



CDTA ACROBATIC DANCE SYLLABUS 2023 **(SUMMARY OF CHANGES SINCE AUGUST 2022 VERSION)**

GENERAL REVISIONS

1. At the end of each Grade and Medal Test, under “**Exam:**” it now says: “Taken 1 to 3 students at a time”. Time lengths for each exam are based on 1 to 3 students in a set.
2. All examination times listed in syllabus match those indicated on the Part B Exam Entry Form.
3. For all **Medal Tests** exams, a list of required and own choice tricks shown in the **Dance**, listed in order of appearance, must be submitted to the Exam Registrar three weeks prior to exams. It will then be forwarded to the Examiner to have in advance.
4. Spelling of “Association” at the top of 1st page (Guidelines) of all syllabi was fixed.

In the following list of revisions, please note:

Page #s listed in BLACK relate to individual graded syllabi files sold on our website.

Page #s listed in RED are those in the complete Junior Syllabus.

A Senior Syllabus will be available once the **Advanced/Senior Gold Star** grades are finalized.

COMPLETE JUNIOR GLOSSARY **(Additions to Definitions, Preliminary - Grade 3)**

Upper Back Chest Press Up: added “with legs in P. 1st” (in Prelim Badge and up)
Name of trick is now listed like this in Preliminary Badge.

Balance with Battement Lent Devant: added “Hold balance minimum 4 seconds or until examiner says, “Thank you”. (In Grades One and up)

Knee Backbend: added: “Reverse action to recover after.” (In Grades One and up)

Handstand with Balance: added “Hold balance minimum 4 seconds or until examiner says, “Thank you”. (In Grades Two/Silver and up).

Front or Back Walkovers: beginning changed to “Stand in P. 1st or natural T.O....”
(In Grades Two/Three, Jr Silver/Jr Gold)

Balance with Leg Stretch Under Chin (aka Violin): Added at end: “Hold balance minimum 4 seconds or until examiner says, “Thank you”. (In Grades Three/Jr Gold.)

Leg Shouldering Leg Stretch: Added at end: “Hold balance minimum 4 seconds or until examiner says, “Thank you”. Hips to be level.” (In Grades Three/Jr Gold.)

Beat Cartwheel: Added: “**Variation:** Legs may go to open split first, then beat, rebound with control to open split position, then finish cartwheel.” (In Grade 3/Jr Silver)

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PRE-BRONZE MEDAL

Pg. 36 (Pg. 36) Revised “Note” written under **Combination A**:
“Sway with natural turnout of feet. Arms sway in a pendulum motion. “

GRADE ONE

Pg. 4 (Pg. 11) Under **Music**, added:
“Students to clap one at a time, minimum of 4 bars each.”

GRADE TWO

Pg. 3 (Pg. 11) In **Barre Exercise #1**, line 1 now says: “Two full pliés and recover”

Pg. 4 (Pg. 17) In **Limbering #1** (on floor): when opening legs from crossed leg position to 2nd (counts 5-8) now read: “Extend legs to 1st and open to 2nd (arms 2nd)”

Pg. 5 & 7 (Pg. 18 & 20): Under **Theory**, it has been clarified that the questions asked will be related to the tricks the student shows in the exam.

“Each student will be asked **3** questions by the examiner based on placement and technique of tricks shown by them in examination (see Knowledge, Terminology, and Tricks section for some sample questions)”.

Three of the sample questions have been reworded:

- #1. How are the hips placed in a side split? Or, in an open split?
- #2. What is the aim of the position of the legs in a side split? Or, in an open split?
- #3. What is the difference between the placement of the back in a “backbend” or “backbend developpé”.

Pg. 6 (pg. 19): Clarification for **Combination**: Students may show either a front walkover OR frontover, but they must show the same trick on both sides, just use the other leg.

“Repeat all to other side showing same trick but on other leg.”

