



SKILLS PROGRAMME STANDARD GRADE THREE

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

A DVD of this syllabus is available upon request from your State Administrator

(Revised: July 2013)

FREE EXERCISES

<p>1. Arm Positions: Curve overhead Obliquely forward – <i>up, down or mixed</i> Overhead wrist cross Hands clasped overhead</p> <p>A movement can combine armwork from Grades 1 & 2 e.g. L arm forward, R arm neck rest</p>	<p>2. Leg and Foot Positions: <i>with hands in hips firm position</i> Lunge backward or forward Low arabesque Rotating toe point <i>(with either a straight supporting leg or fondu - through forward, side or backward toe points)</i> Leg mount with arm at curve overhead</p>
<p>3. Bends: Forward <i>(side step, arms upward stretch, ½ forward trunk bend)</i> Side <i>(hands clasped overhead, side step).</i> Back <i>(side step with arms upward stretch, bend back from the waist, keeping the head between the arms)</i></p>	<p>4. Floorwork: Straddle/legs astride sit – forearms to the floor</p> <p>Split <i>with fingertips to floor, or flat hands for support (options)</i></p> <p>Long sit single leg raises forward, holding ankle</p>

Set Exercise: MUSIC – TRACK 1

- 1 - 2 FACE FRONT **L** CORNER, ARMS MIXED OBLIQUE FORWARD (**R** UP, **L** DOWN), **R** BACK LUNGE
- 3 - 4 REVERSE ARMS (**L** UP, **R** DOWN), **L** LOW ARABESQUE
- 5 - 6 FACE **R** FRONT CORNER,
(LIFT **R** ARM THROUGH UPWARD STRETCH) ARMS SIDE RAISE, **R** SIDE STEP
- 7 - 8 FACE FRONT ,FEET TO ATTENTION, OVERHEAD WRIST CROSS
- 9 - 10 LOWER ARMS (SIDEWAYS) TO HIPS FIRM, **L** SIDE TOE POINT
- 11 - 12 HOLD **L** FOOT IN PREPARATION FOR LEG MOUNT
- 13 - 14 **L** SIDE LEG MOUNT, **R** ARM NECK REST
- 15 - 16 **L** SIDE LUNGE, ARMS OBLIQUELY UP SIDEWAYS

- 1 - 2 FACE **R** SIDE, **L** KNEEL, ARMS FORWARD RAISE
- 3 - 4 SLIDE FRONT FOOT FORWARD INTO SPLIT, ARMS SIDE OBLIQUELY DOWN WITH FINGER TIPS TO FLOOR
- 5 - 6 MAINTAIN SPLIT AND ARM POSITION
- 7 - 8 BRING BACK LEG TO MEET FRONT LEG [LONG SIT, FINGERTIPS BEHIND]
- 9 - 10 **R** SINGLE LEG RAISE FORWARD, HOLDING ANKLE
- 11 - 12 RECOVER
- 13 - 14 DOUBLE KNEEL FACING FRONT, ARMS TO SIDE
- 15 - 16 **R** SINGLE KNEEL TO ATTENTION, ARMS FOLDED IN FRONT AND THEN TO ATTENTION

ROD EXERCISES

<p>1. Under Grip: Back oblique down twist Rod across back Back twist Multiple flashing</p>	<p>2. Top Grip Forward raise Upward stretch Side raise twist Forward raise twist</p>
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Set Exercise: MUSIC TRACK 2

- 1 - 4 MULTIPLE FLASHING TO L
- 5 - 6 L SIDE LUNGE, ROD ACROSS BACK
- 7 - 8 FEET TO ATTENTION, R OBLIQUE TWIST UP
- 9 - 10 FACE R SIDE: R STEP FORWARD, L BACKWARD TOEPOINT ,L BACK OBLIQUE DOWN TWIST
- 11 - 12 L LOW ARABESQUE, L VERTICAL TWIST
- 13 - 14 FACE FRONT: L SIDE LUNGE, BACK TWIST (retaining L twist)
- 15 - 16 ATTENTION

