

CONTEMPORARY EXAMINATION QUESTIONS

GRADE 2:

1. Explain what a contraction is?

A tightening of the muscles.

2. In the tilts and contractions exercise, when rolling up through the spine what part's of the body are the last to straighten/ realign?

The knees and head

3. The tendu's and foot flexes have a similar style to which contemporary technician?

Merce Cunningham

4. What part of the body drops first when performing leg swings on the floor?

The knees

5. What technical points must we be aware of when walking out to a press up position and back into a crouch?

Reaching forward from the top of the head. Keeping the top of the head in line with the tail bone. Ensure that the bottom doesn't lift up. Placing the hands flat on the floor.

6. In the hops exercise, which direction does the body drop to and the arms swing to?

The body drops away from the lifted leg, and the arms swings towards the lifted leg.

7. In the shifts phrase, what shape do you make when performing the shifts, forward, back, right, left?

A cross

8. In the travel phrase, when stepping into the 'star shape' what technical actions are you performing during this movement?

Stepping onto demi pointe. Reaching up with both arms to a high V, with a lift through the upper body, including a slight suspension.

9. What is the purpose of the transference of weight into the hands exercise?

To help improve the strength in the upper body. To understand how to transfer there weight safely onto the hands. To prepare us to suspend the feet off the floor for longer.

10. Describe 2 ways of traveling that you could use to combine the 4 phrases together during the dance?

Run
Walk
Hop
Roll
Slide
Glide etc....

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GRADE 4:

1. Explain the technical elements to execute a correct full plie.

Stay in the demi plie for as long as you can
When lifting the heels off the floor to continue into the full plie, don't sit at the bottom of the plie.
When lifting back up through the plie, place the heels down into the demi plie as soon as possible to push back up through the demi plie.
Keep the back upright throughout, with the pelvis tucked under to help alignment and posture throughout

2. Where should the placement of the foot be in the retire?

Under the knee

3. Explain the 3 of the ways in which the spine is used throughout the Spinal Twists and Extensions?

Upper back curve forward
Curve of the body to the side
Shift of the rib cage to the side
Full contraction
Twist of the upper torso to the side
Table top back
Drop release and catch of the upper body

4. When rolling on the floor onto a full back, what part of the torso is aiming to reach the floor first?

The shoulder/ shoulder blade area

5. In the adage exercise, both the side stretch with lifted leg and the low arabesque line, what technical elements must we remember to execute these correctly?

Keeping the hips forward
Lift up on the working leg
Extension of the lifted leg
Strong core/torso
Good use of focus

6. What is a shunt?

An action where a position is moved forward/sidewards slightly.

7. In a plie and swing action, where the arm swipes across the body, what part of the body leads this action?

The hand

8. In the Allegro and Floor exercise, when performing the jump on the floor what technical elements need to be executed.

Push the hips through the movement and up
Reaching back with the hand/arm and focus
Pushing the weight into the supporting arm
Landing through the feet to secure a soft and quiet landing

9. In Performance Phrase 1, what is the main theme of the phrase?

Various themes- can include themes such as...

- Someone trying to break and enter a building
- Someone trying to catch someone
- Detective
- Bond style phrase

10. In Performance Phrase 2, describe two dynamic qualities required for this phrase.

Sleepy
Soft
Fluid
Gentle
Continuous
Weighty

NB: They may have other ideas of dynamic quality that suit the idea of Sleep Walking.