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GRADE 3

Pg. 4 (Pg. 25) In **Limbering #1** - counts 1-2, 3-4 at beginning now say:

“Overhead side stretch (arms crossed 4 th)	1-2
Pulse body towards leg”	3-4

Pg. 5 (Pg. 26) In Limbering #3 - counts adjusted to match video file (in red):

“Upper body lift and lower to floor	1-2	3-4
Upper body lift with arms opening to 2nd and continuing to reach back towards heels	5-6	
Lower to floor, reversing arms to up overhead and down in front (ready to begin again)	7-8	
Repeat all 3 more times	1-8	1-8 1-8
Open legs to 2 nd	1-2	
Push through to sitting in 1st	3-4	
Roll down	5-6	
Prepare for bridge	7-8	
Press up into bridge	1-4	
Rock back and forth (2 cts each direction) (on each rock transfer weight slightly from hands to feet - hands and feet remain on the floor)	5-8	
Repeat rocks back and forth 3 more times	1-4	5-8 1-4
Recover to standing position	5-8	
<i>Teacher's choice of ending pose</i>		

Pg. 5 & 7 (Pg. 26 & 28) Under **Theory**, it has been clarified that the questions asked will be related to the tricks the student shows in the exam. The questions listed will relate to the trick a student shows in the exam.

“Each student will be asked **3** questions by the examiner based on placement and technique of tricks shown by them in the examination (see Knowledge, Terminology, and Tricks section)”.

Pg. 6 (Pg. 27) Under **Combination**, the 3 steps have been clarified (no turn on pas de bourrées):

“Step, step, step - done 4x travelling
(e.g. 4 balancés; 4 pas de bourrées; etc.)”

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GRADE 4

Pg. 2 - Suggested tempos for Set exercises have been added.

Pg. 5 - Under **Theory**, it has been clarified that the questions asked will be related to the tricks the student shows in the exam. The questions will relate to the trick a student shows in the exam.

“Each student will be asked **4** questions by the examiner based on placement and technique of tricks shown by them in the examination.”

ELEMENTARY

Pg. 2 - Suggested tempos for Set exercises have been added.

Pg. 3 - In **Barre Exercise #1**, Intro corrected and a few lines re-written for clarity:

“Intro: **Stand side to barre (L hand on barre), feet in T.O. 5th, R foot front.**

Prepare front foot to wide 2nd position and lower heel (finishing arms 2nd).”

Drop plié	1
Rebound to rise	2
Hold	3-4
Drop plié	5
Rebound to rise with R battement 2 nd (towards 90°)	6
Hold	7-8
Repeat all	1-8
Fouetté to face barre (legs in parallel arabesque)	1
Hold	2-8
<i>Lower heel</i>	<i>1-4</i>
<i>Lower leg into lunge forward (back heel pressing towards floor)</i>	<i>5-8</i>
Arch back, weight over front leg (arms Ballet 2 nd)	1-4
Recover with arms curved overhead (5 th)	5-8
Arch back (arms remain)	1-4
Recover (opening arms through 2 nd)	5-8
Draw back foot to P. 1 st on rise (hands on barre)	1-2
Hold	3-4
Parallel retiré L	5-6
Hold	7-8
Balance in retiré	1-4
<i>Turn to face other side turning retiré out and step to wide T.O. 2nd</i>	<i>5-8</i>
Repeat all to other side	1-64

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Pg 4 - In **Barre Exercise #2**, time signature has been changed to be **4/4 (32 bars)** and counts have been added. Some wording has been clarified:

“Intro: *Stand side to barre (L hand on barre), feet in T.O. 5th, R foot front.*

Développé devant into grand rond de jambe en dehors closing in 5th derrière	1-8
Développé derrière into grand rond de jambe en dedans without closing	1-6
Pivot to face barre placing leg onto barre in 2 nd (hands on barre)	7-8
Take L arm through 2 nd to 5 th curved overhead and port de bras onto leg with a side bend, recover body and arm	1-8
Take R arm through 2 nd to 5 th curved overhead and port de bras away from leg with a side bend, recover body and place hand on barre	1-8
Slowly slide R leg to R (body erect) 8 cts and hold 8 cts	1-16
Recover	1-8
Raise R leg off barre	1-2
Lower to tendu	3-4
Turn to other side closing feet T.O. 5th derrière	5-8
Repeat all to other side	1-64

