

PROFESSIONAL DANCE SYLLABUS

**FREESTYLE
ROCK 'N' ROLL
STREET DANCE
LINE DANCING
CHEER DANCE
BELLY DANCE DIPLOMA
DANCE EXERCISE DIPLOMA**

PROFESSIONAL DANCE SYLLABUS

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PROFESSIONAL SECTION

CORE SUBJECTS

Members who joined the Association before the 1st September 2010 may enter candidates in all subjects contained in this syllabus providing they hold at least an Associate qualification in one or more of the four core subjects, i.e. Ballroom, Latin, Classical Sequence and Freestyle.

From 1st September 2010 Freestyle became a separate branch (core subject) including Street Dance, Rock 'n' Roll, Cheerleading and Line Dancing.

Members joining after 1st September 2010 must hold at least an Associate Freestyle qualification to enter candidates for Freestyle Branch examinations.

From 1st September 2010 the Ballroom Branch consists of Ballroom, Latin and Classical Sequence.

Members who joined after 1st September 2010 who hold at least an Associate qualification in one of these three core subjects may enter candidates for all subjects contained in this syllabus excluding Freestyle, Street and Cheerleading

NON CORE SUBJECTS

Teachers holding a qualification in Rock 'n' Roll, Street Dance, Line Dancing, Cheer Dance, Argentine Tango, Salsa, Belly Dancing, Dance Exercise, Gymnastic Dance / Acrobatic Dance and Musical Theatre are restricted to entering candidates for the genre in which they hold a qualification or diploma.

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PROFESSIONAL EXAMINATIONS

CONDITIONS AND INFORMATION

The IDTA offer professional qualifications at Associate, Licentiate and Fellowship. These qualifications are awarded to candidates who pass the appropriate examinations. An examination for Pre-Associates is also available. Candidates for all examinations must be of good education and character.

The Pre-Associate examination will be conducted in three sections: Demonstration, Solo Demonstration with music and Theory. Associate, Licentiate and Fellowship examinations will be conducted in four sections, namely: Demonstration, Solo Demonstration to music, Theory and Teaching Ability. Successful candidates must pass in all sections and the lowest mark awarded shall determine the overall result of the examination.

PRE-ASSOCIATE DANCE AWARDS (formerly Student Medal Tests)

Pre-Associates, who by virtue of their employment as assistants in schools of dancing are not eligible for amateur dance awards, may enter for Pre-Associate Dance Awards. The syllabus, fees and awards are identical to amateur tests. Certificates and reports, however, will have different titles.

PRE-ASSOCIATE

Duration approx: 45 mins (*30 mins for Rock 'n' Roll*)

Candidates training for an IDTA professional qualification are advised to take the Pre-Associate examination before taking the Associate examination in the same genre. Candidates for this examination must be aged 16 years and over. Success with this examination does not carry with it membership of the Association, nor is it a professional qualification. Candidates may continue to take Pre-Associate Dance Awards (formerly student medal tests). Successful candidates may elect to become provisional members of the Association on payment of the appropriate fee and will receive copies of the quarterly magazine Dance International, free entry to Area meetings, reduced entry to London Seminar and Annual Congress. Provisional members will be issued with a provisional membership card and number.

ASSOCIATE

Duration: Freestyle 90 mins

Street, Line Dance and Cheer 75 mins

Rock 'n' Roll 45 mins

Candidates must be 18 years of age or over. Successful Rock 'n' Roll, Street Dance, Line Dancing and Cheerleading Associates are permitted to enter candidates for dance awards (formerly medal tests) in their own branch only, unless qualified in a core subject.

LICENTIATE

Duration: Freestyle 105 mins

Street, Line Dance and Cheer 75 mins

Rock 'n' Roll 45 mins

Candidates must be 21 years of age or over with at least two years teaching experience as a teacher of dancing immediately prior to their application. Successful Rock 'n' Roll, Street Dance, Line Dancing and Cheerleading Licentiates will be permitted to enter candidates for dance awards (formerly medal tests) in their own branch only, unless qualified in a core subject.

FELLOWSHIP

Freestyle only available in modular format.

Module 1: 45 minutes

Module 2: 30 minutes

Module 3: 30 minutes

Candidates must have held a Licentiate qualification in the appropriate branch for at least one year.

MODULAR SYSTEM FOR PROFESSIONAL EXAMINATIONS

The Associate and Licentiate can be taken in Modular form for Ballroom, Latin, Classical Sequence and Freestyle. See each section of Syllabus for details. The Fellowship examinations in these genres must be taken in Modular form.

For Ballroom, Latin and Classical Sequence modules please see the Ballroom Branch professional examination syllabus.

Freestyle Associate & Licentiate: Module 1, 45 mins, Modules 2 & 3, 30 mins

DIPLOMAS

Dance Exercise and Belly Dancing: Duration: 45 mins

Successful candidates are permitted to enter candidates for dance awards (formerly medal tests) in their own branch only, unless qualified in a core subject.

IDTA INTERMEDIATE PERFORMER AWARD

This Performer Award at Level 3 in the Regulated Qualifications Framework was introduced in 2020. The qualification carries UCAS tariff points (the same as the Intermediate Performer Award in Ballet, Tap, Contemporary Modern Jazz and Theatre Craft). This is not a teaching qualification. The syllabus is available from IDTA Sales.

IDTA LEVEL 3 DIPLOMA IN DANCE TEACHING ASSISTANT

The objective of the Level 3 Diploma in Dance Teaching Assistant is for learners to develop knowledge and understanding of syllabus requirements, safe dance practice and dance teaching so that they may assist in dance classes, usually helping to teach groups of students for a specified period under the supervision of a qualified dance teacher. The qualification does not confirm status as a dance teacher.

The Level 3 Diploma in Dance Teaching Assistant became available for examination from 1st January 2020.

Learners studying Ballroom, Latin, Classical Sequence and Freestyle in the UK and outside the UK have the option to take the current Pre-Associate examination or the Level 3 Diploma.

Detailed information can be found in the candidate handbook which can be downloaded from the IDTA website at www.idta.co.uk along with the word document templates for the workbook and teaching observation logs

<https://www.idta.co.uk/information-hub/qualifications/idta-level-3-diploma-for-dance-teaching-assistants/>

If you have any questions please email Liz Murphy or Rachael Meech at IDTA Head Office via our [Contact Form](#) and state in the subject line "Level 3 Diploma".

IDTA LEVEL 4 DIPLOMA IN DANCE TEACHING

The IDTA Level 4 Diploma in Dance Teaching for Ballroom, Latin, Classical Sequence, Freestyle, Ballet, Tap, Modern Jazz and Theatre Craft. This qualification is listed on the Regulated Qualifications Framework and can be viewed on the Register of qualifications at www.gov.uk/find-a-regulated-qualification. The IDTA is an awarding organisation regulated by Ofqual in England, CCEA in Northern Ireland and Qualification Wales.

Ballroom, Latin, Classical Sequence and Freestyle candidates may select either the Associate or Level 4 Diploma in Dance Teaching.

The IDTA Level 4 Diploma in Dance Teaching qualification is based on the current IDTA Associate syllabi and technique but is arranged in three units;

- Unit 1 Safe Dance Practice (portfolio based section)
- Unit 2 Technique and Syllabus knowledge (existing Associate technique and syllabus knowledge)
- Unit 3 Dance Teaching Practice. (An observed dance class in the chosen genre supported by teaching logs, lesson planning and continuing professional development information and discussion with the examiner)

The objective of the level 4 Diploma in Dance Teaching is for learners to:

- Gain a knowledge and understanding of safe dance practice
- Demonstrate skills, knowledge and understanding of their chosen dance genre
- Demonstrate teaching practice

The qualification provides a basis for learners to progress into dance teaching, either through running their own dance school or working as a teacher in a private dance school.

A DVD presentation of the IDTA Level 4 Diploma in Dance Teaching is available. Please refer to the candidate specification and guidance handbook and the Unit 1 and Unit 3 example documentation. The DVD presentation and candidate handbook provide helpful information about the qualification including information about the registration and examination process, guidance on completing and submitting your portfolio and what to expect in the examination.

For candidates and member teachers who are considering taking the Level 4 Diploma in Dance Teaching in Ballroom, Latin, Classical Sequence and Freestyle there is an additional DVD for Unit 3, Dance Teaching Practice.

There are three word document templates which can be downloaded, two for Unit 1 and one for Unit 3. Please see the candidate handbook and example documents for more information.

Details of the IDTA's new Level 4 Diploma in Dance Teaching can be found on the IDTA website

<https://www.idta.co.uk/information-hub/qualifications/idta-level-4-diploma-in-dance-teaching/>

If you have any questions please email Liz Murphy or Rachael Meech at IDTA Head Office, email: info@idta.co.uk and state in the subject line "Level 4 Diploma".

ADMINISTRATIVE PROCEDURES for Professional Examinations

Applications for examinations must be made on the prescribed form, which with the appropriate examination fees shall be sent to Head Office at least six to eight weeks before the date of the examination.

Pre-Associate, Associate, Licentiate, Fellowship and Diploma examinations may be taken at studio sessions. A special examination fee must be paid if the total session fees do not reach the minimum session fee.

The election of a successful candidate shall become void and monies paid to the Association forfeited should it at any time be established to the satisfaction of the Board of Directors that details given on the application form are not in accordance with fact in any material particular.

A subscription fee is payable on acceptance to the Association. Subscriptions are due annually on 1st January.

EXAMINATION PROCEDURES

In the Freestyle Branch the demonstration will be solo with the exception of Rock 'n' Roll and Line Dancing as appropriate. The music operator is permitted to remain in the room for the duration of this demonstration, for the solo demonstration to music, and for starting a class to music. No other personnel, except the Examiner and candidate are to be present during the remainder of the examination.

The Examiner's decision is final. Candidates who are unsuccessful in an examination may not enter an examination for the same level within six months from the date of the previous examination.

Examiners are not permitted to disclose the results of an examination nor will results be given over the telephone, or via email or text.

Professional Performance Awards

Professional Performance Awards are available in all dance genres. They can be taken by qualified professionals. The examination can be assessed with a partner, solo, trio or teams where appropriate.

There are two Awards of equal standing:
(1) Syllabus: based upon the IDTA syllabus
(2) Open.

The standard expected shall be that of a professional nature. Entries and exits not exceeding eight bars are permitted. There is no restriction on dress.

Duration - all dances shall be a minimum of 1½ minutes and a maximum of 2½ minutes. Overall performance time is to be between 8 and 10 minutes. Examiners will allow adequate time for the candidates to rest between dances. The total examination time including rests shall not exceed 20 minutes.

A quality certificate of an ornate and decorative nature will be supplied to successful candidates.

SYLLABUS

Ballroom: - Four or five dances. Foxtrot plus any three or four of the standard dances restricted to syllabus figures.

Latin: - Four or five dances. Rumba plus any three or four of the standard dances restricted to syllabus figures.

Sequence: - Four or five dances chosen from the BDC Championship lists-one of which must be in 3/4 time signature

Freestyle: - Four routines in varying rhythms and styles

Street: - Four routines in varying rhythms and styles

Rock 'n' Roll: - Four routines restricted to syllabus figures chosen from Let's Rock 'n' Roll by Lynda King

Line Dancing: - Four routines in various rhythms and styles

OPEN

Ballroom: - Four dances (one dance may be of encore style).

Latin: - Four dances (one dance may be of encore style).

Sequence: - Four dances (one dance may be of encore style).

Freestyle: - Four routines in varying rhythms and styles

Street: - Four routines in varying rhythms and styles

Rock 'n' Roll: - Four routines in various tempi.

Line Dancing: - Four routines in various rhythms and styles.

Club Dancing: - Four dances of the candidate's choice.

Belly Dancing: - Four routines of the candidate's choice.

Single Dance Series: - One dance of the candidate's choice.

FREESTYLE

Please read carefully the details regarding professional examinations given in this syllabus Technique taken **from Freestyle Dance and Advanced Freestyle** books by Anna Jones.

DEMONSTRATION

Candidates will demonstrate their routines to music in various tempi. An example of Slow dance is required at Licentiate and Fellowship levels.

AMALGAMATION TO MUSIC

Dance and count an amalgamation of three steps and movements from the Pre-Associate Syllabus for the Pre Associate Examination and from the Associate Syllabus for the Associate, Licentiate and Fellowship as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate. Syllabus for the Pre-Associate examination and from the Associate syllabus for Associate.

THEORY

The theory and technique required is that described in the book **Freestyle Dance** and **Advanced Freestyle** by Anna Jones.

PRESENTATION

Correct presentation is crucial. It will show whether the candidate knows and understands the technique or has merely learned it verbatim. Moving and speaking at the same time, should be avoided, except when giving timing, beats and bars. Candidates should state what they intend to perform and then execute it.

TEACHING ABILITY

Teaching Ability will be marked separately and will affect the result of the examination.

During the course of the examination the candidate's ability to teach will be assessed. (Teaching Ability is not assessed in the Pre-Associate examination).

