

THEORY FOR GRADED NATIONAL TAP EXAMINATIONS

GRADE 1

1. Q. When walking in the rhythm test, which part of the foot leads the action?
A. The Heel.
2. Q. In Brushed Toe Beats which part of the foot strikes the floor?
A. The Toe.
3. Q. In the Tap Step Ball-Change exercise, do we step on the ball of the foot or the flat foot?
A. The ball of the foot.
4. Q. Where is the footwork placed in Tap Springs?
A. Under and slightly behind the body.
5. Q. Count and clap the rhythm of the first bar of the Shuffle Routine.
A. 8 + 1 + 2 + 3.

GRADE 2

1. Q. Why do we start our work with a warm up exercise?
A. To help warm up our legs and feet in preparation for the technical routines.
2. Q. What is an opposition arm line?
A. When the arms are carried in opposite directions to each other.
3. Q. Describe a Brushed Toe Beat.
A. A Brushed Toe Beat is a forward or backward brush, taken from the knee.
4. Q. Describe an Elevated Toe Beat.
A. It is a hop on the ball of the foot using the knee joint mainly.
5. Q. Describe a Flat Beat.
A. A beat made with the whole of the foot, without a change of weight.
6. Q. Where does the circular action come from in Technical Shuffles?
A. The action comes mainly from the ankle.

GRADE 3

1. Q. Why do we use various arm lines in tap work?
A. To help with presentation and style.
2. Q. Describe a coupé?
A. A change of weight from one foot to the other.
3. Q. How many coupés are there in Grade 3 and what are they?
A. There are 3 in Grade 3 and they are toe, heel and flat coupés.
4. Q. What joint is used in Upward Toe Beats?
A. The ankle.
5. Q. What joint is used in Downward Toe Beats?
A. The ankle.
6. Q. What part of the foot strikes the floor to make the beat in Toe Supported Heel Beats?
A. The heel makes the beat.
7. Q. What part of the foot makes the beat of a Pick-Up?
A. The toe.

GRADE 4

1. Q. What is a warm up and what is it used for?
A. It's a routine arranged to help warm up the muscles in the legs and develop flexibility in the knee and ankle joints in preparation for tap work.
2. Q. COUNT and PERFORM the $\frac{3}{4}$ time step and break?
A. Time Step: (1 & 2 & 3 & 4 & 5 & 6) x 3. Break: 1 & 2 & 3 & 4 & 5 & 6.
3. Q. Why is the use of arm lines an integral part of tap work?
A. They are used for balance and to help with presentation and style throughout.
4. Q. What is meant by an elevated **Double Heel Beat**?
A. All double beats are made with both feet simultaneously. A double heel beat is made by hitting the heels together.
5. Q. Describe a Slipped Heel Beat.
A. In a slipped heel beat the ball of the foot slides and the heel makes a firm beat to finish the move.
6. Q. Describe a Pick-Up Spring.
A. This is a Pick-Up that only involves the supporting foot.
7. Q. Count the rhythm of Toe Heel Triplets.
A. 1 & a 2 & a 3 & a 4 & a.

GRADE 5

1. Q. How many beats are there in a wing?
A. Three.
2. Q. What part of the Wing is shown in Dove Wings?
A. Only the outward action is used in Dove Wings.
3. Q. Why do we commence Dove Wings on the last beat of the previous bar?
A. To compliment the natural accents in music on the first and third beats of the bar: 8 & 1, 2 & 3.
4. Q. DANCE and COUNT 5 Toe Heel Duplets?
A. 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8.
5. Q. What are Raised Beats?
A. Raised Beats are made by striking the heel or toe against the other heel or toe without elevation.
6. Q. Describe a Pendulum Pick-up.
A. A Brushed Toe Beat followed by a Pick-Up Spring on the supporting foot.

THEORY FOR GRADED MODERN EXAMINATIONS

GRADE 1

1. Q. 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 should 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 2

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 forwards.
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. The chin is 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.

GRADE 3

1. Q. What is isolation?
A. When we use only one part of the body.
2. Q. In the general conditioning exercise at the barre, what position do we place the feet on the lunge and foot pushes?
A. The feet are straight to maximise the stretch.
3. Q. When lifting the head and shoulder blades in the abdominal and contraction exercise, where do we hold the head?
A. Chin tucked into the chest so that we do not strain the neck.
4. Q. What does contraction mean?
A. To shorten.
5. Q. Is the leg turned out in 2nd in the side extension and side kick exercises?
A. Yes, to maximise the movement in the hip socket.

GRADE 4

(Questions may be asked from previous grades that are relevant to this grade)

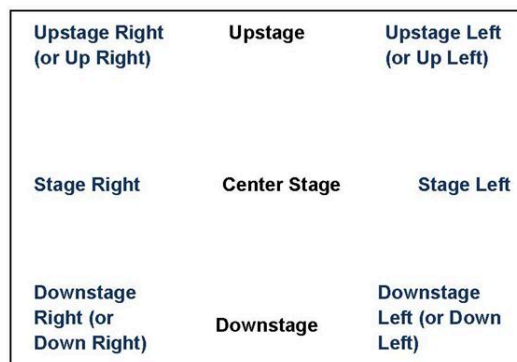
1. Q. Define the word rhythm.
A. The regular occurrence of an accented beat or beats in a bar of music.
2. Q. Why do we use a variety of arm lines whilst dancing?
A. To develop style and presentation and to aid balance.
3. Q. Describe the position of the body as you bend the knees in the body roll exercise.
A. The back is held upright with the knees parallel over the toes.
4. Q. In the exercise for turns, where do we place the chassé?
A. Sideways to keep us travelling in a straight line to the corner.
5. Q. An awareness of all stage directions should be shown. Questions may be asked on all alignments.
A. U.S (Upstage), D.S (Downstage), Stage Right, Stage Left, LDF, LDB, RDF, RDB.

GRADE 5

(Questions may be asked from previous grades that are relevant to this grade)

1. Q. Why do we start class with a warm up?
A. The warm up increases circulation to carry more oxygen and nutrients to all parts of the body, helping to prevent injury.
2. Q. Define syncopation?
A. Displacing the natural accent.
3. Q. What do we mean by lyrical arm lines?
A. Soft and flowing with a balletic quality.
4. Q. Describe and demonstrate the position of the body in a forward stretch.
A. The body bends from the hips showing a flat back (like a table top), with the weight over the legs avoiding pushing the hips back.
5. Q. In the abdominal and stretch exercise when stretching sideways in the straddle position, what must we take care to do?
A. Keep both hips on the floor to maintain turn out.
6. Q. On inward and outward round kicks, what must we be careful to do?
A. Ensure the working leg is turned out in 2nd position.
7. Q. An awareness of all stage directions should be shown. Questions may be asked on all alignments.
A. U.S (Upstage), D.S (Downstage), Stage Right, Stage Left, LDF, LDB, RDF, RDB.

RDB: Right Diagonal Back



LDB: Left Diagonal Back.

RDF: Right Diagonal Front

LDF: Left Diagonal Front.

AUDIENCE