

**Modern theory – YOU MUST LEARN THE WORDS FROM YOUR GRADE AND REVISE WORDS FROM PREVIOUS GRADES**

**GRADE 1**

Each candidate needs to be able to show the following arm lines at differing heights – Opposition, Parallel and Co-ordinated.

**On the side stretch exercise do the hips move?** – no, the hips are still.

**When lying on the floor on your back what must you be careful to do?** – press the spine into the floor so that there is no space between the floor and your back.

**GRADE 2**

**On the forward body stretch what must we be careful not to do** – we must not push our hips backwards.

**On the back bend what must we be careful not to do?** – we must not push our hips forward.

**On the controlled thigh exercises which part of our body do we use to stand up?** – our thighs not our backs.

**When contracting in the preparatory exercise for contraction, where is the head held?** – chin tucked down towards the chest.

**When kicking forwards, is the supporting leg bent or straight?** – it's straight.

**When leaping, is the back leg bent or straight?** – it's straight.

**GRADE 3**

**What is an isolation?** – when we use only one part of the body.

**In the general conditioning exercise at the barre, what position do we place the feet on the lunge and foot pushes?** – the feet are straight to maximise the stretch.

**When lifting the head and shoulder blades in the abdominal and contraction exercise, where do we hold the head?** – chin tucked into the chest so that we don't strain the neck.

**Is the leg turned out in 2<sup>nd</sup> in the side extension exercise?** – yes, in order to maximise the movement in the hip socket

**GRADE 4**

**Define the word rhythm** – the regular occurrence of an accented beat or beats in a bar of music

**Why do we use a variety of arm lines whilst dancing?** – to develop style and presentation and to aid balance.

**Describe the position of the body as you bend the knees in the body roll exercise** – the back is held upright with the knees parallel over the toes

**In the exercise for turns where do we place the chasse?** – sideways to keep us travelling in a straight line to the corner.

**GRADE 5**

**Why do we start a class with a warm up?** – warm up increases circulation to carry more oxygen and nutrients to all parts of the body, helping to prevent injury.

**Define syncopation** – Displacing the natural accent.

**What do we mean by lyrical armlines?** – soft and flowing with a balletic quality

**Describe and demonstrate the position of the body in a forward body stretch** – the body bends from the hips showing a flat back (table top) with the weight over the legs avoiding pushing the hips back.

**In the abdominal and stretch exercise when stretching sideways in straddle position what must we take care to do?** – keep both hips on the floor to maintain turnout

**On inward and outward round kicks what must we be careful to do?** – ensure the working leg is turned out in 2<sup>nd</sup> position.