

## **Part I – Compulsory Moves**

Before the exam, you should be familiar with and understand the Advanced Floor Chair terminology listed below, and be able to demonstrate each move without guidance from the instructor. It is expected that you will have already learned these moves in your regular classes. You will be graded based on your technical execution of each move, as well as your performance quality during the assessment. This exam is focused on endurance and stamina.

### **Wall Moves**

Handstand with Booty Rolls/  
Figure 8s (15 seconds)  
Wall Sit (60 seconds)

### **Floor Moves**

Fanfare with Risqué Wide Pulse  
(30 seconds)  
Reverse Snake (30 seconds)  
Snakes with Single-Leg Self  
Play (5 times, each leg)  
Plank with Hip Rolls (30  
seconds)  
Side Plank with Single-Leg Self  
Play (30 seconds, each side)  
Windmills (back and forth, 30  
seconds)

### **Chair Moves**

Half Bridge from floor - one  
foot on chair, other leg Self  
Play (30 seconds, each leg)  
Chair Flyer - on top or seat  
Clock to Risqué Wide  
(alternating sides 10 total)  
Chair dips with self play leg (8  
each side)

**In-studio Exams:** You will demonstrate each of the compulsory moves while the instructor and judges assess your performance. You may be asked to repeat moves multiple times on both sides.

**Online Exams:** You must submit a video of yourself demonstrating the above moves, one by one. Name each move or combination before executing it. Perform each move for the required length of time. All moves should be performed on both sides unless otherwise noted.

## **Part II – Routine Instruction and Performance**

**In-studio Exams:** The instructor will teach a choreographed routine that incorporates most or all of the listed compulsory moves. The instruction will be fast-paced, but you will be able to rehearse the routine multiple times during instruction. You do not need to memorize the routine. You will perform the routine in small groups while judges assess your performance. You will be expected to smoothly transition between the moves you've learned and perform each move with proper form. You are not being tested on memorization and the instructor will demonstrate/call out the routine during your performance.

**Online Exams:** You will receive a video of a choreographed routine that incorporates the listed compulsory moves, and may include other dance moves and floor work. The instructor in this video will break down and demonstrate the full routine.

Record a video of yourself performing the entire routine in one go. You will be expected to smoothly transition between the moves you've learned and perform each move with proper form. You are not being tested on memorization, and you may play the instructor's video and follow along while performing. Videos should be emailed to [info@xposefitness.com](mailto:info@xposefitness.com).

## **Part III – Assessment**

Your assessment will be judged based on proper technique and performance qualities, including musicality and confidence. If you do not pass, three classes will be added to your account to give you a chance to work on perfecting your moves.

## Leopard Garter (Advanced Floor/Chair)

## Information Sheet

**In-studio Exams:** The instructor and judges will inform each participant privately of their status, provide feedback, and award you two garters if you pass.

**Online Exams:** You will receive an email from the instructor to inform you of your status and providing feedback. If you pass you will be notified when you may pick up your garters from the studio.