Candidates must present a portfolio from Pre-Associate through to Fellowship to the Examiner which gives a brief resumé of their progress and training and how long their training has lasted. The portfolio should contain scripts of the dances used in the demonstration section and a breakdown of their class structure. A CV should also be included plus relevant certificates and photographic evidence, health and safety information and a DBS certificate where applicable. Professional reports must not be included. See **Advanced Freestyle** pages 75-76.

CANDIDATE'S PORTFOLIO

PRE-ASSOCIATE (45 mins)

The emphasis of this examination is placed on an understanding of the fundamental principles of Freestyle dancing. Teaching ability is not assessed in the Pre-Associate examination.

DEMONSTRATION

- (a) 16 bar repeatable exercise for warm up.
- (b) 16 bar repeatable routine at beginner level.
- (c) 16 bar repeatable routine showing candidate's creative ability.
- (d) 16 bar repeatable exercise for cool down.

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Pre-Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS

From Freestyle Dance

Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance (**from Freestyle Dance**). Recent history of Freestyle Dance (**from Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance, (**from Freestyle Dance**). Safe dance practice and legal requirements (**from Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking (**from Advanced Freestyle** pages 70-74)

EXERCISES

- (a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest, Spine.
- (f) Simple Combination Exercises

STEPS AND MOVEMENTS

Candidates will be examined on the following figures, from the Associate syllabus:

- 1. Step
- 2. Pressure Step
- 3. Walk (compulsory)
- 4. Shoulder Walks
- 5. Run
- 6. Stride
- 7. Jump
- 8. Hop
- 9. Spin
- 10. Turn
- 11. Open Turn
- 12. Chasse

HEAD, ARM, HAND AND BODY MOVEMENTS

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: All Hand Positions and Movements.

PORTFOLIO

See **Advanced Freestyle** pages 75-76.

ASSOCIATE (90 mins)

Candidates must have a knowledge and understanding of all aspects of the Pre-Associate and Associate syllabi.

Candidates will be assessed for their demonstration, knowledge of definitions, anatomy and physiology, exercises, steps and movements, body, arm and hand movements, and teaching ability.

DEMONSTRATION

- (a) 32 bar repeatable exercise for warm up.
- (b) 16 bar repeatable routine at intermediate level.
- (c) 16 bar repeatable routine showing candidate's creative ability.
- (d) 32 bar repeatable exercise for cool down.

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS

From Freestyle Dance

As Pre-Associate syllabus: Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart.

Plus from Associate: Accent, Accented Movements, Phrase, Rhythical Expression and Balance.

From Advanced Freestyle

Definitions as listed on page 15

Technique, Focus, Conditioning, Alignment, Initiation

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance (**from Freestyle Dance**). Recent history of Freestyle Dance (**from Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance, (**from Freestyle Dance**). Safe dance practice and legal requirements (**from Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking (**from Advanced Freestyle** pages 70-74)

SIMPLE ANATOMY: Physiology and Mechanics of the Human Body

Anatomy, Physiology, The Skeletal System, The Muscular System, The Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

Posture, postural faults and correction, from Advanced Freestyle: page 18-25

EXERCISES

- (a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest & Spine
- (f) Simple and Advanced Combination Exercises

STEPS AND MOVEMENTS

Candidates will be examined on the following figures:

Pre Associate **from Freestyle Dance**

1. Step
2. Pressure Step
3. Walk
4. Shoulder Walk
5. Run
6. Stride
7. Jump
8. Hop
9. Spin
10. Turn
11. Open Turn
12. Chasse

Plus Associate **from Freestyle Dance**

13. Plié
14. Demi Plié
15. Switch Turn
16. Whisk Turn
17. Cross Turn
18. Twist Turn
19. Flick
20. Kick
21. Ball Change
22. Kick/Flick Ball Change
23. Stamp
24. Scuff
25. Stomp
26. Brush
27. Lunge
28. Développé
29. Spiral
30. Tap
31. Spring
32. Cross-Tap Kick

From Advanced Freestyle as listed on page 54,

1. Pose Line
2. Tuck Jump*
3. Frog Jump*
4. Penché*

* For the 3 steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

HEAD, ARM, HAND AND BODY MOVEMENTS

Pre-Associate **from Freestyle Dance**

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: Hand Positions and Movements 1-9

Associate **from Freestyle Dance**

Body Movements: Contraction, Relaxation, Middle Body Movement, Rib Cage Movement, Shoulder Movement, Body Bending, Sway, Bounce, Shake, Body Stretching, Rhythical Body Action, Expansion.

TEACHING ABILITY

As outlined in Compulsory Questions 4 & 5 plus **from Freestyle Dance**, General Teaching Ability, Classwork, Solo Routine.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

LICENTIATE (105 mins)

Candidates must have a further knowledge and understanding of all aspects of the Pre-Associate, Associate and Licentiate syllabi. Candidates will be assessed for their demonstration, knowledge of definitions, knowledge of the history and origins of Freestyle Dance, anatomy and physiology, exercises, steps and movements, body, arm and hand movements, and teaching ability.

Candidates of a mature age will be permitted to use a demonstrator trained by the candidate for the advanced routines. When demonstrators are used the candidate will be expected to analyse the complete routine in depth.

DEMONSTRATION

- (a) 32 bar repeatable exercise for warm up.
- (b) 16 bar repeatable routine at Advanced level.
- (c) 16 bar repeatable slow dance routine.
- (d) 16 bar repeatable routine showing candidate's creative ability.
- (e) 32 bar repeatable exercise for cool down.

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS

From Freestyle Dance

As Pre-Associate syllabus: Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart.

From Associate syllabus: Accent, Accented Movements, Phrase, Rhythical Expression and Balance.

Plus from Associate: Syncopation, Positions of Feet, Amount of Turn, Footwork.

From Advanced Freestyle

From Associate syllabus - Definitions as listed on page 15 Technique, Focus, Conditioning, Alignment, Initiation.

Plus Intention, Floor Craft, Anti-Clockwise, Characterisation, Timing.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance (**from Freestyle Dance**). Recent history of Freestyle Dance (**from Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance, (**from Freestyle Dance**). Safe dance practice and legal requirements (**from Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking (**from Advanced Freestyle** pages 70-74)

SIMPLE ANATOMY, Physiology and Mechanics of the Human Body

From Freestyle Dance

From Associate syllabus Anatomy, Physiology, The Skeletal System, The Muscular System, The Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

Plus from Licentiate: Bones, Muscles, the Respiratory System.

Posture, postural faults and correction, from Advanced Freestyle: page 18-25

Plus: **Core strength and stability** on pages 26-30

EXERCISES

As Pre-Associate and Associate syllabus plus:

From Freestyle Dance

From Pre-Associate and Associate Syllabus

- a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest & Spine
- (f) Simple and Advanced Combination Exercises

Plus Thighs, Quads, Calves, Hamstrings and General Limbering.

STEPS AND MOVEMENTS

Candidates will be examined on the following figures:

Pre Associate from Freestyle Dance

1. Step
2. Pressure Step
3. Walk
4. Shoulder Walk
5. Run
6. Stride
7. Jump
8. Hop
9. Spin
10. Turn
11. Open Turn
12. Chasse

Plus Associate from Freestyle Dance

13. Plié
14. Demi Plié
15. Switch Turn
16. Whisk Turn
17. Cross Turn
18. Twist Turn
19. Flick
20. Kick
21. Ball Change
22. Kick/Flick Ball Change
23. Stamp
24. Scuff
25. Stomp
26. Brush
27. Lunge
28. Développé
29. Spiral
30. Tap
31. Spring
32. Cross-Tap Kick

Plus Licentiate from Freestyle Dance:

33. Full Splits*
34. Half Splits*
35. Box Splits*
36. Box Splits Jump*
37. Star Jump*
38. Attitude Jump*
39. Leap*
40. Stag Leap*
41. Scissors Leap*
42. Scissors Kick*
43. Spring Kick*
44. Drop or Hitch Kick*
45. Pirouette
46. Arabesque
47. Attitude
48. Slide

From Associate syllabus

1. Pose Line
2. Tuck Jump*
3. Frog Jump*
4. Penché*

Plus from Licentiate syllabus

5. Back Catch*
6. Extended Back Catch*
7. Leg Spin or Pencil Turn*
8. Vertical or Upright Jump*
9. Forward Illusion*
10. Backward Illusion*

* For the steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

From Advanced Freestyle Slow Dance, page 48

1. Slow Freestyle Dance
2. Bad Technique
3. Good Technique
4. Gallop
5. Fan Kick*
6. Saut de l'ange*
7. Pas de bourée

* For the steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

HEAD, ARM, HAND AND BODY MOVEMENTS.

Pre-Associate from Freestyle Dance

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: Hand Positions and Movements 1-9

Associate from Freestyle Dance

Body Movements: Contraction, Relaxation, Middle Body Movement, Rib Cage Movement, Shoulder Movement, Body Bending, Sway, Bounce, Shake, Body Stretching, Rhythtmical Body Action, Expansion.

Licentiate from Freestyle Dance

Body Movements: Circular Action, Pelvic Action, Hip Action, Merengue Action, Foot and Leg Action, Ripple, Upward Body Ripple, Downward Body Ripple, Hand Holds for Couples Work.

Contemporary Arm and Hand Movements.

TEACHING ABILITY

As outlined in Compulsory Questions 4 & 5 plus from Associate Syllabus **from Freestyle Dance**, General Teaching Ability, Classwork, Solo Routine.

Plus from Licentiate syllabus **from Freestyle Dance**
Pairs Routine, Team Routine and Slow Dance.

PORTFOLIO

See **Advanced Freestyle** pages 75-76.

From Advanced Freestyle as listed on page 54,

FREESTYLE MODULAR SYSTEM FOR ASSOCIATE, LICENTIATE AND FELLOWSHIP EXAMINATIONS

Candidates must have a complete knowledge and understanding of all aspects of the Pre-Associate, Associate, Licentiate and Fellowship syllabi.

The Associate, Licentiate and Fellowship examinations will consist of three modules.

Associate, Licentiate and Fellowship Module 1, will be 45 minutes duration and the remaining two modules will be of 30 minutes each. At each level candidates must take module 1 first and have been successful in that module before continuing with the other two modules. The remaining two modules can be taken singularly or together on one day.

Modules at each level will consist of the following:

ASSOCIATE

Candidates must have a knowledge and understanding of all aspects of the Pre-Associate and Associate, syllabi. Candidates will be assessed in the following:

ASSOCIATE Module 1: Demonstration, Amalgamations to Music, Compulsory Questions, Exercises, Steps and Movements, Teaching Ability, Portfolio.

ASSOCIATE Module 2: Demonstration, Amalgamations to Music, Head, Arm, Hand and Body Movements, Teaching Ability, Posture, postural faults and correction, Portfolio.

ASSOCIATE Module 3: Demonstration, Amalgamations to Music, Simple Anatomy, Teaching Ability, Portfolio.

LICENTIATE

Candidates must have a further knowledge and understanding of all aspects of the Pre-Associate, Associate and Licentiate syllabi. Candidates will be assessed in the following:

LICENTIATE Module 1: Demonstration, Amalgamations to Music, Compulsory Questions, Exercises, Steps and Movements, Slow Dance, Teaching Ability, Portfolio.

LICENTIATE Module 2: Demonstration, Amalgamations to Music, Head, Arm, Hand and Body Movements, Posture, postural faults and correction, Core Strength and Stability, Teaching Ability, Portfolio.

LICENTIATE Module 3: Demonstration, Amalgamations to Music, Simple Anatomy, Teaching Ability, Portfolio.

FELLOWSHIP

Candidates must have a complete knowledge and understanding of all aspects of the Pre-Associate, Associate, Licentiate and Fellowship syllabi. Candidates will be assessed in the following:

FELLOWSHIP Module 1: Demonstration, Amalgamations to Music, Compulsory Questions, Exercises, Steps and Movements, Slow Dance, Teaching Ability, Portfolio.

FELLOWSHIP Module 2: Demonstration, Amalgamations to Music, Head, Arm, Hand and Body Movements, Teaching Ability, Posture, postural faults and correction, Portfolio.

FELLOWSHIP Module 3: Demonstration, Amalgamations to Music, Simple Anatomy, Teaching Ability, Core Strength and Stability, Stretching and Flexibility, Portfolio.

ASSOCIATE MODULE 1 FOUNDATION COURSE (45 mins)

DEMONSTRATION

(a) 32 bar repeatable exercise routine for warm up
(b) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus, as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance (**from Freestyle Dance**). Recent history of Freestyle Dance (**from Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance, (**from Freestyle Dance**). Safe dance practice and legal requirements (from **Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking (**from Advanced Freestyle** pages 70-74)

THEORY

Exercises

- a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest & Spine
- (f) Simple and Advanced Combination Exercises

Steps and Movements .

