



Australian  
Calisthenic  
Federation

## SKILLS PROGRAMME

### BRONZE MEDAL

**ALL MOVEMENTS MUST BE COMPLETED**

## EXAMINATION PAPER

*(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 2021)*

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:
Department						
March technique						
Rhythm						
Execution & presentation						

**TOTAL - Figure Marching /20**

### FREE EXERCISES

Demonstrate each of the following:

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

	N	S	G	Vg	Ex	General comments:
Forward Walkover (either leg)						
Backward Walkover (either leg)						
Supported Arabesque (either leg)						
Circular Leg Raise – L leg (commence with développé forward to low arabesque on fondu)						
Circular Leg Raise – R leg (commence with développé forward to low arabesque on fondu)						
Side Leg Mount Release – L leg (hold for 4 counts)						
Side Leg Mount Release – R leg (hold for 4 counts)						
Tic-Toc in Tiger Stand						
<b>TOTAL (this section)</b>						<b>/20</b>

CANDIDATE NUMBER \_\_\_\_\_

**FREE EXERCISES** cont'd...**Perform Pre-choreographed Exercise****Music Track A or B**

To include:

- Four (4) of the above movements
- Balance of floor work
- Bends – using both sides of the body
- Movements with degree of difficulty appropriate to this level

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

	N	S	G	Vg	Ex	General comments:
Technique						
Value & complexity.						
Precision						
Flexibility						
Leg & footwork						
Execution & presentation						
<b>TOTAL (this section)</b>						<b>/20</b>

<b>TOTAL - Free Exercises</b>	<b>/40</b>
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**ROD EXERCISES**

Examiner will request 2 of the 3 following set rod combinations:

To (candidates) counts only

**Combination A***Commence at attention*

- 1-4 4 under-grip flashes to the left, on demi-point with **right** foot devant  
 5 **Left** side raise twist, commence pas de bourée piqué with right foot  
 6-7 Slide into **right** vertical twist  
 8 Swing rod in **left** hand down past leg to **left** side oblique upward strike, **right** side leg catch.  
*Return to attention.*

**Combination B***Commence on demi-pointe right foot devant, with right side oblique twist up.*

- 1-2 Slide rod towards **right** side and roll into top grip  
 3-4 **Right** side raise twist, small développée to a **left** side toe point on fondu.  
 5-6 Slide rod towards **left** into **right** forward raise twist with curve overhead to face **right**, posé on **right** foot taking **left** leg into low arabesque.  
 7-8 Take rod to **left** back twist forward, step forward toward corner on **left** leg.  
 Finish in **right** back toe point.

**Combination C***Commence in left leg held arabesque, right arm holding rod in forward strike obliquely down.*

- 1-4 3 baton flashes with R hand, finish in forward downward oblique strike, maintain held balance  
 5-6 **left** top grip forward raise twist, obliquely down,  
 Step forward onto **left** leg to face **right** downstage corner into single leg kneel.  
 7-8 Slide into **left** leg forward split, rolling rod into **right** forward oblique twist up (under grip)

CANDIDATE NUMBER \_\_\_\_\_

**ROD EXERCISES** cont'd...

(☑ the appropriate boxes - 2 of the 3)

 Combination A Combination B Combination C**Perform Pre Choreographed Exercise****Music Track A or B**

To include:

- Baton flash (both sides of the wrist)
- Flashing in top and under grip
- Advanced leg work
- Making full use of the working area in a creative arrangement

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

	N	S	G	Vg	Ex	General comments:
Combinations						
Rod technique						
Value & complexity						
Precision						
Leg & footwork						
Execution & presentation						

<b>TOTAL</b>	<b>- Rod Exercises</b>	<b>/20</b>
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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:
<b>INWARD:</b>						
Overhead wrist cross						
Double wrist cross – <i>facing side</i>						
<b>OUTWARD:</b>						
Dual/double hip swing						
Chest cross						
Overhead wrist cross						
<b>PARALLEL:</b> (R or L direction)						
Double fold at side raise						
Hip/wrist swing						
Overhead wrist cross						
<b>SIDE WINDMILL:</b> (R or L direction)						
Neck swing – <i>backward side</i>						
Single hip swing						
Neck cross – <i>forward side</i>						
<b>OUTWARD WINDMILL:</b>						
Neck swing						
Big wheel turns						
Single hip swing - <i>Commence and finish with back swing both hands</i>						
Single wrist cross – <i>facing side</i>						
<b>INWARD WINDMILL:</b>						
Neck swing						
Big wheel turns						
Single hip swing - <i>Commence and finish with back swing both hands</i>						
Single wrist cross – <i>facing side</i>						
<b>TOTAL (this section)</b>						<b>/20</b>

CANDIDATE NUMBER \_\_\_\_\_

**CLUB SWINGING** cont'd...**Music Track A or B****Perform Pre Choreographed Exercise**

To include:

**TRACK A:****Commence with outward windmill -**

- 16 bars outward windmill, and
- 16 bars parallel
- Both exercises must include appropriate swings for this level including those displaying different swings in each hand.
- Foot and leg work appropriate to this level

**TRACK B:****Commence with parallel -**

- 16 bars parallel, and
- 16 bars outward windmill.
- Both exercises must include appropriate swings for this level including those displaying different swings in each hand.
- Foot and leg work appropriate to this level

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

	N	S	G	Vg	Ex	General comments:
Club technique						
Value & complexity						
Rhythm						
Execution & presentation						
<b>TOTAL (this section)</b>						<b>/20</b>

<b>TOTAL - Club Exercises</b>	<b>/40</b>
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**AESTHETIC & DANCE****Demonstrate each of the following:**

(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	
Développé to 2nd						
Demi grand rond de jambe en dedan (inward) <i>(développé to the side and carry leg to attitude devant on fondu)</i>						
Arabesque penchée						
Grand jeté en tournant						
Grand jeté forward						
Chainés						
Fouetté relevé to demi arabesque, lower in fondu and immediately relevé in demi arabesque						
<b>TOTAL (this section)</b>						<b>/20</b>

CANDIDATE NUMBER \_\_\_\_\_

**AESTHETIC & DANCE** cont'd...**Perform Pre Choreographed Exercise****Music Track A or B**

To include:

- a) Développés
- b) Arabesque penchée
- c) Various arms positions
- d) Balance work
- e) Use of both legs
- f) Body bends including both sides of the body
- g) Elevated dance steps
- h) Grand jeté forward

*(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						
<b>TOTAL (this section)</b>						<b>/20</b>

<b>TOTAL - Aesthetic &amp; Dance</b>	<b>/40</b>
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<b>GRAND TOTAL</b>	<b>/160</b>
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<b>MARKS:</b>	95+ Honours with Distinction	90-94 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

**RESULT :**

**Examiner's Comments:**

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**Examiner's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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