

LEVEL:

GRADE 3

Certificate Exercises

	Exercise	Content	Detail
Barre/Stanok:			
1.	PLIÉS (Cert.)	POINT, FLEX and PLIÉ (facing barre)	-Point and flex: à la seconde from 1 st -Plié: 1 st , 2 nd , 3 rd
2.	DÉGAGÉS, LIFT and RETIRÉS	DÉGAGÉ, <i>lift, dégagé, close</i> (22 ½ degrees), RETIRÉ and DÉTOURNÉ (from 3 rd position)	-Dégagé, lift, dégagé, close: devant, à la seconde, derrière facing barre -Retiré: Changing devant and derrière -Détourné: ¼ turn
3.	RELEVÉS and SAUTÉS	RELEVÉ and SAUTÉ	-Relevé: 1 st , 2 nd -Sauté: 1 st , 2 nd , échappé 1 st and 2 nd
Centre/Seredyna:			
4.	PORTS DE BRAS	PORT DE BRAS	-Arms: character 2 nd , 3 rd , 4 th , 5 th , poias, kypitar, 3 rd arabesque (females)
5.	SPOTTING EXERCISE (F-Cert.)	PERESTUPANNIA, SPOTTING <i>exercise</i> and PRYTUP	-Perestupannia (toe, heel): na bik, na zad, v pered -Spotting: zakidnyi bih -Prytup: podviynyi
6.	PRYSIADKA (M)	PRYSIADKA (60°)	-Prysiadka: v pered, prosta, rozkydyna
7.	VIDRYVANNIA and SPRING POINTS (F)	VIDRYVANNIA SKLADNE and SPRING POINTS	-Spring points: double devant, heel/toe crossing behind
8.	PLETENNIA	PLETENNIA, POKHID SKLADNYI (females)/PRYSIADKA <i>rozkydyna</i> (males), TYNOK AND GALLOP	-Pletennia: ½ time, full time -Pokhid skladnyi: ½ turns -Gallop: v pered
9.	RAK (M)	RAK (1 or 2 hand support), BOCHKA and PRYSIADKA na ruku (2 hand support - males)	-Bochka: stretched leg

tier 1 • set exercises • grade 3

LEVEL:		GRADE 3	Diploma Exercises
	Exercise	Content	Detail
Barre/Stanok:			
	PLIÉS (Dip.)	POINT, FLEX and PLIÉ (facing barre)	-Point and flex: devant from parallel 1 st , à la seconde from 1 st -Plié: 1 st , 2 nd , 3 rd
	TENDUS	TENDU (from 3 rd position), <i>character</i> TENDU #1 (without plié, with plié) and PRYTUP	-Tendu: en croix -Prytup: podviynyi
Centre/Seredyna:			
	VIDRYVANNIA and SPRING POINTS (<i>M</i>)	VIDRYVANNIA SKLADNE and SPRING POINTS	-Spring points: double devant, heel/toe crossing behind
	KRUZHALTSE	KRUZHALTSE, DRIBONKA and PRYTUP	-Kruzhaltse: ½ turns, full turns -Prytup: potriynyi
	POHARENKA and DRIBONKY	<i>krok</i> POHARENKA, PIDSKOK <i>z bihom</i> , DRIBONKA and PRYTUP	-Krok poharenka (individual or partner turn) -Dribonka: single time, double time -Prytup: potriynyi
	SPOTTING EXERCISE (Dip.)	PERESTUPANNIA, SPOTTING <i>exercise</i> and PRYTUP	-Perestupannia (toe, heel): na bik, na zad, v pered -Spotting: krok pidskok (v horu) -Prytup: podviynyi
	POKHID SKLADNYI	POKHID SKLADNYI and VYKHILIASNYK (females)/ METELOCHKA (males)	-Pokhid skladnyi: travelling turns -Vykhiliasnyk: z obertom
	ARKAN	<i>preparation for krok</i> ARKAN, PRYPADANNIA, <i>krok</i> PIDSKOK and <i>malyi</i> KRUCH (females) / HAIDUK KRUCH and MIACHYK (males)	-Krok pidskok: alternating legs -Haiduk kruch: swivel -Miachyk: parallel 1 st