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## Choosing the Right Skills Exam Level

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The Skills Programme consists of three levels – Tests, Grades and Medals. It is essential to choose the correct level as the idea is to build confidence – not have the opposite effect!! Students must be allowed to progress at their own pace, not necessarily to their age group. They must feel confident in their own ability to master each level and their individual development must be of prime consideration. Parents should consult with their coach before deciding on which level to enter.

### **Test 1, 2 and 3 – Recommended for Sub Juniors, Juniors and new skills participants**

The three Tests are designed to introduce younger and less experienced participants to the procedure of examinations, to emphasise the importance of developing correct technique and to encourage confidence. No impromptu combinations of movements will be requested by the examiner. Students will only need to show what they have learnt in class.

### **Grades, 1, 2, 3 and 4 – Recommended for experienced Juniors to Intermediates**

By progressing steadily through the Grades participants build a comprehensive vocabulary of terminology and a firm understanding of the requirements of basic calisthenics. Throughout the Grades, combinations of movements are introduced to reinforce the terminology learnt. Exercises have been choreographed to develop coordination, artistry and musicality. Individual movements combining arm and leg may be requested in any section.

### **Medals – Senior Participants**

When presenting for medals, candidates find their own coach to assist with the choreography and mastery of “mini routines” which incorporate movements from within the medal syllabus. While the level of difficulty is high, there is great personal satisfaction in achieving this level. Please contact the skills convenor directly for more information if required.

### **How to Register for Skills Exams - 2023**

Registration forms will be available shortly from your Club skills delegate and the Calisthenics ACT web-site.



#### **Contact for Assistance:**

Email: [skills@calisthenicsact.com.au](mailto:skills@calisthenicsact.com.au)

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