

LEVEL:		GRADE 1	Certificate Exercises
Exercise	Content	Detail	
Barre/Stanok:			
1. PLIÉS and RISES (Cert.)	PLIÉ and RISE (facing barre)	-Plié: demi and grand in parallel 1 st -Rise: parallel 1 st	
2. TENDUS (Cert.)	Character TENDU #1 (without fondu) and RETIRÉ (facing barre)	-Character tendu: devant from parallel 1 st , à la seconde from 1 st	
Centre/Seredyna:			
3. PORTS DE BRAS (F)	PORT DE BRAS	-Arms: bras bas, classical 1 st and 2 nd ; poias, character 1 st (v pered), and 2 nd (v storonu)	
4. POKHID SKLADNYI	POKHID SKLADNYI and PLESKANNIA	-Pleskannia: odynarna, podviyna	
5. VYKHILIASNYK	VYKHILIASNYK and POKHID SKLADNYI		
6. HUSACHOK (M)	HUSACHOK		

LEVEL:		GRADE 1	Diploma Exercises
Exercise	Content	Detail	
Barre/Stanok:			
1.	PLIÉS and RISES (Dip.)	PLIÉ and RISE (facing barre)	-Plié: demi in parallel 1 st , 1 st ; grand in parallel 1 st -Rise: parallel 1 st , 1 st
2.	TENDUS (Dip)	Character TENDU #1 (without fondu) and RETIRÉ (facing barre)	-Character tendu: devant from parallel 1 st , à la seconde from 1 st -Retiré: from parallel 1 st
Centre/Seredyna:			
3.	PORTS DE BRAS (M)	PORT DE BRAS	-Arms: bras bas, classical 1 st and 2 nd , poias, character 1 st (v pered), and 2 nd (v storonu)
4.	SAUTÉS and PIDZHATI	SAUTÉ and PIDZHATI	-Sauté: parallel 1 st -Pidzhati: nohy na zad (female), nohy v pered (male)
5.	SPOTTING EXERCISE (F)	SPOTTING Exercise and PRYTUP	-Spotting: ¼ turn of head followed by body -Prytup: podviynyi, potriynyi
6.	MIACHYK (M)	MIACHYK and POHOIDUVANNIA	-Miachyk (parallel 1 st to upright): 1 st , 2 nd -Pohoiduvannia: upright to upright
7.	DORIZHKA (F)	DORIZHKA and PRYTUP	-Dorizhka: v pered, na bik, na zad -Prytup: podviynyi
8.	GALLOP	GALLOP and zakidnyi BIH	-Gallop: en avant
9.	KABLUCHKY and PIDSICHKA (M)	KABLUCHKA, VYPAD and PIDSICHKA (2 hand support)	-Pidsichka: ½ time, full time (5)