Candidates will be examined on the following figures:

Pre Associate *from Freestyle Dance*

1. Step
2. Pressure Step
3. Walk
4. Shoulder Walk
5. Run
6. Stride
7. Jump
8. Hop
9. Spin
10. Turn
11. Open Turn
12. Chasse

Plus Associate *from Freestyle Dance*

13. Plié
14. Demi Plié
15. Switch Turn
16. Whisk Turn
17. Cross Turn

18. Twist Turn
19. Flick
20. Kick
21. Ball Change
22. Kick/Flick Ball Change
23. Stamp
24. Scuff
25. Stomp
26. Brush
27. Lunge
28. Développé
29. Spiral
30. Tap
31. Spring
32. Cross-Tap Kick

From Advanced Freestyle as listed on page 54,

- 1 Pose Line
- 2 Tuck Jump*
- 3 Frog Jump*
- 4 Penché*

* For the 3 steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

TEACHING ABILITY

As outlined in Compulsory Questions 4 & 5 plus **from Freestyle Dance**, General Teaching Ability based on this module.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

ASSOCIATE MODULE 2 INTERMEDIATE COURSE (30 mins)

DEMONSTRATION

- (a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar repeatable routine at Intermediate standard.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus. This will include starting a class to music. Music to be selected by the candidate.

THEORY

Definitions .

From Freestyle Dance

As Pre-Associate syllabus: Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart. Accent, Accented Movements, Phrase, Rhythmic Expression and Balance.

From Advanced Freestyle

Definitions as listed on page 15

Technique, Focus, Conditioning, Alignment, Initiation

Head, Arm, Hand and Body Movements

Pre-Associate from Freestyle Dance

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: Hand Positions and Movements 1-9

Associate from Freestyle Dance

Body Movements: Contraction, Relaxation, Middle Body Movement, Rib Cage Movement, Shoulder Movement, Body Bending, Sway, Bounce, Shake, Body Stretching, Rhythmic Body Action, Expansion.

Posture, postural faults and correction, from Advanced Freestyle: page 18-25

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance, **Advanced Freestyle** Safe dance practice and legal requirements Professional behaviour and social networking plus **Freestyle Dance**, General Teaching Ability based on this module and Class work.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note

that the modular system knowledge should relate to the relevant sections for each module.

ASSOCIATE MODULE 3 ADVANCED COURSE (30 mins)

DEMONSTRATION

- (a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar repeatable routine showing candidate's creative ability.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

THEORY

Simple Anatomy.

Physiology and Mechanics of the Human Body Anatomy, Physiology, The Skeletal System, The Muscular System, The Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance, **Advanced Freestyle** Safe dance practice and legal requirements Professional behaviour and social networking plus **Freestyle Dance**, General Teaching Ability based on this module, plus Solo Routine.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements.

This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced**

Freestyle by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

LICENTIATE MODULE 1 FOUNDATION COURSE (45 mins)

DEMONSTRATION

- (a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar routine at Advanced standard.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance
(from **Freestyle Dance**). Recent history of Freestyle Dance
(from **Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance,
(from **Freestyle Dance**). Safe dance practice and legal requirements (from **Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking
(from **Advanced Freestyle** pages 70-74)

THEORY

Exercises

As Pre-Associate and Associate syllabus plus: **From Freestyle Dance**

From Pre-Associate and Associate Syllabus

- a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest & Spine
- (f) Simple and Advanced Combination Exercises

Plus from Licentiate Thighs, Quads, Calves, Hamstrings and General Limbering.

Steps and Movements

Candidates will be examined on the following figures:

Pre Associate **from Freestyle Dance**

1. Step
2. Pressure Step
3. Walk
4. Shoulder Walk
5. Run
6. Stride
7. Jump
8. Hop
9. Spin

10. Turn
11. Open Turn
12. Chasse

Plus Associate from Freestyle Dance

13. Plié
14. Demi Plié
15. Switch Turn
16. Whisk Turn
17. Cross Turn
18. Twist Turn
19. Flick
20. Kick
21. Ball Change
22. Kick/Flick Ball Change
23. Stamp
24. Scuff
25. Stomp
26. Brush
27. Lunge
28. Développé
29. Spiral
30. Tap
31. Spring
32. Cross-Tap Kick

Plus Licentiate from Freestyle Dance:

33. Full Splits*
34. Half Splits*
35. Box Splits*
36. Box Splits Jump*
37. Star Jump*
38. Attitude Jump*
39. Leap*
40. Stag Leap*
41. Scissors Leap*
42. Scissors Kick*
43. Spring Kick*
44. Drop or Hitch Kick*
45. Pirouette
46. Arabesque
47. Attitude
48. Slide

From Advanced Freestyle as listed on page 54,
From Associate syllabus

1. Pose Line
2. Tuck Jump*
3. Frog Jump*
4. Penché*

Plus from Licentiate syllabus

5. Back Catch*
6. Extended Back Catch*
7. Leg Spin or Pencil Turn*
8. Vertical or Upright Jump*
9. Forward Illusion*
10. Backward Illusion*

* For the steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance, **Advanced Freestyle** Safe dance practice and legal requirements Professional behaviour and social networking plus **Freestyle Dance**

Licentiate Syllabus, General Teaching Ability based on this module.

PORFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

LICENTIATE MODULE 2

INTERMEDIATE COURSE (30 mins)

DEMONSTRATION

- a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar routine Slow Dance of the candidate's creative ability.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus This will include starting a class to music. Music to be selected by the candidate.

THEORY

Definitions

From Freestyle Dance

As Pre-Associate syllabus: Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart.

From Associate syllabus: Accent, Accented Movements, Phrase, Rhythrical Expression and Balance.

Plus from Licentiate: Syncopation, Positions of Feet, Amount of Turn, Footwork.

From Advanced Freestyle

From Associate syllabus - Definitions as listed on page 15 Technique, Focus, Conditioning, Alignment, Initiation.

Plus from Licentiate: Intention, Floor Craft, Anti-Clockwise, Characterisation, Timing.

Head, Arm, Hand and Body Movements

Pre-Associate **from Freestyle Dance**

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: Hand Positions and Movements 1-9

Associate **from Freestyle Dance**

Body Movements: Contraction, Relaxation, Middle Body Movement, Rib Cage Movement, Shoulder Movement, Body Bending, Sway, Bounce, Shake, Body Stretching, Rhythical Body Action, Expansion.

Licentiate **from Freestyle Dance**

Body Movements: Circular Action, Pelvic Action, Hip Action, Merengue Action, Foot and Leg Action, Ripple, Upward Body Ripple, Downward Body Ripple, Hand Holds for Couples Work.

Contemporary Arm and Hand Movements.

Posture, postural faults and correction, from

Advanced Freestyle: page 18-25

Plus: **Core strength and stability** on pages 26-30

SLOW DANCE

From Advanced Freestyle page 48

- 1 Slow Freestyle Dance
- 2 Bad Technique
- 3 Good Technique
- 4 Gallop
- 5 Fan Kick*
- 6 Saut de l'ange*
- 7 Pas de bourrée

* For the steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance, Safe dance practice and legal requirements

Professional behaviour and social networking plus **from Freestyle Dance Licentiate Syllabus**, General Teaching Ability based on this module, plus a further knowledge of Class Work.

PORFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

LICENTIATE MODULE 3

ADVANCED COURSE (30 mins)

DEMONSTRATION

- a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar repeatable Routine, showing candidate's creative ability.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus. This will include starting a class to music. Music to be selected by the candidate.

THEORY

Simple Anatomy.

Physiology and Mechanics of the Human Body

From Freestyle Dance

From Associate syllabus Anatomy, Physiology, The Skeletal System, The Muscular System, The Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

Plus from Licentiate syllabus: Bones, Muscles, the Respiratory System.

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance, **Advanced Freestyle** Safe dance practice and legal requirements Professional behaviour and social networking plus **from Freestyle Dance**

Licentiate Syllabus, General Teaching Ability based on this module.

As Associate syllabus Solo Routine plus

From Licentiate syllabus Slow Dance, Pairs Routine and Team Routine.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

FELLOWSHIP MODULE 1

FOUNDATION COURSE (45 mins)

DEMONSTRATION

- (a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar repeatable routine at further Advanced Standard.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus. This will include starting a class to music. Music to be selected by the candidate.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Freestyle Dance (**from Freestyle Dance**). Recent history of Freestyle Dance (**from Advanced Freestyle** pages 12-14)
2. Define Freestyle Dance.
3. The Walks.
4. Safety aspects in relation to Freestyle Dance, (**from Freestyle Dance**). Safe dance practice and legal requirements (**from Advanced Freestyle** pages 61-69)
5. Professional behaviour and social networking (**from Advanced Freestyle** pages 70-74)

THEORY

Exercises.

As Pre-Associate and Associate syllabus plus: **From Freestyle Dance**

From Pre-Associate and Associate Syllabus

- a) Introduction, Important do's and don'ts
- (b) Warm Up
- (c) Cooling down
- (d) Breathing and Breathing Exercises
- (e) Isolation exercises: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Pelvis/Lower Back, Sides/Waist, Chest & Spine

- (f) Simple and Advanced Combination Exercises

From Licentiate syllabus, Thighs, Quads, Calves, Hamstrings and General Limbering.

Plus from Fellowship syllabus, General Exercises: Upper Body, Lower Body, Back Bends, Abdominals, Cardio Exercises, Floor Exercises for Triceps, Posterior and Thighs and Further Advanced combination exercise.

From Advanced Freestyle page 42-47

Exercising to include Breathing, Warm Up and Cool Down.

Steps and Movements

Candidates will be examined on the following figures:

Pre Associate **from Freestyle Dance**

1. Step
2. Pressure Step
3. Walk
4. Shoulder Walk
5. Run
6. Stride
7. Jump
8. Hop
9. Spin
10. Turn
11. Open Turn
12. Chasse

Plus Associate from Freestyle Dance

13. Plié
14. Demi Plié
15. Switch Turn

- 16. Whisk Turn
- 17. Cross Turn
- 18. Twist Turn
- 19. Flick
- 20. Kick
- 21. Ball Change
- 22. Kick/Flick Ball Change
- 23. Stamp
- 24. Scuff
- 25. Stomp
- 26. Brush
- 27. Lunge
- 28. Développé
- 29. Spiral
- 30. Tap
- 31. Spring
- 32. Cross-Tap Kick

Plus Licentiate from Freestyle Dance:

- 33. Full Splits*
- 34. Half Splits*
- 35. Box Splits*
- 36. Box Splits Jump*
- 37. Star Jump*
- 38. Attitude Jump*
- 39. Leap*
- 40. Stag Leap*
- 41. Scissors Leap*
- 42. Scissors Kick*
- 43. Spring Kick*
- 44. Drop or Hitch Kick*
- 45. Pirouette
- 46. Arabesque
- 47. Attitude
- 48. Slide

Plus Fellowship from Freestyle Dance

- 49. Pivot
- 50. Ronde
- 51. Botafogo
- 52. Lazy Botafogo
- 53. Progressive Spins
- 54. Accelerated Spins
- 55. Relevé
- 56. Jeté
- 57. Splits Leap*
- 58. Forward Kick Leap*
- 59. Side Kick Leap*
- 60. Scissors or Criss Cross Jump*
- 61. Jump
- 62. Rotational Hop
- 63. Tour*
- 64. Pivot Kick
- 65. Check
- 66. Plait Action
- 67. Rotational Pivot*

From Advanced Freestyle as listed on page 54,
From Associate syllabus

- 1 Pose Line
- 2 Tuck Jump*
- 3 Frog Jump*
- 4 Penché*

Plus from Licentiate syllabus

- 5. Back Catch*
- 6. Extended Back Catch*
- 7. Leg Spin or Pencil Turn*
- 8. Vertical or Upright Jump*
- 9. Forward Illusion*
- 10. Backward Illusion*
- Plus** from Fellowship syllabus
- 11. Leg Catch*
- 12. Tilt*
- 13. Rotating Leap*
- 14. Pike Jump*
- 15. Russian Jump*
- 16. Barrel Jump*

* For the steps and movements with an asterix, the candidates are required to know and explain but it is not compulsory to demonstrate.

TEACHING ABILITY

As outlined in Compulsory Questions 4 & 5 plus from Fellowship Syllabus **from Freestyle Dance**, General Teaching Ability based on this module
Candidates are required to explain their teaching methods for professional examination.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

FELLOWSHIP MODULE 2
INTERMEDIATE COURSE (30 mins)

DEMONSTRATION

(a) 32 bar repeatable exercise routine for warm up

- (b) 16 bar repeatable Slow Routine of the candidate's creative ability.
- (c) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus. This will include starting a class to music. Music to be selected by the candidate.

THEORY

Definitions

From Freestyle Dance

As Pre-Associate syllabus: Freestyle Dance, Posture, Rhythm, Time Signature, Tempo, Counting in Beats and Bars, Poise, Locomotive Action, Non-Locomotive Action, Pattern, Routine and Directional Chart.

From Associate syllabus: Accent, Accented Movements, Phrase, Rhythmical Expression and Balance.

As Licentiate Syllabus: Syncopation, Positions of Feet, Amount of Turn, Footwork.

