



Australian
Calisthenic
Federation

*Calisthenic Skills
Examinations
Adelaide
February 2010*

The ACF Calisthenic Skills Examiners have made the following points about the February 2010 Examinations. Coaches please use this information positively to assist you in the future presentation of your Candidates for examination.

The Calisthenic Skills program is age appropriate. Please consider carefully the ability of your candidates and only prepare them for the examination applicable for their age, rather than attempting a higher grade than is required.

Free Exercises

- *Correct deportment must be maintained in floor work*
- *Aim for more precision*
- *More extension required for legs and feet*
- *Check the height of arm positions, some were higher than the correct placement*
- *Fingers often not together in hips firm or floor work*
- *Single kneel must be square*
- *Work on foot placement in cross leg sit*
- *Strengthen recovery from the floor*
- *Neck rest check hand placement*

Rod Exercises

- *Reminder that the end of the rod must be uncovered in forward raise twist*
- *Rod must be vertical in vertical twist*
- *Check hand placement of forward hand in forward raise twist*
- *Many hands were not extended in top grip twists*

Club Swinging

- *Head swings must be correctly placed – hands do not cross*
- *Loss of rhythm in windmill particularly turning from the side to the front or back*
- *Fingers must be used to manipulate the clubs in head swings*
- *Aim for a smooth swinging style*
- *Arms & clubs must be parallel in upward stretch*
- *Press shoulders down in back swings*
- *Extend arms down before & after head swings*
- *Revise all terminology with candidates*
- *Work on body swing in outward- Grade 2*
- *Check entry and exit of folds*

Figure Marching

- *Mark time technique needs attention – lift knee to square, strengthen supporting leg, check placement of hands for mark time*
- *Many candidates were kicking the lower leg out*

- *Arm swinging not uniform front & back*
- *Extend legs & feet*

Aesthetic

- *Expression was lacking for many candidates.*
- *Try to use the upper body to enhance execution*
- *Check arm positions for correct placement*
- *Soften hands*
- *Maintain turnout*

Dance

- *More extension needed in legs and feet; keep working on sustaining turnout*
- *Expression was lacking for many candidates.*
- *Try to relax and “perform” the routine*
- *More elevation required*

Mime

- *In the younger levels many candidates need to use more expression for their mime*

Music

- *Generally well done*
- *Musicality throughout the examination also contributes to the mark for this section*

Deportment

- *This needs strengthening for many candidates as good deportment is essential for all sections.*
- *It is important to maintain correct deportment at all times*

Presentation

- *This section was very good with neat presentation and correct examination uniform*
- *Don't forget to remove all jewellery*
- *Some candidates went that little bit further and had exceptional presentation.*
- **It is imperative that Coaches work through the assessment papers with their students. The placement of “ticks”**

- in the boxes and the comments can be interpreted so that candidates have a full understanding of areas for future improvement.
- Thank you Vicki Williams who capably assisted as the supervisor for all sessions held at the Royalty Theatre.
 - Candidates arrived in plenty of time for their examination which helped to maintain the timetable.
 - Congratulations to Coaches, Participants and Parents for your efforts in ensuring a very successful examination period.
 - Please return your completed survey.

Finally, a reminder that there are solo requirements. Please ensure your students have the correct level if they intend to enter CASA or ACF solo championships.

Next Preparation Days Friday 29th October and Sunday 31st October

November Examinations 4th - 14th November 2010

Application forms will be distributed during September or will be available on the CASA website from April 2010