

In addition to all work from previous grades
Rhythm, Musicality and Presentation will be assessed throughout the Examination

## **Section One - Warm Up**

- a) Teacher's Arrangement
- b) Swinging Kicks

### **Section Two - Arms**

a) Arm Exercise

### **Section Three - Technique**

- a) General Conditioning & Split Preparation
- b) Shoulder the Leg
- c) Walking & Shoulder Strengthening

# **Section Four - Dance Movements**

- a) Turns & Cartwheels
- b) Leaps & Kicks

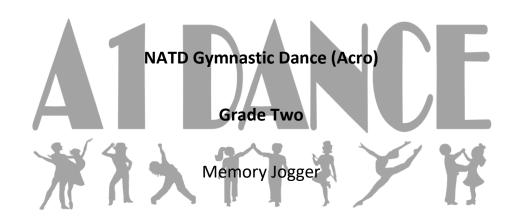
### **Section Five - Tricks**

- a) Bridge from either Sitting or Standing
- b) Headstand into Tuck or Extended Line
- c) Unsupported Handstand & Recover

### **Section Six**

Dance

Bow to finish



# **Theory**

- 1. Clap and Count 2 bars of 4/4
- Q. Where do you place your hands in a Bridge?A. They face in towards the feet, placed under the shoulders.
- Q. What position are your head and hands in a Headstand?A. They make a triangle shape, head at the top of the triangle with hands either side.
- Q. Is the back leg straight or bent in a Split Leap?A. Straight.

