

A1 DANCE

NATD Contemporary Dance
Intermediate Foundation



In addition to all work from previous grades

Section One – Warm Up Exercises

- a) Strengthen the Core
- b) Breathing Into and Out of
- c) Teacher's arrangement: Using the above exercises to show rise, fall, extension and contraction
- d) Examiner's Questions referring to the techniques used

Section Two – Technical Amalgamations

- a) Movement "In and Out"
- b) Movement "Catch, Release, Fall, Recovery"
- c) Movement "Leaps and Turns"

Section Three – Candidate's Interpretation

Candidate's Interpretation of a Set Study

Section Four – Candidate's Choreography

- a) Set Amalgamation 1
- b) Set Amalgamation 2

Section Five – Examiner's Dance & Student's Choreography

- a) Group Dance (Candidate plus a maximum of 3 additional dancers)
- b) Theory Relating to Choreography

Section Six

- a) Solo Dance Presented by the Candidate
- b) Theory Relating to Choreography
Bow to finish