Plus from Fellowship syllabus, Beat, Choreography

From Advanced Freestyle

Staccato, Timing, Direction, Spotting

From Advanced Freestyle

From Associate syllabus - Definitions as listed on page 15 Technique, Focus, Conditioning, Alignment, Initiation.

From Licentiate Syllabus Intention, Floor Craft, Anti-Clockwise, Characterisation, Timing.

From Fellowship Syllabus, Etiquette, Lyrical Slow, Scrutineer, Chairperson.

Head, Arm, Hand and Body Movements.

Pre-Associate from Freestyle Dance

HEAD: Erect, Turned, Inclined, Turned and Inclined, Raised, Lowered, Head Roll.

ARMS: Horizontal, Parallel, Diagonal, Opposition, High V, Low V, Arm Circles, Wrist Circles, Pushing, Pulling, Arm Swings.

HANDS: Hand Positions and Movements 1-9

Associate from Freestyle Dance

Body Movements: Contraction, Relaxation, Middle Body Movement, Rib Cage Movement, Shoulder Movement, Body Bending, Sway, Bounce, Shake, Body Stretching, Rhythmical Body Action, Expansion. Licentiate from Freestyle Dance

Body Movements: Circular Action, Pelvic Action, Hip Action, Merengue Action, Foot and Leg Action, Ripple, Upward Body Ripple, Downward Body Ripple, Hand Holds for Couples Work.

Contemporary Arm and Hand Movements.

Fellowship from Freestyle Dance

Jazz-Line, Contra Body Movement (CBM), Contra Body Movement Position (CBMP), Hug Hold, Floor Work, Foot Positions.

From Advanced Freestyle

From Associate syllabus

Posture, postural faults and correction, on pages 18-25

SLOW DANCE

From Advanced Freestyle page 48

From Licentiate Syllabus

- 1 Slow Freestyle Dance
- 2 Bad Technique
- 3 Good Technique
- 4 Gallop
- 5 Fan Kick*
- 6 Saut de l'ange*
- 7 Pas de bourée
8. Tombé*
9. Hip Slide*
10. Ballonné*
11. Assemblé*
12. Tour en l'air*
13. Inverted Jump*

* For the steps and movements with an asterisk, the candidates are required to know and explain but it is not compulsory to demonstrate.

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance,

Advanced Freestyle Safe dance practice and legal requirements Professional behaviour and social networking plus **from Freestyle Dance**

Fellowship Syllabus, General Teaching Ability based on this module, plus a complete knowledge and understanding of Class Work. Candidates are required to explain their teaching methods for professional examination.

PORTFOLIO

See Advanced Freestyle pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

FELLOWSHIP MODULE 3

ADVANCED COURSE (30 mins)

DEMONSTRATION

- a) 32 bar repeatable exercise routine for warm up
- (b) 16 bar repeatable Routine of the candidate's creative ability.
- (c) 1½ minute routine of varying tempi.
- (d) 32 bar repeatable exercise routine for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus. This will include starting a class to music. Music to be selected by the candidate.

SIMPLE ANATOMY, Physiology and Mechanics of the Human Body

From Freestyle Dance

From Associate syllabus Anatomy, Physiology, The Skeletal System, The Muscular System, The Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

From Licentiate: Bones, Muscles, the Respiratory System.

Plus from Fellowship syllabus, the Digestive System (food and energy), the Cardio-Vascular (circulatory) System.

From Advanced Freestyle

From Licentiate syllabus: **Core strength and stability** on pages 26-30

Plus from Fellowship syllabus, **Stretching and Flexibility** on pages 31-41

TEACHING ABILITY

Safety aspects in relation to Freestyle Dance,

Advanced Freestyle Safe dance practice and legal requirements Professional behaviour and social networking plus **from Freestyle Dance Fellowship Syllabus**,

General Teaching Ability based on this module.

As Associate syllabus Solo Routine plus

From Licentiate syllabus Slow Dance, Pairs Routine and Team Routine.

From Fellowship syllabus, Tempo, Slow Dance and Choreography as listed in section 7 of **Freestyle Dance**.

Candidates are required to explain their teaching methods for professional examinations.

PORTFOLIO

See **Advanced Freestyle** pages 75-76

For each module, candidates are to present a portfolio of their work to the Examiner to show their training and progress to date. See portfolio requirements. This examination will be based on the candidate's study of **Freestyle Dance** and **Advanced Freestyle** by Anna Jones. Please note that the modular system knowledge should relate to the relevant sections for each module.

ROCK 'N' ROLL

Please read carefully the details regarding professional examinations given in this syllabus. Successful candidates are permitted entry into membership of the Association as an Ordinary Member without voting rights. Successful candidates not qualified in a core subject will be restricted to entering candidates in Rock 'n' Roll only

DEMONSTRATION

Candidates will be required to demonstrate Rock 'n' Roll routines with a partner to a professional standard appropriate to the level of the examination. The first routine to contain the majority of the figures selected from the syllabus. The second routine to be a creative routine using any figures to demonstrate the candidate's creativity at all levels.

SOLO DEMONSTRATION TO MUSIC

During the course of all examinations candidates will be required to dance solo, to music an amalgamation of three figures selected by the Examiner from the Pre-Associate syllabus for Pre-Associate level or Associate syllabus for Associate level and above.

THEORY

The theory and technique required is that described in the **Let's Rock 'n' Roll** book by Lynda King. The technical information required for any figure will be obtained from questions confined to one column heading at a time plus the Number or Timing of each step. Full descriptions of figures will not be required. Counting amalgamations of figures in beats and bars will be required at Licentiate and Fellowship level. At all levels candidates will be assessed on their knowledge of warming up and cooling down and safety procedures in class.

CANDIDATE'S PORTFOLIO

Candidates must present a portfolio from Pre-Associate through to Fellowship to the Examiner which gives a brief resumé of their progress and training and how long their training has lasted. The portfolio should contain scripts of the dances used in the demonstration section and a breakdown of their class structure. A CV should also be included plus relevant certificates and photographic evidence, health and safety information and a DBS certificate where applicable. Professional reports must not be included.

TEACHING ABILITY

Teaching Ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed. (Teaching Ability is not assessed in the Pre-Associate examination).

PRE-ASSOCIATE (30 mins)

THEORY

Candidates should be able to define the Chart Headings and the following terms and principles:

Time Signature, Tempo, Rhythm, Poise and the Basic Positions used in the Pre-Associate syllabus.

Candidates should be able to dance the syllabus figures solo as leader and follower, whilst giving the Timing or Beat value of each step.

Candidates will be asked to describe all the basic actions in the examination syllabus, excluding the Hop Tap Basic.

However they will not be expected to apply these to the syllabus figures.

Candidates will be asked to dance solo to music a short amalgamation selected by the Examiner from the Pre-Associate syllabus using Single Step Basic only. The candidate may choose to dance as leader or follower.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Rock 'n' Roll
2. Methods of warm up
3. Methods of cool down
4. Safety aspects appertaining to Rock 'n' Roll Dance.

SYLLABUS FIGURES

Candidates will be examined on the following figures from the Associate syllabus:

1. Basic to Fallaway
2. Change of Place Right to Left
3. Change of Place Left to Right
4. Link
5. American Spin from Open Position
6. American Spin from Fallaway

ASSOCIATE (45 mins)

THEORY

Candidates should be able to define the Chart Headings and the following terms and principles: Time Signature, Tempo, Rhythm, Poise and the Basic Positions used in the Associate syllabus.

Candidates should be able to dance the syllabus figures solo as leader and follower, whilst giving the Timing or Beat value of each step.

Candidates should be able to give the Timing, Beat Values, Foot Positions, Footwork, Amount of Turn, Precedes and Follows for all syllabus figures.

Candidates will be asked to describe all the Basic Actions in the examination syllabus including the Hop Tap Basic.

However they will not be expected to apply these to the syllabus figures.

Candidates will be asked to dance solo to music a short amalgamation selected by the Examiner from the Associate syllabus using the Single Step Basic only. The candidate may choose to dance as leader or follower.

TEACHING ABILITY

Teaching Ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Rock 'n' Roll.
2. Methods of warm up.
3. Methods of cool down.
4. Safety aspects appertaining to Rock 'n' Roll Dance.

SYLLABUS FIGURES

Candidates will be examined on the following figures:

1. Basic to Fallaway
2. Change of Place Right to Left
3. Change of Place Left to Right
4. Link
5. American Spin from Open Position
6. American Spin from Fallaway
7. The Link to Whip
8. Change of Hands Behind Back
9. Promenade Walks
10. The Cuddle

LICENTIATE (45 mins)

THEORY

In addition to the requirements of the Associate syllabus candidates will be expected to show a more thorough understanding of the alternative basic actions and their application to syllabus figures. Candidates should have a knowledge of Hand Holds and how to Lead and Follow. Also, Precedes, Follows, Basic Positions and all Amounts of Turn for the Associate and Licentiate syllabus figures.

Candidates will be asked to dance solo to music a short amalgamation selected by the Examiner from the Associate syllabus using the Single Step Basic only. The candidate may choose to dance as leader or follower.

TEACHING ABILITY

Teaching Ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Rock 'n' Roll.
2. Methods of warm up.
3. Methods of cool down.
4. Safety aspects appertaining to Rock 'n' Roll Dance.

SYLLABUS FIGURES

Candidates will be examined on the Associate syllabus figures, plus the following:

1. Opening Outs (both styles)
2. Flicks in OPP
3. Flick and Tap in OCPP
4. Tie to Left
5. Tie to Right
6. Lady's Under Arm Turn to Left from R to R Hand Hold
7. Shoulder Spin
8. Tie Turned to Cuddle Hold
9. The Gate with Lady's Twists to Under Arm Spin
10. Overturned Change of Place Left to Right

FELLOWSHIP (45 mins)

THEORY

In addition to the technical requirements of the Associate, Licentiate and Fellowship syllabi candidates will be expected to have knowledge of the subject compatible with this grade of examination. Candidates should also be able to describe all the Basic Positions as applied to the syllabus figures. Candidates will be asked to dance solo to music a short amalgamation selected by the Examiner from the Associate syllabus using the Single Step Basic only. The candidate may choose to dance as leader or follower.

TEACHING ABILITY

Candidates should be able to explain their methods of coaching students for professional examinations.

COMPULSORY QUESTIONS

Candidates will be asked to explain and demonstrate where applicable the following:

1. The history and origins of Rock 'n' Roll.
2. Methods of warm up.
3. Methods of cool down.
4. Safety aspects appertaining to Rock 'n' Roll Dance.

SYLLABUS FIGURES

Candidates will be examined on the Associate and Licentiate syllabi figures plus the following:

1. Advanced Double Tie
2. Stalk Walks
3. Rolling off the Arm
4. Arm Breaker to Comb
5. Chicken Walks to American Spin

STREET DANCE

Please read carefully the detail regarding professional examinations given in this syllabus.

Examinations are available at the following levels: Pre-Associate, Associate, Licentiate and Fellowship.

Successful candidates are permitted entry into membership of the Association as an Ordinary Member without voting rights.

Successful candidates not qualified in a core subject will be restricted to entering candidates in Street Dance only.

PERFORMANCE

Candidates will be required to perform their Street Dance routines to music to a professional standard appropriate to the level of examination. The majority of the figures should be selected from the syllabus.

THEORY

Please refer to the **Street Dance Syllabus** by IDTA Freestyle Faculty. This must be used in conjunction with **Freestyle Dance** by Anna Jones and **Advanced Freestyle** by Anna Jones at all levels.

SIMPLE ANATOMY PHYSIOLOGY & MECHANICS OF THE HUMAN BODY

Anna Jones details all work required in this section in **Freestyle Dance** and **Advanced Freestyle**.

The study of this is not required in the Pre-Associate Street Dance Examination.

PRESENTATION

Correct presentation is crucial. It will show whether the candidate knows and understands the technique or has merely learned it verbatim. Avoid moving and speaking at the same time, except when giving timing, beats and bars. Candidates should state what they intend to perform and then execute it.

TEACHING ABILITY

Teaching Ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed. (Teaching Ability is not assessed in the Pre-Associate examination).

CANDIDATE'S PORTFOLIO

Candidates must present a portfolio from Pre-Associate through to Fellowship to the Examiner which gives a brief resumé of their progress and training and how long their training has lasted. The portfolio should contain scripts of the dances used in the demonstration section and a breakdown of their class structure. A CV should also be included plus relevant certificates and photographic evidence, health and safety information and a DBS certificate where applicable. Professional reports must not be included.

All candidates must produce a portfolio at all levels.

See **Advanced Freestyle** pages 75 – 76.

PRE-ASSOCIATE (45 mins)

SECTION 1 – DEMONSTRATION

Choice of music throughout the demonstration section is selected by the candidate.

