</sup> position of the feet opening the arms through 1 <sup>st</sup> to 2 <sup>nd</sup> position
4	Lower the heels to 1 <sup>st</sup> with arms to preparation position
5 - 7	3 sautés in 1 <sup>st</sup> with arms in preparation
8	Step to <b>R</b> to curtsey lowering the arms to low 2 <sup>nd</sup> position
7 - 8	Recover to upright position with arms remaining in low 2 <sup>nd</sup> position

**MUSICAL APPRECIATION**

**Rhythm Exercise:** (see video)

- ◆ 16 bounces (small sautés) in 4/4 rhythm with a clap on the 1st beat of each bar (*i.e. Clap on counts 1, 5, 9, 13*).  
(Commence with arms in Preparation, heels and toes together with NO TURNOUT.)

**Technical Notes:**

1. *Knees must face forward over toes, not rotate inwards. This is a free movement for rhythm.*
2. *This relaxed movement is an exercise for stretching knees and feet in the air, for rhythm and elevation.*
3. *Ensure candidate is not using upper body for elevation - MUST come from plié.)*

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