

# A Class Movement

A Class guards are comprised of a basic level of vocabulary skills and excellence.

*Stylistic diversity is to be encouraged with all choices given equal potential for success.*



## Vocabulary

## Excellence

### WHOSE VOCABULARY CONTAINED THE GREATER:

- Range and variety of body moves
- Expressive range through dynamic efforts of space, time, weight, and flow
- Depth, range and variety of blend between equipment and body
- Range of material most compatible with the performers' training

### WHOSE PERFORMERS DEMONSTRATED THE BETTER:

- Understanding and application of principles
- Understanding and application of dynamic effort changes
- Achievement of blended body and equipment challenges
- Development of breath, muscle, tension, flexion and rotation
- Training to support the vocabulary

Box 1	Box 2			Box 3			Box 4			Box 5			Box 1	Box 2			Box 3			Box 4			Box 5		
0 to 5	6	14	22	26	32	38	46	52	59	66	68	70	0 to 10	11	20	30	41	52	64	76	89	101	115	120	125
Seldom Experiences (WEAK) 0 to 5	Rarely Discovers (FAIR) 6 to 25			Sometimes Knows (GOOD) 26 to 45			Frequently Understands (EXCELLENT) 46 to 65			Always Applies (SUPERIOR) 66 to 70			Seldom Experiences (WEAK) 0 to 10	Rarely Discovers (FAIR) 11 to 40			Sometimes Knows (GOOD) 41 to 75			Frequently Understands (EXCELLENT) 76 to 114			Always Applies (SUPERIOR) 115 to 130		
SCORE												SCORE													
70												130													

### Sub Caption Spread Guidelines

	Insignificant Differences	Slight Differences	Moderate Differences	Significant Differences
Vocabulary	0 to 1 tenth	1 to 2 tenths	2 to 3 tenths	4 or more tenths
Excellence	0 to 2 tenths	2 to 4 tenths	4 to 8 tenths	8 or more tenths

## Total

200

## MOVEMENT CRITERIA REFERENCE

### A CLASS

#### VOCABULARY

#### EXCELLENCE

<p><b>0 to 05</b> The choreographed vocabulary lacks readability.</p>	<p><b>0 to 10</b> Individuals show no training.</p>
<p><b>06 to 25</b> The choreographed vocabulary is limited, repetitious or presented only as a single effort. Phrasing is short. Expressive techniques relative to dynamics are seldom included. Choreography is occasionally compatible to the individual's skills. The movement program is extremely incomplete and may limit scoring potential.</p>	<p><b>11 to 40</b> Individuals are discovering the efforts and principles. Individuals display some uniformity in method and timing and show some training relative to movement principles. Body development is inconsistent. Breaks and flaws are frequent. Expressive efforts are not yet understood. Knowledge of breath, muscle, tension or flexion is still being discovered and is not understood or applied. Dynamic gradations of time and weight are only at the discovery stage and may not be fully demonstrated. Concentration is weak. Adherence to style is only being discovered. Achievement suggests that the training process is in a developing stage. The program is extremely incomplete and derived achievement may limit the performer's opportunity to demonstrate skills.</p>
<p><b>26 to 45</b> The choreographed vocabulary contains some variety and occasionally layers the movement with equipment. Phrases are lengthening. Dynamic efforts include gradations of time and weight. The choreography is usually compatible to the individual's skills. The work may still be in progress, but it provides the performer with an adequate opportunity to develop their range.</p>	<p><b>41 to 75</b> Individuals know principles and efforts and achieve a more consistent degree of centering and body alignment. Principles and efforts are understood but may vary from individual to individual or relative to the effort required. There is more consistency in the ease with which individuals move through space. There is a knowledge of muscle, tension, flexion, rotation and breath, which is applied in efforts. There are some periods of time when effort gradations of time &amp; weight are well achieved. Fairly good uniformity exists in individual responsibilities of staging. Breaks and flaws still occur but recovery is beginning to evolve. Concentration and stamina are developing and are moderately achieved. Method and techniques reflect an average degree of physical and mental development. Adherence to style is developing. Achievement suggests that the training process is at a moderate level. The work may still be in progress, but it provides the performer with an adequate opportunity to demonstrate skills.</p>
<p><b>46 to 65</b> The range of the choreographed vocabulary for this class is broad and well understood. More varied choreographic qualities are present. There is a growing blend of movement and equipment. Phrases are more dimensional. The range and gradations of expressive efforts is growing. Some of the challenges broaden the range of the blended technical/expressive choreographed qualities. Choreography is mostly compatible to the individual's skills.</p>	<p><b>76 to 114</b> Individuals understand principles and efforts and achieve a consistent degree of centering and body alignment. Expressive gradations of space/time/weight &amp; flow are usually achieved. Body development is improved in support beneath equipment. Individuals move well through space. Knowledge of muscle, tension, flexion, rotation and breath is understood. Good uniformity exists in individual responsibilities of staging. Breaks and flaws still occur, but recovery is evident. Concentration and stamina are developing and achieved. Methods and techniques reflect a good degree of physical and mental development for this class. Adherence to style is good. Achievement suggests that the training process is at a good level.</p>
<p><b>66 to 70</b> The choreographed vocabulary fulfills all opportunities at this level, and has begun to develop some intermediate challenges including the blending of movement and equipment. Choreography is at a broad range both expressively and technically, with variety and versatility. Phrases are dimensional and challenge the performer with a range of expressive qualities and gradations of efforts. The choreography is fully compatible to the individual's skills.</p>	<p><b>115 to 130</b> Individuals apply the principles and expressive efforts. Individuals always achieve a consistent degree of centering and body alignment, and move well through space. Knowledge of muscle, tension, flexion, rotation and breath is applied throughout. Body development lends good support beneath equipment. Greater achievement occurs moving through dynamic gradations of space time, weight and flow. Consistent uniformity exists in individual responsibilities of staging. Breaks and flaws are infrequent, and recovery is quick. Concentration and stamina are well achieved. Methods and techniques reflect a good degree of physical and mental development. Adherence to style is consistent. Achievement suggests that the training process is successful for this class.</p>