

LEVEL:

GRADE 2

Certificate Exercises

	Exercise	Content	Detail
Barre/Stanok:			
1.	PLIÉS and RISES (Cert.)	FEET <i>stretch</i> , RELEVÉ, PLIÉ and RISE (facing barre)	-Plié: parallel 1 st , 1 st , 2 nd -Rise: parallel 1 st , 1 st , 2 nd
2.	TENDUS and RETIRÉS (Cert.)	TENDU, RETIRÉ (from 1 st position) and PRYTUP	-Tendu (divided): devant, à la seconde -Prytup: podviynyi
3.	DÉGAGÉS, LIFT and SAUTÉS	DÉGAGÉ, <i>lift</i> , <i>dégagé</i> , <i>close</i> and SAUTÉ (from 1 st position facing barre)	-Dégagé, lift, point, close: devant, à la seconde -Sauté: 1 st , 2 nd
Centre/Seredyna:			
4.	PORTS DE BRAS	PORT DE BRAS	-Arms: character 2 nd (v storonu), 5 th (v horu), za spynoiu, korali (females)/sertse (males), navkhrest -Prytup (females): podviynyi, potriynyi -Prysiadka: rozkydyna
5.	SPOTTING EXERCISE (F-Cert.)	SPOTTING <i>exercise</i> and <i>bokovy</i> KROK	-Spotting: shuffle -Bokovy krok: na bik, na zad, v pered
6.	UHYNANNIA and VYPAD	UHYNANNIA SKLADNA, UHYNANNIA and VYPAD SKLADNYI	
7.	MIACHYK and POHOIDUVANNIA (M)	MIACHYK, PRYSIADKA (½, full time) and POHOIDUVANNIA	-Miachyk: parallel 1 st to upright -Prysiadka: rozkydyna -Pohoiduvannia: through demi 2 nd

tier 1 • set exercises • grade 2

LEVEL:		GRADE 2	Diploma Exercises
Exercise	Content	Detail	
Barre/Stanok:			
1.	PLIÉS and RISES (Dip.)	FEET stretch, RELEVÉ, PLIÉ and RISE (facing barre)	-Feet stretch: parallel 1 st , 1 st -Relevé parallel 1 st , 1 st -Plié: parallel 1 st , 1 st , 2 nd -Rise: parallel 1 st , 1 st , 2 nd
2.	TENDUS and RETIRÉS (Dip.)	TENDU, RETIRÉ (from 1 st position) and PRYTUP	-Tendu (turn out, turn in, turn out): devant, à la seconde -Prytup: podviynyi
Centre/Seredyna:			
3.	SPOTTING EXERCISE (Dip.)	SPOTTING exercise and bokovyi KROK	-Spotting: sauté -Bokovyi krok (multiple): na bik, na zad, vpered
4.	SPRING POINTS and PIDZHATI	SPRING POINTS, SAUTÉ and PIDZHATI	-Spring points: single, double -Sauté: parallel 1 st -Pidzhati (nohy na zad): pidriad (2)
5.	MEREZHKA (F)	preparation for MEREZHKA and MEREZHKA	
6.	BOKOVYI KROK and SHVYDKY	bokovyi KROK, PRYTUP and SHVYDKY	-Bokovyi krok: single -Prytup: podviynyi -Shvydky: na bik, na zad, vpered
7.	MISTOCHOK and RAK (M)	MISTOCHOK and RAK (2 hand support)	-Rak: ½ time, full time
8.	HOLUBCHYK	HOLUBCHYK, POKHID SKLADNYI (females)/ PRYSIADKA (males)	-Holubchyk: ¼ turns or ½ turns -Pokhid skladnyi: ¼ turns or ½ turns -Prysiadka: kabluk, nosok
9.	KOLESO (M)	KOLESO (preparation for PEREKIDNI/ BEDUINTSI)	-Koleso: 2 hand support