- A) 16 Bar repeatable exercise for warm up
- B) 16 Bar repeatable combination/routine at beginner level
- C) 16 Bar repeatable combination/routine showing candidate's creative ability
- D) 16 Bar repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Pre-Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

SECTION 2 - DEFINITIONS

All definitions to be studied from **Street Dance Syllabus**

STREET DANCE (Compulsory)

GROOVE (Compulsory)

DOWN GROOVE

UP GROOVE

COMBINATION

DRILL

From **Freestyle Dance** by Anna Jones

RHYTHM

TIME SIGNATURE

TEMPO

COUNTING IN BEATS AND BARS

POISE

PATTERN

COMPULSORY QUESTIONS

- 1) The history, origins and fundamentals of Street Dance
- 2) Define Street Dance
- 3) The Groove
- 4) The Bounce
- 5) Safety aspects in relation to Street and Safe Dance practice and legal requirements

Advanced Freestyle by Anna Jones

- 6) Professional behaviour and social networking

Advanced Freestyle by Anna Jones.

SECTION 3 – Anatomy – not required for Pre-Associate

SECTION 4 - EXERCISES

From **Street Dance Syllabus**

DRILLS

1. POPPING DRILL

2. HIP HOP DRILL focusing on Down Groove and Direction

3. BREAKING DRILL focusing on Physicality and Levels

EXERCISES

1. EXERCISE FOR UPPER BODY STRENGTH

2 SET EXERCISES

1. SET LOCKING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
2. SET POPPING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE

For Associate, Licentiate and Fellowship Levels the candidate will also follow the criteria as set out in Freestyle using **Freestyle Dance & Advanced Freestyle** by Anna Jones.

SECTION 5 – STEPS & MOVEMENTS

From **Street Dance Syllabus**

HIP HOP STYLE

GUCCI

BART SIMPSON

BK BOUNCE

LOCKING STYLE

BASIC LOCKERS TIME-STEP

SCOOBY DOO

HOUSE STYLE

PAS DE BOUREE

HEEL TOE TAP

STOMP

POPPING STYLE

FRESNO

DIME STOP

BREAKING STYLE

TOP ROCK 2 STEP

THE BASIC GET DOWN

Steps and movements from **Freestyle Dance** by Anna Jones

PRE ASSOCIATE

STEP

PRESSURE STEP

WALK

JUMP

HOP

TURN

SECTION 6 – HEAD, ARM, HAND & BODY MOVEMENTS

HEAD AND NECK ISOLATIONS

From Street Dance Syllabus

PRE ASSOCIATE

FORWARD AND BACK

AT ALL LEVELS

From **Freestyle Dance** by Anna Jones
ALL HEAD POSITIONS

ARM POSITIONS AND MOVEMENTS

From Street Dance Syllabus

PRE ASSOCIATE

ELBOWS OUT
WRIST ROLLS
UNCLE SAMS POINTS
PACE
UPLOCK (MUSCLE MAN)

AT ALL LEVELS

From **Freestyle Dance** by Anna Jones
ALL ARM POSITIONS AND MOVEMENTS

CLAPPING ACTIONS

From Street Dance Syllabus

AT ALL LEVELS

- 1) BASIC CLAP
- 2) BACK CLAP
- 3) BACK CLAP VARIATION
- 4) GIVING 5

BODY MOVES

AT ALL LEVELS

THE BOUNCE (COMPULSORY)

ASSOCIATE (75 mins)

SECTION 1 - DEMONSTRATION

- A) 32 Bar repeatable exercise for warm up
- B) 16 Bar repeatable combination/routine at intermediate level
- C) 16 Bar repeatable combination/routine showing candidate's creative ability
- D) 32 Bar repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

SECTION 2 – DEFINITIONS

Pre-Associate Plus

All definitions to be studied from **Street Dance Syllabus**

As listed in PRE ASSOCIATE plus

PREP

DYNAMICS

From **Freestyle Dance** by Anna Jones

ACCENT

ACCENTED MOVEMENTS

PHRASE

RHYTHMICAL EXPRESSION

BALANCE

From **Advanced Freestyle** by Anna Jones

TECHNIQUE

FOCUS

CONDITIONING

ALIGNMENT

INITIATION

SECTION 3 – SIMPLE ANATOMY

PHYSIOLOGY & MECHANICS OF THE HUMAN BODY

Anna Jones details all work required in this section in **Freestyle Dance**.

From Advanced Freestyle

Posture

Postural Faults and Corrections

SECTION 4 – EXERCISES

Pre-Associate plus

From **Street Dance Syllabus**

DRILLS

1. POPPING DRILL

2. HIP HOP DRILL focusing on Down Groove and Direction

3. BREAKING DRILL focusing on Physicality and Levels

EXERCISES**1. EXERCISE FOR UPPER BODY STRENGTH****2 SET EXERCISES**

1. SET LOCKING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
2. SET POPPING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE

For Associate, Licentiate and Fellowship Levels the candidate will also follow the criteria as set out in Freestyle using **Freestyle Dance & Advanced Freestyle** by Anna Jones.

SECTION 5 – STEPS & MOVEMENTS**WALK ACTIONS**

Pre-Associate plus

From **Street Dance Syllabus****HIP HOP STYLE**

MIKE TYSON

RUNNING MAN

REEBOK

STEVE MARTIN

LOCKING STYLE

DEVELOPMENT OF LOCKERS TIME STEP

LEO WALK

STOP AND GO

SCOOBOT

HOUSE STYLE

CROSS STEP

RETREAT

SALSA STEP

POPPING STYLE

WALKOUT

NECKOFLEX

BREAKING STYLE

INDIAN STEP

CC

ZULU SPIN

Steps and movements from **Freestyle Dance** by Anna Jones

PRE ASSOCIATE

STEP

PRESSURE STEP

WALK

JUMP

HOP

TURN

ASSOCIATE

KICK

BALL CHANGE

From **Advanced Freestyle** by Anna Jones

ASSOCIATE

TUCK JUMP

SECTION 6 – HEAD, ARM, HAND & BODY MOVEMENTS

Pre-Associate plus

HEAD AND NECK ISOLATIONS**PRE ASSOCIATE**

FORWARD AND BACK

ASSOCIATE

SIDE TO SIDE

AT ALL LEVELSFrom **Freestyle Dance** by Anna Jones

ALL HEAD POSITIONS

ARM POSITIONS AND MOVEMENTS**PRE ASSOCIATE**

ELBOWS OUT

WRIST ROLLS

UNCLE SAMS POINTS

PACE

UPLOCK (MUSCLE MAN)

ASSOCIATE

WAVING (Incorporating TRACING)

AT ALL LEVELSFrom **Freestyle Dance** by Anna Jones

ALL ARM POSITIONS AND MOVEMENTS

CLAPPING ACTIONSFrom **Street Dance Syllabus**

AT ALL LEVELS

1) BASIC CLAP

2) BACK CLAP

3) BACK CLAP VARIATION

4) GIVING 5

BODY MOVES**AT ALL LEVELS****THE BOUNCE (COMPULSORY)**From **Freestyle Dance** by Anna Jones

ASSOCIATE LEVEL AND ABOVE

CONTRACTION

RELAXATION

MIDDLE BODY MOVEMENT

RIB CAGE MOVEMENT

RHYTHMICAL BODY ACTION

EXPANSION

SECTION 7 – TEACHING ABILITY

As outlined in Compulsory Questions 5 & 6 plus General Teaching Ability, Classwork, Solo Routine.

LICENTIATE (75 mins)

SECTION 1 - DEMONSTRATION

- A) 32 Bar repeatable exercise for warm up
- B) 16 Bar repeatable combination/routine at Advanced level
- C) 16 Bar repeatable combination/routine showing candidate's creative ability
- D) A short sequence in candidate's own chosen Street style
- E) 32 Bar repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

SECTION 2 – DEFINITIONS

Pre-Associate & Associate plus
From **Street Dance Syllabus**

TEXTURE

FREE-STYLING

VARIATION

TUTTING

From **Freestyle Dance** by Anna Jones

SYNCOPATION

AMOUNT OF TURN

FOOTWORK

2nd POSITION

From **Advanced Freestyle** by Anna Jones

INTENTION

CHARACTERISATION

TIMING

COMPULSORY QUESTIONS

- 1) The history, origins and fundamentals of Street Dance
- 2) Define Street Dance
- 3) The Groove
- 4) The Bounce
- 5) Safety aspects in relation to Street and Safe Dance practice and legal requirements
- Advanced Freestyle** by Anna Jones
- 6) Professional behaviour and social networking
- Advanced Freestyle** by Anna Jones.

SECTION 3 – SIMPLE ANATOMY PHYSIOLOGY & MECHANICS OF THE HUMAN BODY

Associate Plus

From **Advanced Freestyle**

Posture

Postural Faults and Corrections

Anna Jones details all work required in this section in

Freestyle Dance and **Advanced Freestyle**

SECTION 4 – EXERCISES

Pre-Associate and Associate Plus

All definitions to be studied from **Street Dance Guide**

DRILLS

The following examples may be used for examination purposes or the candidate may create suitable drills to their own ability.

1. POPPING DRILL

2. HIP HOP DRILL

 focusing on Down Groove and Direction

3. BREAKING DRILL

 focusing on Physicality and Levels

The above example drills are demonstrated in detail on the Street Tutorial Video

EXERCISES

1. EXAMPLE EXERCISE FOR UPPER BODY STRENGTH

SET EXERCISES

The following exercises are set choreography and are a compulsory element.

- 1. SET LOCKING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
- 2. SET LOCKING EXERCISE FOR LICENTIATE AND FELLOWSHIP
- 3. SET POPPING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
- 4. SET POPPING EXERCISE FOR LICENTIATE AND FELLOWSHIP

For Associate, Licentiate and Fellowship Levels the candidate will also follow the criteria as set out in Freestyle using **Freestyle Dance** & **Advanced Freestyle** by Anna Jones.

Core Strength & Stability **Advanced Freestyle** by Anna Jones

SECTION 5 – STEPS, MOVES, ACTIONS, WALK ACTIONS

Pre Associate & Associate plus

From Street Dance Syllabus

HIP HOP STYLE

ALF

HAPPY FEET

ROLLER-SKATE

LOCKING STYLE

SCOOBOT HOP

SKEETER RABBIT

SKEETER WALK

HOUSE STYLE
LOOSE LEGS
SCRIBBLE FOOT

POPPING STYLE
TWISTO FLEX
BOOGALOO ROLL

BREAKING STYLE
KNEE FOLD
6 STEP
Steps and movements from **Freestyle Dance** by Anna Jones

PRE ASSOCIATE
STEP
PRESSURE STEP
WALK
JUMP
HOP
TURN

ASSOCIATE
KICK
BALL CHANGE

LICENTIATE
HALF SPLITS

From **Advanced Freestyle** by Anna Jones

ASSOCIATE
TUCK JUMP

SECTION 6 – HEAD, ARM, HAND & BODY MOVEMENTS
Pre-Associate plus

HEAD AND NECK ISOLATIONS
PRE ASSOCIATE
FORWARD AND BACK

ASSOCIATE
SIDE TO SIDE

LICENTIATE
FORWARD, SIDE, BACK, SIDE

AT ALL LEVELS
From **Freestyle Dance** by Anna Jones
ALL HEAD POSITIONS

ARM POSITIONS AND MOVEMENTS
PRE ASSOCIATE
ELBOWS OUT
WRIST ROLLS
UNCLE SAMS POINTS
PACE
UPLOCK (MUSCLE MAN)

ASSOCIATE
WAIVING (Incorporating TRACING)

LICENTIATE
TUTTING

AT ALL LEVELS
From **Freestyle Dance** by Anna Jones
ALL ARM POSITIONS AND MOVEMENTS

CLAPPING ACTIONS
From **Street Dance Syllabus**
AT ALL LEVELS
1) BASIC CLAP
2) BACK CLAP
3) BACK CLAP VARIATION
4) GIVING 5

BODY MOVES
AT ALL LEVELS
THE BOUNCE (COMPULSORY)

From **Freestyle Dance** by Anna Jones
ASSOCIATE LEVEL AND ABOVE
CONTRACTION
RELAXATION
MIDDLE BODY MOVEMENT
RIB CAGE MOVEMENT
RHYTHMICAL BODY ACTION
EXPANSION

SECTION 7 – TEACHING ABILITY
As Associate syllabus plus
As outlined in Compulsory Questions 5 & 6 plus
Associate Syllabus
Plus Duos, Quads and Crews

FELLOWSHIP (90 mins)

SECTION 1 - DEMONSTRATION

- A) 32 Bar repeatable exercise for warm up
- B) 16 Bar repeatable combination/routine at Further Advanced level
- C) 16 Bar repeatable combination/routine showing candidate's creative ability
- D) A creative sequence interpreting the dynamics of the music in candidate's own chosen Street style
- E) 32 Bar repeatable exercise for cool down.

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

SECTION 2 – DEFINITIONS

As Pre-Associate, Associate and Licentiate All definitions, including Further Definitions (advanced) as printed in the **Street Dance Syllabus**.

