

THEORY FOR THE GRADED MODERN EXAMINATIONS

Theoretical questions will be marked in the section entitled 'Responses and Knowledge of Syllabus'. The candidate may be asked one or two questions in any one examination. The answers do not have to be an exact repetition of those written but should convey the same meaning.

GRADE ONE

1. Each candidate to show an example of any of the following arm lines.

Opposition

Parallel

Co-ordinated

There are several of each at differing heights.

2. Q. On the side stretch do the hips move.
A. No, the hips are still.
3. Q. When lying on the floor on your back what must you be careful to do.
A. Press the spine into the floor so that there is no space between the floor and your back.
4. Q. In the preparation for turns what must you be sure to use.
A. The head and eye line.

GRADE TWO

Questions may be asked from grade one which are relevant to this grade.

1. Q. On the forward body stretch what must we be careful not to do.
A. We must not push our hips backwards.
2. Q. On the back bend what must we be careful not to do.
A. We must not push our hips forward.
3. Q. On the controlled thigh exercises which part of our body do we use to stand up.
A. Our thighs not our backs.
4. Q. When contracting in the preparatory exercise for contraction where is the head held.
A. Chin tucked down towards the chest.
5. Q. When kicking forwards is the supporting leg bent or straight.
A. It is straight.
6. Q. When leaping is the back leg bent or straight.
A. It is straight.