



CDTA ACROBATIC DANCE SYLLABUS 2022 **SUMMARY OF CHANGES IN AUGUST 2022 VERSION**

FOR THOSE WHO PURCHASED COMPLETE JUNIOR ACROBATIC DANCE SYLLABUS:

1. Underneath title of all grades and medal tests, the **suggested age** has been added:

Preliminary Badge	5 years
Preliminary Grade	5 years
Pre Bronze Medal	6 years
Primary Grade	6 years
Bronze Medal	7 years
Grade One	8 years
Silver Medal	9 years
Grade Two	10 years
Gold Medal	11 Years
Grade Three	11 years

2. Definition of “**Handstand to Wall**” in Primary has been revised as follows (p. 9):

“ Begin P. 1st facing wall, tendu devant. Step forward placing both hands on floor (shoulder width apart with arms stretched), pushing off with front foot and kicking back leg to wall, bringing legs together overhead, toes pointed to wall. Lower to starting position, close and reverse.”

3. Definition of “**Handstand with Balance**” added to Tricks in Jr Silver Medal and as an “additionally required term to know” listed at end of Grade 2 Glossary:

“ Begin on one leg either with tendu devant, derrière or in arabesque. Place hands onto floor, shoulder width apart, with stretched arms. Kick or lift leg closing both legs together overhead to find balance, stretching legs and feet. Spine either straight or with slight arc.” (P. 23 & 52)

4. Grade Three - **Barre Exercise #2** - section revised as follows (in red):

3/4 - 32 Bars	Retiré beyond knee in plié, grasp heel	1-2-3
	Extend to 2 nd stretching supporting leg	4-5-6
	Return to retiré with plié (hold heel)	1-2-3
	Extend to 2 nd stretching supporting leg and hold	4-5-6 1-6
	Release and lower to tendu 2nd	1-2-3
	1/4 turn on supporting foot to face barre	4-5-6
	(working leg is now in parallel tendu derrière)	
	Two battement kicks to back, lowering to tendu derrière on each	1-6 1-6
	One kick to back with bent knee, working to achieve foot above head (as in a calypso kick)	1-6
	Close feet and turn to other side, lowering feet in 3 rd or 5 th	1-6
	Repeat all to other side	1-48

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5. All web file names have been changed to say August 2022 (no change in “footers”)
6. A Table of Contents has been added to all files.
7. Minor spelling, grammatical, and titling fixes for consistency.

ADDED TO WEBSITE FOR SALE
ELEMENTARY / SENIOR SILVER SYLLABUS NOTES

FOR THOSE WHO PURCHASED
INDIVIDUAL ACROBATIC DANCE SYLLABUS GRADES

PRELIMINARY & PRIMARY / PRELIMINARY BADGE & PRE-BRONZE
ACRO SYLLABUS NOTES

- Suggested age added at top - Prelim Bdg/Exam - 5 yrs; for Pre Br/Prim - 6 yrs
- definition of “Handstand to Wall” updated as above (pp. 11 and 26)
- file name changed to say August 2022 (no change in “footer” date)
- Table of Contents added in introduction:

Preliminary Exam & Glossary	page 3
Primary Exam & Glossary	page 7
Preliminary Badge & Glossary	page 12
Pre-Bronze Medal & Glossary	page 16
Junior Glossary (for above levels)	page 21
- minor spelling/grammatical fixes for consistency

GRADE ONE / JUNIOR BRONZE MEDAL ACRO SYLLABUS NOTES

- suggested age added at top - Bronze Test - 7 yrs; Grade One Exam - 8 yrs
- definition of “Handstand to Wall” updated as above (p. 19)
- file name changed to say August 2022 (no change in “footer” date)
- Table of Contents added in introduction:

Grade One & Glossary	page 3
Jr Bronze Medal & Glossary	page 9
Junior Glossary (for all levels Prel-Gr 1)	page 14
- minor spelling/grammatical fixes for consistency

CDTA ACROBATIC DANCE SYLLABUS 2022
SUMMARY OF CHANGES IN AUGUST 2022 VERSION

GRADE TWO / JUNIOR SILVER MEDAL ACRO SYLLABUS NOTES

- suggested age added at top - Silver Test - 9 yrs; Grade Two Exam- 10 yrs
- definition of "Handstand to Wall" updated as above (p. 23)
- definition of "Handstand with Balance" added to Silver (p.17) and to Grade 2 as required to know (p.10)
- file name changed to say August 2022 (no change in "footer" date)
- Table of Contents added in introduction:
 - Grade Two & Glossary page 3
 - Jr Silver Medal & Glossary page 11
 - Junior Glossary (for all levels Prel-Gr 2) page 18
- minor spelling/grammatical fixes for consistency

GRADE THREE / JUNIOR GOLD MEDAL ACRO SYLLABUS NOTES

- suggested age added at top - Gold Test & Grade Three Exam- 11 yrs
- definition of "Handstand to Wall" updated as above (p. 23)
- file name changed to say August 2022 (no change in "footer" date)
- Table of Contents added in introduction:
 - Grade Three & Glossary page 3
 - Jr Gold Medal & Glossary page 11
 - Complete Junior Glossary (Prel-Gr 3) page 18
- minor spelling/grammatical fixes for consistency
- **Barre Exercise #2** - section revised as follows (in red):
 - 3/4 - 32 Bars Retiré beyond knee in plié, grasp heel 1-2-3
 - Extend to 2nd stretching supporting leg 4-5-6
 - Return to retiré with plié (hold heel) 1-2-3
 - Extend to 2nd stretching supporting leg and hold 4-5-6 1-6
 - Release and lower to tendu 2nd 1-2-3
 - 1/4 turn on supporting foot to face barre 4-5-6
 - (working leg is now in parallel tendu derrière)
 - Two battement kicks to back, lowering to tendu derrière on each 1-6 1-6
 - One kick to back with bent knee, working to achieve foot above head (as in a calypso kick) 1-6
 - Close feet and turn to other side,
 - lowering feet in T.O. 3rd or 5th 1-6
 - Repeat all to other side 1-48

GRADE FOUR / SENIOR BRONZE MEDAL ACRO SYLLABUS NOTES

- suggested age added at top - Sr Bronze Test & Grade Four Exam- 12 yrs
- file name changed to say August 2022 (no change in "footer" date)
- Table of Contents added in introduction:
 - Grade Four & Glossary page 3
 - Sr Bronze Medal & Glossary page 11
- minor spelling/grammatical fixes for consistency