CREW

TRICKER

TRICKING

CONTROL

LEVELS

From **Freestyle Dance** by Anna Jones

BEAT

CHOREOGRAPHY

STACCATO

From **Advanced Freestyle** by Anna Jones

ETIQUETTE

COMPULSORY QUESTIONS

- 1) The history, origins and fundamentals of Street Dance
- 2) Define Street Dance
- 3) The Groove
- 4) The Bounce

5) Safety aspects in relation to Street and Safe Dance practice and legal requirements

Advanced Freestyle by Anna Jones

6) Professional behaviour and social networking

Advanced Freestyle by Anna Jones.

SECTION 3 – SIMPLE ANATOMY

PHYSIOLOGY & MECHANICS OF THE HUMAN BODY

Associate Plus

From **Advanced Freestyle**

Posture

Postural Faults and Corrections

Anna Jones details all work required in this section in

Freestyle Dance and **Advanced Freestyle**

SECTION 4 – EXERCISES

Pre-Associate and Associate Plus

All definitions to be studied from **Street Dance Guide**

DRILLS

The following examples may be used for examination purposes or the candidate may create suitable drills to their own ability.

1. POPPING DRILL

2. HIP HOP DRILL

 focusing on Down Groove and Direction

3. BREAKING DRILL

 focusing on Physicality and Levels

The above example drills are demonstrated in detail on the Street Tutorial Video

EXERCISES

1. EXAMPLE EXERCISE FOR UPPER BODY STRENGTH

SET EXERCISES

The following exercises are set choreography and are a compulsory element.

1. SET LOCKING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
2. SET LOCKING EXERCISE FOR LICENTIATE AND FELLOWSHIP
3. SET POPPING EXERCISE FOR PRE ASSOCIATE AND ASSOCIATE
4. SET POPPING EXERCISE FOR LICENTIATE AND FELLOWSHIP

For Associate, Licentiate and Fellowship Levels the candidate will also follow the criteria as set out in Freestyle using **Freestyle Dance** & **Advanced Freestyle** by Anna Jones.

Core Strength & Stability, Stretching & Flexibility
Advanced Freestyle by Anna Jones

SECTION 5 – STEPS & MOVEMENTS

As Pre-Associate, Associate and Licentiate

All work detailed in the **Street Dance Syllabus**

HIP HOP STYLE

WOOTANG

MONASTERY

FILA

LOCKING STYLE

LOCKERS SPLITS

WHICH A WAY

SCOOBOT DROP

HOUSE STYLE

SHUFFLE

SIDEWALK

POPPING STYLE

MASTERFLEX

BREAKING STYLE

COFFEE GRINDER GET DOWN

PIN DROP

Steps and movements from **Freestyle Dance** by

Anna Jones

PRE ASSOCIATE

STEP

PRESSURE STEP

WALK

JUMP

HOP

TURN

ASSOCIATE

KICK

BALL CHANGE

LICENTIATE

HALF SPLITS

From **Advanced Freestyle** by Anna Jones**ASSOCIATE**

TUCK JUMP

SECTION 6 – HEAD, ARM & BODY MOVEMENTS

As Pre-Associate, Associate and Licentiate

All work detailed in the **Street Dance Guide** including all 'additional / advanced moves'

HEAD AND NECK ISOLATIONS

PRE ASSOCIATE

FORWARD AND BACK

ASSOCIATE

SIDE TO SIDE

LICENTIATE

FORWARD, SIDE, BACK, SIDE

FELLOWSHIP

FULL CIRCULAR ACTION

AT ALL LEVELSFrom **Freestyle Dance** by Anna Jones

ALL HEAD POSITIONS

BODY MOVES:

ARM POSITIONS AND MOVEMENTS**PRE ASSOCIATE**

ELBOWS OUT

WRIST ROLLS

UNCLE SAMS POINTS

PACE

UPLOCK (MUSCLE MAN)

ASSOCIATE

WAIVING (Incorporating TRACING)

LICENTIATE

TUTTING

FELLOWSHIP

WAACKING

AT ALL LEVELSFrom **Freestyle Dance** by Anna Jones

ALL ARM POSITIONS AND MOVEMENTS

CLAPPING ACTIONS

AT ALL LEVELS

1) BASIC CLAP

2) BACK CLAP

3) BACK CLAP VARIATION

4) GIVING 5

BODY MOVES**AT ALL LEVELS****THE BOUNCE (COMPULSORY)**From **Freestyle Dance** by Anna Jones

ASSOCIATE LEVEL AND ABOVE

CONTRACTION

RELAXATION

MIDDLE BODY MOVEMENT

RIB CAGE MOVEMENT

RHYTHMICAL BODY ACTION

EXPANSION

SECTION 7 – TEACHING ABILITY

As Associate & Licentiate plus

As outlined in Compulsory Questions 5 & 6 plus

A deeper knowledge of Class Work,

Choreography, Music Styles and Tempi,

Candidates are required to explain their teaching methods for professional examination.

LINE DANCING

Please read carefully the detail regarding professional examinations. Successful candidates are permitted entry into membership of the Association as an Ordinary member without voting rights. Successful candidates not qualified in a core subject will be restricted to entering candidates in Line Dancing only.

Line Dancing terminology must be used throughout.

Line Dance Technique is available from International Sales. Anatomy and Physiology issues are referenced in **Freestyle Dance** by Anna Jones and match those requirements for Freestyle.

COMPULSORY QUESTIONS

All candidates will be asked to: - explain the origins of Country and Western/Line Dancing, know the rules of Line Dance Etiquette, define Poise, explain how to start a class to music.

Candidates will be assessed on the ability to read and understand scripts. For this, the Examiner will supply a script which the candidate will be required to study and teach. Candidate's choice of music will be taken into consideration. Appearance, voice projection and the ability to create a good class atmosphere will be of vital importance.

A knowledge of a simple "Mixer" Dance will be asked such as "Wild Wild West". A good line dance stance and styling must be shown throughout.

TEACHING ABILITY

Teaching ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed.

LINE DANCE ETIQUETTE

Candidates will have to know the importance of Line Dance etiquette. Please refer to the Line Dance syllabus for details.

CANDIDATE'S PORTFOLIO

Candidates must present a portfolio from Pre-Associate through to Fellowship to the Examiner which gives a brief resumé of their progress and training and how long their training has lasted. The portfolio should contain scripts of the dances used in the demonstration section and a breakdown of their class structure. A CV should also be included plus relevant certificates and photographic evidence, health and safety information and a DBS certificate where applicable. Professional reports must not be included.

PRE-ASSOCIATE (45 mins approx)

DEMONSTRATION

1. A simple one wall dance with no turns
2. A one wall dance with turns in the choreography
3. A simple two wall dance
4. A four wall dance

AMALGAMATION TO MUSIC

An Amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner.

DEFINITIONS

Candidates will be asked to define: Line Dance, Posture/Poise, Tempo, Time Signature, Basic Rhythm, Counting in Beats and Bars, Routine and Walls.

STEPS AND MOVEMENTS

Candidates should be able to count and show the following steps and movements from the Associate syllabus:

1. Ball Change
2. Brush
3. Chasse
4. Fan
5. Flick
6. Flick/Kick Ball Change
7. Grapevine to Left and Right
8. Grapevine with a Hitch Turn
9. Grapevine Rolling
10. Grapevine Continuous
11. Hitch
12. Hook - Left and Right Foot
13. Kick
14. Pigeon Toes
15. Pivot Turns
16. Point
17. Scoot
18. Scuff
19. Shuffles
20. Slap
21. Stamp
22. Step
23. Step-Ball-Change
24. Stomp
25. Strut
26. Toe Tap
27. Touch
28. Triples in all Directions
29. Weave

ASSOCIATE (75 mins)

Line Dancing terminology should be used throughout. Candidates will be assessed on their ability to read, understand and teach from a script which the Examiner will provide for the candidate during the examination. The candidate's choice of music will be taken into consideration. Appearance, voice projection and the ability to create a good class atmosphere will be of vital importance.

The Associate examination will proceed with a 15 minute assessment of the candidate's portfolio. This will be followed by a 60 minute examination.

DEMONSTRATION

1. A simple one wall dance with no turns
2. A one wall dance with turns in the choreography
3. A simple two wall dance suitable for beginners
4. A four wall dance
5. A dance in Cha Cha Cha tempo if not included in the above
6. A dance in Waltz tempo if not included in the above
7. A dance following current modern trends

AMALGAMATION TO MUSIC

An Amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music.

THEORY AND DEFINITIONS

A knowledge of Line Dance, Posture/Poise, Tempo, Time Signature, Basic Rhythm, Counting in Beats and Bars, Routine, Walls, Accent, Balance, Rhythmic Expression, Home, Centre, Clockwise, Anti-clockwise.

COMPULSORY QUESTIONS

As stated on first page of this syllabus section

SIMPLE ANATOMY, Physiology and Mechanics of the Human Body

Anatomy, Physiology, the Skeletal System, the Muscular System, the Nervous System, Tendons, Cartilage, Synovial Fluid, Joints and Movements, Ligaments.

STEPS AND MOVEMENTS

Candidates will be asked to define and show the following steps and movements.

1. Ball Change
2. Body Movement
3. Brush
4. Cajan Shuffle
5. Camel Walk
6. Charleston
7. Chasse
8. Coaster
9. Cross Unwind
10. Diagonal Step
11. Duck Walk
12. Fan
13. Flex
14. Flick
15. Flick/Kick Ball Change
16. Grapevine to Left and Right
17. Grapevine with a Hitch Turn
18. Grapevine Rolling
19. Grapevine Continuous.
20. Heel Lifts
21. Heel Splits
22. Heel Taps
23. Hitch
24. Hip Bumps
25. Hold
26. Hook
27. Jazz Box
28. Kick
29. Lock
30. Military Turns
31. Monterey Turns
32. Paddle Turn
33. Pigeon Toes
34. Pivot Turns
35. Point
36. Rock Step
37. Sailor Shuffles
38. Scoot
39. Scissors
40. Scuff
41. Shimmy
42. Shuffles
43. Slap
44. Slide
45. Spin
46. Stamp
47. Step
48. Step-Ball-Change
49. Stomp
50. Stroll
51. Strut
52. Switch
53. Swivel
54. Toe Tap
55. Touch
56. Triples
57. Weave to the Side

TEACHING ABILITY

Candidates will be asked how they conduct their classes and make provisions for intermediate and advanced classes.

LICENTIATE (75 mins)

In addition to the requirements of the Associate syllabus, candidates will be expected to show a more thorough knowledge of the fundamental principles.

DEMONSTRATION

In addition to the Associate section, candidates will have to show.

1. A dance of their own creative ability together with a script set out by the candidate showing step number, foot position, action used, and calling suggestion. It should be legible, preferably typed, and presented in a clear readable layout.
2. A mixer dance of the candidate's choice.
3. Show two line dances of the candidate's choice which can be adapted to a couples dance including starting a class to music.

AMALGAMATION TO MUSIC

An Amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music.

THEORY AND DEFINITIONS

In addition to the Associate syllabus candidates will be expected to define Notation, Amalgamation, Variations, Turns, Vanilla Pattern, and Syncopation.

COMPULSORY QUESTIONS

As stated on first page of this syllabus section.

SIMPLE ANATOMY, Physiology and Mechanics of the Human Body

As Associate syllabus plus: Bones, Muscles, and the Respiratory System.

STEPS AND MOVEMENTS

Candidates will be examined on the steps and movements from the Associate plus the following:

1. Applejacks
2. Chase
3. Chug
4. Cross Shuffle
5. Cuban Hip Motion
6. Follow Through
7. Heel Bounce
8. Heel Grind
9. Isolation
10. Jazz Box (rhythms and turns)
11. Jump
12. Jumping Jack Turn
13. Kick Ball Touch/Point
14. Knee Pops
15. Mambo Basic
16. Monterey Turns
17. Prissy Walks
18. Rondé
19. Ripple
20. Rocking Chair
21. Roll
22. Rotate
23. Star
24. Stutter Step/Mambo Cross

25. Sugar Foot
26. Sway
27. Sweep
28. Swing
29. Swivel
30. Syncopated Weave
31. Tag/Bridge
32. Thrust
33. Travelling Pivot
34. Twinkle
35. Twist

TEACHING ABILITY

A much higher standard of teaching ability must be shown. Presentation and delivery will be taken into account. Candidates must be able to show and explain any dance holds they use in the partner dances. A partner must be available on the day who will enter the exam room at the appropriate time leaving after the work has been completed.

FELLOWSHIP (90 mins)

DEMONSTRATION

In addition to the Licentiate work candidates must demonstrate with a partner three couple dances. Each dance must be in a different rhythm using appropriate music, for example: Two Step, Polka, Schottische, Waltz, East Coast Swing, West Coast Swing, Night Club Two Step. This will include starting a class to music. Candidates should be able to describe the character of their chosen dances and show a knowledge of the music used for each dance.

AMALGAMATION TO MUSIC

An Amalgamation of three steps and movements from the Associate syllabus as instructed by the Examiner. This will include starting a class to music.

