



Related to Bronze 1 & 2 material. A non-continuity standard.

Under 50 lessons for each individual dance style.

A Beginner Dancer's introduction to very BASIC and SIMPLE foundation elements and techniques of non-continuity dancing.



Related to Bronze 3 & 4 material. A non-continuity standard.

A Beginner Dancer's slightly more advanced foundation elements, figures and techniques of non-continuity dancing. Still to be thought of as a beginner BASIC and SIMPLE standard.



Related to Silver 1 & 2 material. A continuity standard. Non-continuity is also accepted.

Beginner foundation elements, figures and techniques of continuity dancing.

To be thought of as BASIC and SIMPLE continuity style dancing.



Related to Silver 3 & 4 material. A continuity standard. Non-continuity is also accepted.

Slightly more advanced elements, figures and techniques of continuity dancing. To be thought of as intermediate continuity style dancing.



Related to Gold 1 & 2 material. A continuity standard. Non-continuity is also accepted.

Foundation elements and techniques of continuity dancing starting to use basic apart choreographies. A standard of excellence.



Related to Gold 3 & 4 material. A continuity standard. Non-continuity is also accepted.

Advanced elements, figures and techniques of continuity dancing regularly incorporating apart choreographies. A standard of excellence. May be won 3 times per division before being required to move to Open.



Unrestricted elements. Open Syllabus.

A division where dancers with a base Level 3 and above can enter.

Unrestricted syllabus allowing all material dancers use in Closed Divisions as well as scope for expressive development.