- 1 - 2 CHANGE TO TOP GRIP (L then R)
- 3 - 4 R SIDE TOE POINT, ROD FORWARD RAISE
- 5 - 6 R SIDE RETIRE, ROD UPWARD STRETCH
- 7 - 8 EXTEND TO R SIDE LUNGE, R FORWARD RAISE TWIST
- 9 - 10 R SIDE LUNGE, L FORWARD RAISE TWIST
- 11 - 12 FEET TO ATTENTION, ROD FORWARD RAISE
- 13 - 14 L SIDE LUNGE, L SIDE RAISE TWIST
- 15 - 16 ATTENTION

CLUB SWINGING

<p>1. Inward: Back wristswing Big wheel turn(start & finish with swing at side raise)</p>	<p>2. Inward (facing side) Mixed fold at forward raise Single wristcross Body swing to front</p>
<p>3. Outward Back wristswing Big wheel turn(start & finish with swing at side raise)</p>	<p>4. Outward (facing side) Mixed fold at forward raise Single wristcross Body swing to front</p>
<p>5. Parallel: (L&R directions) Back wristswing</p>	<p>6. Parallel: (L&R directions) -facing backward side Bodycross Full circle alternating with forward raise swing</p>
<p>7. Side Windmill (L&R directions) Side raise swing</p>	<p>8. Side Windmill (L&R directions) –facing fwd side Body cross Double fold</p> <p>9. Side Windmill (L&R directions) –facing bwd side Forward raise swing Full circle</p>
<p>10. Outward Windmill Leg swing Fold at side raise</p>	<p>11. Outward Windmill – facing side Forward raise swing Full circle alternating with Forward raise swings</p>
<p>12. Inward Windmill Full circle Headswing Side raise swing</p>	<p>13. Inward Windmill - facing side Forward raise swing Full circle alternating with Forward raise swings</p>

CLUB SWINGING (contd)**Set Exercises: MUSIC TRACK 3**

Commence arms upward stretch , side step

Parallel - L & R Sides:

- 1 - 2 **L SIDE: L SIDE RAISE SWING, R SIDE RAISE SWING**
 3 - 4 **BACKSWING**
 5 - **FACE BACKWARD SIDE: FORWARD RAISE SWING**
 6 **L ARM FULL CIRCLE , R ARM FORWARD RAISE SWING**
 7 **FORWARD RAISE SWING**
 8 **FACE THE FRONT OVERHEAD WRIST SWING & FINISH AT UPWARD STRETCH**
 9 - 16 **REPEAT TO R SIDE**

Outward Windmill - incorporating Inward swings facing backCommence with **L** hand:

- 1 - 2 **FULL CIRCLE, HEADSWING**
 3 **LEGSWING**
 4 **FACING L SIDE: FORWARD RAISE SWING**
 5 **L HAND; FORWARD RAISE SWING WITH R ARM FULL CIRCLE**
 6 **BOTH HANDS FORWARD RAISE SWING**
 7 - 8 **R HAND; FORWARD RAISE SWING WITH L ARM FULL CIRCLE**
 9 **STEP WITH R FOOT TO FACE BACK (SWINGING INWARD); SIDE RAISE SWING**
 10 **HEADSWING**
 11 **FULL CIRCLE**
 12 **FORWARD RAISE SWING FACING R SIDE**
 13 - 14 **STEP RIGHT TO FACE FRONT: FOLD AT SIDE RAISE COMMENCING WITH R HAND (SWINGING OUTWARD)**
 15 - 16 **FULL CIRCLE TO UPWARD STRETCH**

FIGURE MARCHING

Mark time moving backwards Side, forward and backward stepping About turns by <ul style="list-style-type: none"> . Forward step (open turn) . With foot across in front . With foot crossed behind Forward marching with corner turns	<i>Note:</i> The accepted method of cornering for this exam is shown on the video.
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Set Exercise: MUSIC TRACK 4Commence upstage **R**