STEPS AND MOVEMENTS

Candidates will be examined on the steps and movements listed at Associate and Licentiate levels plus the following:

1. Ankle Rock
2. Balance
3. Foot Positions
4. Running Man
5. Spottting
6. Vaudeville

TERMINOLOGY USED IN COUPLES/ PARTNER DANCES

1. Apart
2. Curtsey
3. Floorcraft
4. Frame
5. Lead
6. Prep
7. Resistance
8. Line of Dance
9. Rise and Fall
10. Stride

BASIC DANCE POSITIONS

1. Arch
2. Bow
3. Cup and Pin
4. Closed
5. Open
6. Indian
7. Reverse Indian
8. Pretzel
9. Promenade
10. Fallaway
11. Wrap
12. Reverse Wrap
13. Side by Side
14. Sweetheart
15. VW
16. Pinwheel
17. Challenge

SIMPLE ANATOMY, Physiology and Mechanics of the Human Body

As Associate and Licentiate syllabi plus: Digestive System. Cardiovascular System.

COMPULSORY QUESTIONS

As stated on first page of this syllabus section.

TEACHING ABILITY

How to use the dance floor.

Methods of training candidates for professional examinations should be described, and knowledge of how to develop a medallist into a competitor, i.e., uses of variations in a dance, as well as styling and correct Technique.

CHEER DANCE

Please read carefully the detail regarding professional examinations given in this syllabus.

Successful candidates are permitted entry into membership of the Association as an Ordinary member without voting rights. Successful candidates not qualified in a core subject will be restricted to entering candidates in Cheer Dance only.

Qualified British Cheerleading Association coaches and IDTA dance teachers may submit cheerleaders for amateur tests eg: Rosettes, dance awards without further qualification.

Candidates who hold a Freestyle Associate/Level 4 Diploma, Licentiate or Fellowship may take the Cheer Dance examination at the same level without the Anatomy and Physiology section.

IDTA CHEER DANCE TECHNIQUE QUALIFICATION

GYMNASTICS, STUNTING AND PYRAMID BUILDING

The **IDTA Cheer Dance Technique** syllabus does not include any gymnastics tricks.

The **IDTA Cheer Dance Technique** qualification does not cover the teaching of gymnastics skills.

Where gymnastics is mentioned, it is in recognition that gymnastics is commonly performed by talented members of a cheerleading team, usually in displays or championships. Teachers of cheerleading must certify separately for gymnastics qualifications or employ the skills of a trained gymnastics coach if wishing to pursue the teaching of gymnastics.

IDTA Cheer Dance Technique does not include the teaching of stunting and pyramid building (although knowledge of these subjects is required).

The Cheer Stunt Diploma has been withdrawn from the IDTA examination syllabus. IDTA members interested in developing their qualifications in Stunting should contact a recognised association/organisation offering a Stunt Diploma.

EXAMINATION SYLLABUS

CANDIDATES PORTFOLIO

Candidates must present a portfolio from Pre-Associate through to Fellowship to the Examiner which gives a brief résumé of their progress and training and how long their training has lasted. The portfolio should contain scripts of the dances used in the demonstration section and a breakdown of their class structure. A CV should also be included plus relevant certificates and photographic evidence, health and safety information and a DBS certificate where applicable. Professional reports must not be included.

CHEER DANCE PRE-ASSOCIATE (45 mins)

DEMONSTRATION

- A. 16 Bar repeatable exercise for warm up
- B. 16 Bar routine at beginner level
- C. 16 Bar routine showing candidate's creative ability
- D. 16 bars repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Pre-Associate syllabus, as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS

As defined in **IDTA Cheer Dance Technique**
CHEERLEADING, CHEER, CHANT, POM DANCE,
SPIRIT

As defined in **Freestyle Dance**

POSTURE, RHYTHM, TIME SIGNATURE, TEMPO,
COUNTING IN BEATS AND BARS, PATTERN,
DIRECTIONAL CHART

COMPULSORY QUESTIONS

1. History and origins of Cheerleading (see **IDTA Cheer Dance Technique**)
2. Define Cheerleading (see **IDTA Cheer Dance Technique**)
3. Safety aspects in relation to Dance (as defined in **Freestyle Dance** and **IDTA Cheer Dance Technique**)
4. Preparation for Jump and Rebound from Jumps (see **IDTA Cheer Dance Technique**)

EXERCISES

As defined in **IDTA Cheer Dance Technique**

PLYOMETRICS

1. LUNGES: Walking lunge
2. BOUNDERS: Double leg bound
3. TUCKS: Box jump

As defined in **Freestyle Dance**

THE WARM-UP

THE COOL DOWN

BREATHING EXERCISES

ISOLATION EXERCISES: Shoulders and Arms, Wrists, Fingers, Elbows, Neck and Head, Hips, Knees, Ankles and Feet, Simple combination exercises.

STEPS AND MOVEMENTS

As defined in **IDTA Cheer Dance Technique**
PREPARATION FOR JUMP, REBOUND FROM JUMP,
SPREAD EAGLE (STAR), MARCH, GALLOP, SKIP,
SWIVEL, GRAPEVINE, PADDLE TURN

As defined in **Freestyle Dance**

STEP, PRESSURE STEP, WALK, RUN, JUMP, HOP,
TURN, OPEN TURN, CHASSE

HEAD, ARM, HAND AND BODY MOVEMENTS

As defined in **IDTA Cheer Dance Technique**
HAND POSITIONS: FISTS, CANDLESTICKS,
BUCKETS, BLADES, SPIDERS, CLAP, PRAYER CLAP
ARM MOTIONS: HANDS ON HIP, DAGGERS,
TOUCHDOWN, LOW TOUCHDOWN, "T", BROKEN
"T", HALF "T".
POM EFFECTS: ARM ROLLS, PUMP, RUB, SHAKE,
SHIMMY, WAVE,

As defined in **Freestyle Dance**

HIGH V, LOW V, DIAGONAL

As defined in **Freestyle Dance**

HEAD POSITIONS: ERECT, TURNED, INCLINED,
TURNED AND INCLINED, RAISED, LOWERED, HEAD
ROLL/HALF CIRCULAR MOVEMENT

STUNTS AND PYRAMIDS

Candidates verbally present their knowledge of Stunting and Pyramid Building. Demonstrations and examples are not required.

OUNTER, BASE, SPOTTER, BEAR HUG, STEP-LOCK TECHNIQUE, POCKET, '1,2, DOWN UP', DISMOUNT

CHEER DANCE ASSOCIATE (75 mins)
(for candidates holding a Freestyle Associate, anatomy section not required, time 60 mins)

DEMONSTRATION

- A. 32 Bar repeatable exercise for warm up
- B. 16 bar routine at Intermediate level
- C. 16 bar routine showing candidate's creative ability.
- D. 32 bars repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus, as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS - As Pre-Associate plus:

As defined in **IDTA Cheer Dance Technique**
LINE DANCE, STUNTS, PYRAMIDS, GYMNASTICS, TEAM, SQUAD

As defined in **Freestyle Dance**

ACCENT, ACCENTED MOVEMENTS, PHRASE, RHYTHMICAL EXPRESSION, BALANCE

As defined in **Advanced Freestyle**

TECHNIQUE, FOCUS, CONDITIONING, ALIGNMENT, INITIATION

COMPULSORY QUESTIONS

1. History and origins of Cheerleading (see **IDTA Cheer Dance Technique**)
2. Define Cheerleading (see **IDTA Cheer Dance Technique**)
3. Safety aspects in relation to Dance (as defined in **Freestyle Dance, Advanced Freestyle and IDTA Cheer Dance Technique**)
4. Preparation for Jump and Rebound from Jumps (see **IDTA Cheer Dance Technique**)

ANATOMY AND PHYSIOLOGY –

As defined in **Freestyle Dance**

ANATOMY, PHYSIOLOGY, THE SKELETAL SYSTEM, THE MUSCULAR SYSTEM, THE NERVOUS SYSTEM, TENDONS, CARTILAGE, SYNOVIAL FLUID, JOINTS AND MOVEMENTS, LIGAMENTS

As defined in **Advanced Freestyle**

POSTURE, POSTURAL FAULTS AND CORRECTION.

EXERCISES - As Pre-Associate plus:

As defined in **IDTA Cheer Dance Technique**

PLYOMETRICS

1. LUNGES: Switch lunge
2. BOUNDERS: Alternate leg bound
3. TUCKS: Double leg speed tuck

As defined in **Freestyle Dance**

ISOLATION EXERCISES: Pre-Associate, plus: Pelvis and Lower Back, Side/Waist, Chest, Spine, Advanced combination exercise.

STEPS AND MOVEMENTS - As Pre-Associate plus:
As defined in **IDTA Cheer Dance Technique**
BANANA JUMP, STAG JUMP, JUMP CROSS TURN

As defined in **Freestyle Dance**

All Associate STEPS AND MOVEMENTS (32 items)

As defined in **Advanced Freestyle**

POSE LINE, TUCK JUMP*, FROG JUMP*, PENCHE*
* the candidate is required to know and explain but not demonstrate these steps and movements.

HEAD, ARM, HAND AND BODY MOVEMENTS

HEAD POSITIONS: As Pre-Associate

HAND POSITIONS: As Pre-Associate

ARM MOTIONS: As Pre-Associate plus: As defined in **IDTA Cheer Dance Technique**: TABLE TOP, 'L', 'K', PUNCH,

As defined in **Freestyle Dance**

CONTRACTION, RELAXATION, MIDDLE BODY MOVEMENT, RIB CAGE MOVEMENT, SHOULDER MOVEMENT, BODY BENDING, SWAY, BOUNCE, SHAKE, BODY STRETCHING, RHYTHMICAL BODY ACTION, EXPANSION

STUNTS AND PYRAMIDS

Candidates verbally present their knowledge of Stunting and Pyramid Building. Demonstrations and examples are not required.

As defined in **IDTA Cheer Dance Technique**

REBOUND FROM STUNT, 'DOWN', 1½ HIGH, 2 HIGH

TEACHING ABILITY

As defined in **IDTA Cheer Dance Technique**

General Teaching Points and Classwork.

Knowledge of Symmetrical Patterns for Teams;

CIRCLE, LINE, COLUMN, WINDOWS, DIAGONAL

As defined in **Freestyle Dance**

GENERAL TEACHING ABILITY AND SAFETY

As defined in **Advanced Freestyle**

SAFE DANCE PRACTICE AND LEGAL REQUIREMENTS

PROFESSIONAL BEHAVIOUR AND SOCIAL

NETWORKING.

CHEER DANCE LICENTIATE (75 mins)

(for candidates holding a Freestyle Licentiate, anatomy section not required, time 60 mins)

DEMONSTRATION

- A. 32 Bar repeatable exercise for warm up
- B. 16 bar routine at Advanced level
- C. 16 bar routine showing candidate's creative ability.
- D. Ideas for entrance and exit
- E. 32 bars repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus, as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS – As Pre-Associate and Associate

plus:

As defined in **IDTA Cheer Dance Technique**
OFFENCE, DEFENCE, TIME-OUT

As defined in **Freestyle Dance**

SYNCOPATION, POSITIONS OF FEET, AMOUNT OF TURN, FOOTWORK

As defined in **Advanced Freestyle**

INTENTION, CHARACTERISATION, TIMING

COMPULSORY QUESTIONS

As defined in **IDTA Cheer Dance Technique**

1. History and origins of Cheerleading (see **IDTA Cheer Dance Technique**)
2. Define Cheerleading (see **IDTA Cheer Dance Technique**)
3. Safety aspects in relation to Dance (as defined in **Freestyle Dance, Advanced Freestyle and IDTA Cheer Dance Technique**)
4. Preparation for Jump and Rebound from Jumps (see **IDTA Cheer Dance Technique**)

ANATOMY AND PHYSIOLOGY

As Associate plus:

As defined in **Freestyle Dance**

BONES, MUSCLES, RESPIRATORY SYSTEM

EXERCISES - As Associate plus:

As defined in **IDTA Cheer Dance Technique**

PLYOMETRICS

1. LUNGES: Double Switch lunge
2. BOUNDERS: Single leg bound
3. TUCKS: Single leg speed tuck

As defined in **Freestyle Dance**

ISOLATION EXERCISES: Pre-Associate and Associate plus:

Thighs, Quads, Calves, Hamstrings and General Limbering

As defined in **Advanced Freestyle**

CORE STRENGTH AND STABILITY

STEPS AND MOVEMENTS – As Pre-Associate and Associate, plus:

As defined in **IDTA Cheer Dance Technique**
SWING APPROACH, POWER APPROACH, HURDLER, DOUBLE NINE, TOE TOUCH JUMP, BRUIN HIGH STEP

As defined in **Freestyle Dance**

FULL SPLITS*, HALF SPLITS*, BOX SPLITS*, BOX SPLITS JUMP*, STAR JUMP*, ATTITUDE JUMP*, LEAP*, STAG LEAP*, SCISSOR LEAP* SCISSOR KICK*, SPRING KICK*, DROP OR HITCH KICK*, PIROUETTE, ARABESQUE, ATTITUDE, SLIDE.

