

A1 DANCE

NATD Gymnastic Dance (Acro)
Intermediate



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

Section One - Warm Up

- a) Candidate's Arrangement
- b) Leg Loosening, Forward & Backward Stretch with Vertical Split
- c) Strengthening & Loosening Exercise – Teacher's Arrangement

Section Two - Arms

- a) Arrangement prepared by the Teacher & / or the Candidate

Section Three - Technique

- a) Back & Abdominal Exercise
 - a. Limbering – Controlled Splits
Options for this exercise are:
 - i Full Split Throughout
 - ii Half Split on one or both Splits

Section Four - Dance Movements

- a) Turns, Rolls & Tricks
- b) Leaps & Jumps
- c) Tumbling Sequence – Teacher's Arrangement

Section Five – Tricks

- a) 3 Tricks chosen from previous grades linked together in an artistic arrangement.
- b) 2 Tricks of Own Choice

Section Six

Dance & Bow to finish