

Modern Theory

GRADE ONE

Each candidate to show an example of any of the following arm lines at the requested height (low, middle and high);

Opposition

Parallel

Co-ordinated

Q. On the side stretch, do the hips move?

A. No, the hips are still

Q. When lying on the floor your back, what must you be careful to do?

A. Press the spine into the floor so that there is no space between the floor and your back.

Q. In the preparation for turns, what must you be sure to use?

A. The head and eyeline

GRADE TWO

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

A. We must not push our hips backwards

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

A. We must not push our hips forward.

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

A. Our thighs, not our backs

Q. When contracting in the preparatory exercise for contraction, where is the head held?

A. Chin tucked down towards the chest

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

A. It is straight.