

Grade Two - required

Q. On the forward body stretch,  
what must we be careful not to do?

A. We must not push our hips backwards.

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Q. On the back bend,  
what must we be careful not to do?

A. We must not push our hips forwards.

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Q. On the controlled thigh exercises,  
which part of our body do we use to stand up?

A. Our thighs, not our backs.

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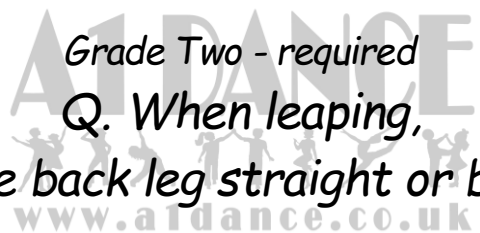
Q. When contracting on the preparatory  
ex. for contraction, where is the head held?

A. Chin tucked down towards the chest.

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Q. When kicking forwards,  
is the supporting leg straight or bent?

A. It is straight.



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Q. When leaping,  
is the back leg straight or bent?

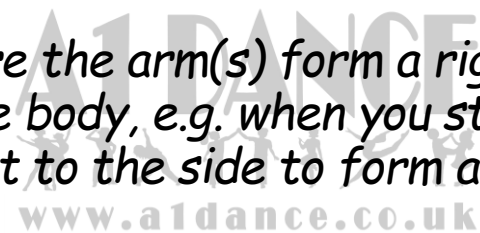


A. It is straight.



Good to know

Q. Describe a horizontal arm line?



A. Where the arm(s) form a right angle  
to the body, e.g. when you stretch  
both arms out to the side to form a straight line.



Good to know

Q. Describe side opposition arms?

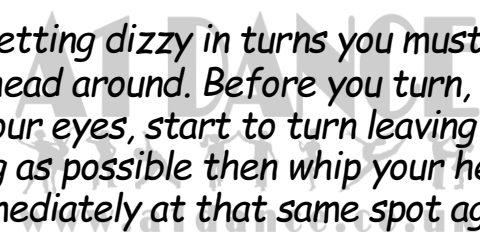


A. Where one arm is forward & one arm is  
to the side.



Good to know

Q. What is meant by spotting (your head)?

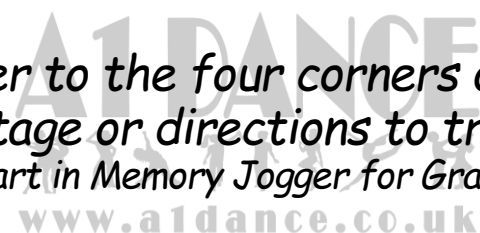


A. To avoid getting dizzy in turns you must use your eyes  
& whip your head around. Before you turn, look at a spot  
level with your eyes, start to turn leaving your head &  
eyes there as long as possible then whip your head around looking  
immediately at that same spot again!



Good to know

Q. What are RDF, LDF, RDB, LDB?



A. They refer to the four corners of the studio  
or stage or directions to travel.  
See chart in Memory Jogger for Grade Two.