

A1 DANCE

NATD Gymnastic Dance (Acro)



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 – Candidates Choice of Three

- a) Bridge from either Sitting or Standing
- b) Headstand into Tuck or Extended Line
- c) Unsupported Handstand & Recover
- d) Cartwheel
- e) Elbow Balance to Support Against a Wall or Teacher
- f) Half Split
- g) Split

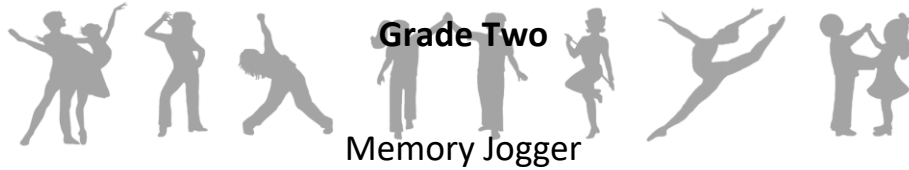
Section Six

Dance
Bow to finish

Updated August 2024

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Theory

1. Clap and Count 2 bars of 4/4
2. Q. Where do you place your hands in a Bridge?
A. They face in towards the feet, placed under the shoulders.
3. 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.
4. Q. Is the back leg straight or bent in a Split Leap?
A. Straight.

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