As defined in **Advanced Freestyle**

BACK CATCH*, EXTENDED BACK CATCH*, LEG SPIN OR PENCIL TURN*, VERTICAL OR UPRIGHT JUMP* (STRAIGHT JUMP) FORWARD ILLUSION*, BACKWARD ILLUSION*

* the candidate is required to know and explain but not demonstrate these steps and movements.

HEAD, ARM, HAND AND BODY MOVEMENTS

As Pre-Associate and Associate, plus:

As defined in **IDTA Cheer Dance Technique**
BACK DROP PUNCH, DAGGER PUNCH, MUSCLE MAN, TABLE TOP DAGGERS

As defined in **Freestyle Dance**

CIRCULAR ACTION, PELVIC ACTION, HIP ACTION, MERENGUE ACTION, FOOT AND LEG ACTION, RIPPLE, UPWARD BODY RIPPLE, DOWNWARD BODY RIPPLE

STUNTS AND PYRAMIDS

As defined in **IDTA Cheer Dance Technique**

Candidates verbally present their knowledge of Stunting and Pyramid Building. Demonstrations and examples are not required.

BOX BASE, PONY, LIBERTY, HITCH, "L", HEEL STRETCH, TORCH, WOLFWALL

TEACHING ABILITY

As Associate plus:

As defined in **IDTA Cheer Dance Technique**

SYMMETRICAL PATTERNS FOR TEAMS: "V", INVERTED "V", "X",

SPORTSMANSHIP, GAME SIDE ETIQUETTE, COMPETITIONS

As defined in **Freestyle Dance**

GENERAL TEACHING ABILITY AND SAFETY TEAM

As defined in **Advanced Freestyle**

SAFE DANCE PRACTICE AND LEGAL REQUIREMENTS PROFESSIONAL BEHAVIOUR AND SOCIAL NETWORKING.

CHEER DANCE FELLOWSHIP (90 mins)
(for candidates holding a Freestyle Fellowship, anatomy section not required, time 75 mins)

DEMONSTRATION

- A. 32 Bar repeatable exercise for warm up
- B. 16 bar routine at Further Advanced level
- C. 16 bar routine showing candidate's creative ability.
- D. Ideas for entrance and exit
- E. 32 bars repeatable exercise for cool down

AMALGAMATION TO MUSIC

An amalgamation of three steps and movements from the Associate syllabus, as instructed by the Examiner. This will include starting a class to music. Music to be selected by the candidate.

DEFINITIONS - As Pre-Associate, Associate and Licentiate plus:

As defined in **IDTA Cheer Dance Technique**
ALLSTARS, BACK-UP SPOTTER, CO-ED, INFRACTION

As defined in **Freestyle Dance**

BEAT, CHOREOGRAPHY, STACCATO, TIMING,
DIRECTION, SPOTTING

As defined in **Advanced Freestyle**

ETIQUETTE

COMPULSORY QUESTIONS

1. History and origins of Cheerleading (see **IDTA Cheer Dance Technique**)
2. Define Cheerleading (see **IDTA Cheer Dance Technique**)
3. Safety aspects in relation to Dance (as defined in **Freestyle Dance, Advanced Freestyle** and **IDTA Cheer Dance Technique**)
4. Preparation for Jump and Rebound from Jumps (see **IDTA Cheer Dance Technique**)

ANATOMY AND PHYSIOLOGY As Associate and Licentiate plus:

As defined in **Freestyle Dance**

DIGESTIVE SYSTEM, CARDIOVASCULAR SYSTEM

EXERCISES - As Pre-Associate, Associate and Licentiate plus:

As defined in **IDTA Cheer Dance Technique**
PLYOMETRICS Triple Lunge, Triple Squat, Partner Squat Jumps

As defined in **Freestyle Dance**

GENERAL EXERCISES FOR THE UPPER BODY,
LOWER BODY, BACK BENDS, ABDOMINALS, CARDIO EXERCISE, FLOOR EXERCISES,

As defined in **Advanced Freestyle**

STRETCHING AND FLEXIBILITY

Exercising to include breathing, warm up and cool down.

STEPS AND MOVEMENTS – As Pre-Associate,

Associate and Licentiate plus:

As defined in **Freestyle Dance**

PIVOT, RONDE, BOTAFOGO, LAZY BOTAFOGO, PROGRESSIVE SPINS, ACCELERATED SPINS, RELEVE, JETE, SPLITS LEAP*, FORWARD KICK LEAP*, SCISSORS or CRISS CROSS JUMP*, ROTATIONAL HOP, TOUR, PIVOT KICK, CHECK, PLAIT ACTION, ROTATIONAL PIVOT*.

As defined in **Advanced Freestyle**

TILT, ROTATING LEAP, PIKE JUMP*, RUSSIAN JUMP*, BARREL JUMP*

* the candidate is required to know and explain but not demonstrate these steps and movements.

HEAD, ARM, HAND AND BODY MOVEMENTS

As Pre-Associate, Associate and Licentiate, plus:

As defined in **Freestyle Dance**

JAZZ-LINE, CONTRA BODY MOVEMENT, CONTRA BODY MOVEMENT POSITION, FOOT POSITIONS

STUNTS AND PYRAMIDS

Candidates verbally present their knowledge of Stunting and Pyramid Building. Demonstrations and examples are not required.

As defined in **IDTA Cheer Dance Technique**

BASKET TOSS, CRADLE, EXTENDED STUNT, PENDULUM, TOTEM POLE, TRANSITIONAL STUNT

TEACHING ABILITY

As defined in **IDTA Cheer Dance Technique**
KNOWLEDGE OF SYMMETRICAL PATTERNS FOR TEAMS: TRANSITION, ROLL-OFF, TEAM BUILDING

Candidates are required to explain their teaching methods for professional examinations.

As defined in **Advanced Freestyle**

SAFE DANCE PRACTICE AND LEGAL REQUIREMENTS
PROFESSIONAL BEHAVIOUR AND SOCIAL NETWORKING.

BELLY DANCE TEACHERS' DIPLOMA (45 mins)

The Diploma is designed for IDTA teachers who would like a qualification in this dance style. The Diploma syllabus is set out below and the technique is as detailed in the book **An Introduction to Belly Dancing** by Elena Shakilli, available from International Sales. IDTA teachers and pupils should apply to Head Office in the normal way.

IDTA Belly Dance Teacher's Diploma is also suitable for non-member Belly Dancing teachers who have established classes and would like to obtain a teaching qualification.

Successful candidates are permitted entry into the International Dance Teachers' Association as an ordinary member without voting rights.

Successful candidates not qualified in a core subject will be restricted to entering dance award candidates in Belly Dancing only.

DEMONSTRATION

Candidates will be required to demonstrate Belly Dancing to a professional standard. Candidates will be required to show methods of a warm up and cool down.

During the course of the examination candidates will be required to dance a short amalgamation to music. This section will also include starting a class to music.

THEORY

Theory and Technique required is that described in **An Introduction to Belly Dancing** (part one), by Elena Shakilli.

Candidates must have knowledge of the history of Belly Dance.

TEACHING ABILITY

Teaching ability will be marked separately and will affect the result of the examination. During the course of the examination the candidate's ability to teach will be assessed.

BELLY DANCE RHYTHMS

2 BEAT
3 BEAT
4 BEAT
5 BEAT
6 BEAT
7 BEAT
8 BEAT

BELLY DANCE STYLES

MODERN EGYPTIAN STYLE.
TURKISH STYLE BELLY DANCE.
HAREM DANCE.
SHAKE DANCE AND SHIMMY DANCE.
BAUCH TANZ (BELLY DANCE IN GERMANY).
AMERICAN GYPSY STYLE.
AMERICAN CLASSIC STYLE BELLY DANCE.
ANCIENT EGYPTIAN PHARAONIC STYLE BELLY DANCE.
GODDESS BELLY DANCE.
GOTHIC FANTASY BELLY DANCE.
MALE BELLY DANCE.
FUSION BELLY DANCE.
NIGHT CLUB BELLY DANCE/CABARET STYLE.
AMERICAN TRIBAL BELLY DANCE.
FOLKLORIC BELLY DANCE.
WARM UP.
HEAD.
UPPER BODY-RIB CAGE.
WHEEL-RIB CAGE.
CIRCLES-RIB CAGE.
BACK BEND – STANDING – KNEELING.

LOWER BODY

PLIÉS
RISES IN 1ST – 2ND
HEEL
COOL DOWN

ARM POSITIONS

HIGH V
LOW V
PARALLEL MEDIUM
PARALLEL HIGH
S SHAPE
BODY SHAPE ARMS
TEMPLE ARMS LOW
TEMPLE ARMS MEDIUM
TEMPLE ARMS HIGH
GINI ARMS
VARIATION OF GINI ARMS
TAKING OFF T-SHIRT
DIAGONAL ARMS
DIAGONAL ARMS WITH BENT ELBOW
SNAKE ARMS
FINGER FLICKS
MAGIC ARMS
SHOULDER SHIMMY
WRIST CIRCLES INWARD - OUTWARDS
HEAD ISOLATIONS WITH TEMPLE ARMS

EXERCISES

SIDEWAYS THRUSTS – SIDEWAYS SHIMMY
HIPS LIFTS & DROPS
TWISTS – SHIMMY FROM THE TWIST
FIGURE OF EIGHT
ALTERNATIVE HIP LIFTS
TWIST LIFTS ON ONE LEG ON A RISE
SIDEWAYS SHIMMY
SHIMMY FROM THE TWIST
SHIMMY FROM THE KNEE
CAMEL
HIP SEMI CIRCLE
WHOLE HIP CIRCLE
REVERSE FIGURE OF EIGHT
VERTICAL FIGURE OF EIGHT
FWD WHEEL CIRCLES
BWD WHEEL CIRCLES
LEVELS

TRAVELLING STEPS, WALKS & TURNS

QUEEN WALK ON THE TOES
CAMEL SIDE
CAMEL CROSS WALK
CAMEL TURN
CAMEL WALK
3 STEP TURN
U STEP
S SHAPE WALK
SPIN TURN
TWIST LIFTS ON ONE LEG MOVING
SHIMMY TRAVELLING
CHANGE OF WEIGHT FWD & BWDS
ARABESQUE ON A RISE
KNEE BEND ON A RISE
SIDEWAYS THRUSTS ON A RISE

BEGINERS ROUTINE

(suitable for bronze level)

INTERMEDIATE ROUTINE

(suitable for silver level)

ADVANCED ROUTINE

(suitable for gold level)

DANCE EXERCISE DIPLOMA (45 mins)

This is to certify proficiency in successfully preparing candidates for IDTA Dance Exercise examinations. Successful candidates are permitted entry into the International Dance Teachers' Association as an Ordinary Member. Successful candidates who are not qualified in a core subject will be restricted to entering dance award candidates for Dance Exercise only and do not have voting rights.

SYLLABUS REQUIREMENTS

1. Evidence of any previous teaching experience and qualifications.
2. Lesson plans / class structure for varying age groups and teaching notes.
3. A wide selection of music is required for use in this examination; variety and choice will be taken into consideration.
4. Choreography, artistry and physical challenge will be assessed in all pre-arranged exercises and sequences.
5. A portfolio to be presented to the Examiner 5 minutes prior to the commencement of the examination.

Candidates are examined individually.

Minimum age 18 years.

Examination wear: Smart suitable practice wear

Examination Time: 45 minutes

EXAMINATION CONTENT

WARM-UP

A suitable pre-arranged warm-up to be demonstrated; age group and standard to be chosen by the candidate. The Examiner may request further examples.

BREATHING

An understanding of the mechanics of breathing and rhythmical breathing as applied to movement.

Examples will be required.

POSTURE

A basic knowledge and understanding of correct posture and awareness of common postural faults is required. Explanations of exercises will be requested to remedy these faults.

ANATOMY AND PHYSIOLOGY

Questions will be asked on bone and the skeletal system, cardio vascular system, muscular system and nervous system. Candidates will be required to show practical examples of relevant exercises and or dance movement.

STRETCH AND FLEXIBILITY

Questions will be asked on stretching and flexibility. Candidates will be required to show practical examples of relevant exercises.

EXAMPLES OF PRE-ARRANGED SEQUENCES

Two examples to be demonstrated of pre-arranged exercise routines, at varying levels of fitness to include a low intensity and a high intensity performance.

COOL-DOWN

A suitable pre-arranged cool-down to be demonstrated for a contrasting age group to the Warm-up, age group and standard to be chosen by the candidate. The Examiner may request further examples.

Recommended reading:

Anatomy & Physiology Study Guide by Bobbie Drakeford

Anatomy and Kinesiology by Thomasen and Rist

Freestyle Dance by Anna Jones

Advanced Freestyle by Anna Jones

Stretching without pain by W. Paul Blakey (no longer in print)

Aerobic and Anaerobic Fitness (article available from Head Office)

Aerobic and Anaerobic Energy Systems (article available from Head Office)

