

GRADE THREE

Questions may be asked from previous grades and from the following: -

Terms and Definitions

- Pick-up Spring: A Pick-up followed immediately by a spring. Cannot be repeated.
- Pick-up Hop: A Pick-up followed immediately by a hop. Cannot be repeated.
- Flap: A forward tap followed immediately by a stamp. Weight on working or supporting foot.

Knowledge of Arms and Direction

To prepare candidates to be able to follow the instructions given by the Examiner for the unseen amalgamation, they must also understand the following: -

Arm Lines

1. An Opposition Arm Line i.e. the most natural of movements based upon the law of balance with both arms swinging in opposite directions. The direction of opposition is determined by the head.
2. A Parallel Arm Line i.e. both arms make two straight lines which move in the same direction, and are always an equal distance apart.
3. A Coordinated Arm Line i.e. both arms move in the same direction at the same time. The line may be taken low, medium or high.
4. A Horizontal Arm Line i.e. an arm line forming a right angle to the body.

Direction