Pg 4. - In **Limbering #1 - Back Arch and Presses**, can be shown with a barre or in the centre with a partner. There have been clarifications and changes to wording and counts as follows:

“Intro: *Teacher’s choice to finish lying on stomach under length of barre.*
Hands grasped onto barre, directly over shoulders, head erect.

Press ribcage to floor (hands placed over shoulders)	1-4
Two walks back with hands (to place hands over upper back)	5-8
Press ribcage to floor (hands remain)	1-4
Two walks back with hands (to place hands over waist)	5-8
Press ribcage to floor (hands remain)	1-4
Two walks back with hands reaching to maximum arch	5-8
Press ribcage to floor (hands remain)	1-4
Release hands from barre lengthening spine, taking arms forward onto floor, sit back onto heels to stretch OR finish in ending pose.	5-8

PLEASE NOTE: If a suitable barre is not available, **this exercise may be shown in Centre** with a partner, both facing same direction: Partner stands over dancer (facing dancer’s head), one leg placed on either side, holding dancer’s hands as they arch back. When exercise begins, partner will walk back on every count of “5-8” to adjust position, assisting dancer to deepen into the arch at the appointed markers: shoulder, upper back, waist, to dancer’s maximum arch by end of exercise.”

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Pg. 5 - **Limbering #2** has been given a title: **“Hamstring and Calf Stretch”**

Pg. 5 - Under **Tricks**, **four** tricks have been given different titles:

- | | |
|------------------------------------|---|
| 7. Elbow Frontover | (“R and L” have been removed) |
| 11. Backbend to Elbow Stand | (instead of “Back Limber to Elbow Stand”) |
| 18. Backbend Hairpin | (instead of “Backbend Ankle Hairpin”) |

Pg. 6 - Under **Theory**, it has been clarified that the questions asked will be related to the tricks the student shows in the exam. The questions will relate to the trick a student shows in the exam.

“Each student will be asked **4** questions by the examiner based on placement and technique of tricks shown by them in the examination.”

Pg. 6 - **Length** of exam for 1 to 3 candidates changed to 55-90 minutes,

SENIOR SILVER MEDAL

Pg. 11- Walkover Combination - Two posé turns changed to “one posé turn”. “Repeat all on L travelling to C2” is now seen separately, not continuously after R side.

Pg. 12 - Under **Tricks**, **two** tricks have been given different titles and **one** trick has been added:

- | | |
|--|---|
| 16. Front Tinsika (R or L) | (instead of “Front Tinsika (Same or Opposite)”) |
| 18. Backbend Hairpin | (instead of “Backbend Ankle Hairpin”) |
| 21. Tiger Stand (aka One Arm Elbow Stand) | |

Pgs. 13-18 - Under **Knowledge, Terminology, and Tricks** definitions, **two** tricks have additions to their current definition:

- | | |
|---|---|
| (Pg 16) 11. Handstand with Balance | - must show balance for minimum 8 seconds |
| (Pg 17) 16. Front Tinsika | - may begin with same or opposite arm forward |

New definition added:

(Pg 18) **21. Tiger Stand (aka One Arm Elbow Stand)**

Prepare by placing one arm (forearm) as for elbow stand, keeping other hand on floor and placing it in line with elbow that is on floor. Kick up to elbow stand with weight over arm flat on floor.

P - *Legs and feet over shoulders*

MI - *Arms, hip flexor of front legs, quadriceps, lower back, gluteal muscles, abdominal*

RPT - *Elbow stand*

NEW

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INTERMEDIATE / SENIOR GOLD SYLLABUS NOTES