- 1 - 8 **STEP IN SQUARE - (L Forward Step & Att/L Side Step & Att/R Back Step & Att/R Side Step & Att;**
 9 -12 **MARCH FORWARD 3 STEPS AND OPEN TURN ON 4TH STEP TO FACE THE BACK**
 13 -14 **MARCH FORWARD**
 15 -16 **ABOUT TURN L FOOT ACROSS IN FRONT TO FACE THE FRONT**
 1 - 4 **MARCH FORWARD**
 5 **L CORNER TURN**
 6 -10 **MARCH FORWARD**
 11 -12 **STEP FORWARD TO ATTENTION**
 13 -16 **MARKTIME MOVING BACKWARDS CLOSE TO ATTENTION**

AESTHETIC

<p>1. Arm Positions: 3rd arabesque alignment 4th Crossed position</p>	<p>2. Leg and foot positions Low arabesque (arms 1st arabesque)</p>
<p>3. Identify in Set Choreography: 1. 5th on demi-pointe 2. Coupé</p>	<p>3. Bourrée 4. Kneeling position</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>NOTE:</u></p> <p><u>DEVANT</u> – 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><u>DERRIÈRE</u> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body</p> </div>

AESTHETIC (contd)

Set Exercise: MUSIC TRACK 5

Commence centre back

<p>1 - 2 Small développé R foot fwd. and step up to 5th on demi pointe, bourree forward and finish facing L downstage corner in 5th in demi plié R foot in front (devant)</p> <p>3 - 4 Chassé fwd and recover to L toepoint behind (derrière)</p> <p>5 - 6 Coupé</p> <p>7 - 8 Bourrée and turn via L to face downstage R corner</p> <p>9 -10 Step fwd. L, développé R leg to forward toe point on fondu</p> <p>11 -12 Walk R, L into R downstage corner and kneel R</p> <p>13 Press fwd over front knee</p> <p>14 Stand in 5th on demi point, L foot front (devant)</p> <p>15 Face front, bourrée L and step to L</p> <p>16 Place R foot behind (derrière) in classical pose</p>	<p>Arms through 1st to 5th</p> <p>Arms lower through 1st to 1st arabesque.</p> <p>Arms 2nd arabesque</p> <p>Lower arms to preparation and lift to low second</p> <p>Arms through 1st to 2nd</p> <p>Arms through 1st to low 2nd</p> <p>Lifting arms over to cross downwards</p> <p>Arms 4th - L arm raised</p> <p>Open arms through preparation to low 2nd</p> <p>Arms through 5th L hand softly to R side of face and R hand is placed softly under L elbow with palm facing down</p>
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DANCE

JAZZ EXERCISE

<p>Identify in Set Choreography: 1. Rib isolations 2. Shoulder rolls –backwards and forwards 3. Shoulder isolations – forwards and backwards 4. Pop heel</p>	<p>5. Parallel retiré 6. Contraction 7. Parallel 1st 8. Parallel 2nd</p>
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Set Exercise: MUSIC TRACK 6

Commence with arms out sideways, feet in parallel 2nd

- 1 - 16 8 Rib isolations commencing *R*, centre, *L* centre, etc., arms down on count 16
- 1 - 4 4 Shoulder rolls backwards - *R,L,R,L*,
- 5 - 7 3 Shoulder rolls forward - *R,L,R*,
- 8 Arms out sideways
- 9 - 16 4 Isolations of *R* shoulder, fwd, centre, back, centre etc. - arms down on count 16
- 1 - 4 4 Shoulder rolls backwards - *R,L,R,L*,
- 5 - 7 3 Shoulder rolls forward - *R,L,R*
- 8 Arms out sideways
- 9 - 16 4 Isolations of *L* shoulder, fwd, centre, back, centre - arms remain
- 1 *R* shoulder isolation fwd, *R* knee & hip fwd. pop heel
- 2 Recover
- 3 - 8 Repeat *L,R,L* - arms down on count 8
- 9 - 12 Moving *R* foot in towards *L* - heel (*R* shoulder fwd), toe (*L* shoulder fwd), heel (*R* shoulder fwd), toe (*L* shoulder fwd)
- 13 *R* parallel retire, contract with head down & hands on knee
- 14 Parallel 1st
- 15 *R* parallel retire, contract with fists beside head
- 16 Step out to parallel 2nd, arms by sides

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