

# World Class Movement

World Class guards are comprised of advanced to standard-setting 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 6		
0 to 6			7	14	22	30	41	51	60	71	81	90	94	97	99 to 100		
Seldom Experiences (WEAK) 0 to 6			Rarely Discovers (FAIR) 7 to 29			Sometimes Knows (GOOD) 30 to 59			Frequently Understands (EXCELLENT) 60 to 89			Always Applies (SUPERIOR) 90 to 98			Sets New Standards 99 to 100		
SCORE									SCORE								
100									100								

### Sub Caption Spread Guidelines

Insignificant Differences	Slight Differences	Moderate Differences	Significant Difference
0 to 1 tenth	2 to 3 tenths	4 to 6 tenths	7 or more tenths

# Total

200

## MOVEMENT CRITERIA REFERENCE

### WORLD CLASS

#### VOCABULARY

#### EXCELLENCE

<p><b>0 to 06</b> The choreographed vocabulary generally lacks readability.</p>	<p><b>0 to 06</b> Individuals show inadequate development in movement principles.</p>
<p><b>07 to 29</b> The blended expressive/technical choreographed vocabulary range is limited, repetitious or presented only as a single effort. Phrasing is short. Expressive dynamic qualities are sporadically written for this class, and are only occasionally included. Both the expressive and technical vocabulary range is still in the discovery stage, often extremely incomplete and lacking in development. Incompletion might limit the scoring potential.</p>	<p><b>07 to 29</b> Individuals show some development relative to movement principles and expressive efforts and some sense of alignment in upper and lower body. There is occasional consistency of body line in posture and gesture. Body development is inconsistent causing variations in the look of the equipment. Breaks and flaws are frequent and recovery is sporadic. Some individuals may be more expressive than others. Effort qualities may suffer when equipment is layered on movement indicating insufficient development to handle both expressive and technical responsibilities. Concentration is weak. Adherence to style is occasionally demonstrated.</p>
<p><b>30 to 59</b> The blended expressive/technical choreographed vocabulary contains a good range including a moderate degree of variety and dimensionality, more frequent combinations with equipment or staging, and expressive gradations of space, time, weight and flow. Phrases are fuller and explore multi-planal work. There is versatility, and methods and techniques require an average degree of physical and mental development. There is a growing connection between the movement and equipment dynamics. Expressive/technical choreography is usually compatible to the individuals' skills. The work may still be in progress, but the performers have an adequate opportunity to develop their choreographic range. Choreography seems to be reasonably compatible to the individual's skills.</p>	<p><b>30 to 59</b> Individuals show moderate development relative to movement principles. Individuals achieve a moderate degree of alignment in the upper and lower body. Body line is sporadically defined and uniform. There are longer periods of time when effort gradations of space, time, weight and flow are displayed. Bodies are more consistently developed to handle and control the equipment, and the use of breath is beginning to be more consistent from individual to individual. Achievement is reasonably good during multiple or layered responsibilities and there is a growing connection of expressive quality between movement and equipment. Breaks and flaws may still occur, but recovery is evident. Concentration is developing and moderately achieved. Stamina and skills display good development. Adherence to style is developing and is usually evident and consistent. Individual development is fairly consistent.</p>
<p><b>60 to 89</b> The range of the blended expressive/technical choreographed vocabulary is broad and varied with good depth and a broad range of expressive gradations of space, time, weight and flow. There is a significant synergy between movement with equipment and/or staging. Phrases contain more complex combinations. There is a significant level of versatility. Methods and techniques require a high degree of mental and physical challenge. The blended expressive/technical choreography is compatible to the individual's skills.</p>	<p><b>60 to 89</b> Individuals show excellent development and understanding of blended expressive/technical movement principles and efforts and maintain a highly developed sense of centering and alignment. Postural and gestural line is defined and consistent. Breath is understood and used. There are consistent gradations of expressive effort qualities, and a strong application of tension, flexion and muscle control. Performers show a strong understanding of moving through space and consistently project the weight and energy toward efficient movement delivery. Breaks and flaws are infrequent and recovery is evident and quick. Concentration is strong. Stamina and skills are consistently displayed. There is an inseparable expressive demonstration between movement and equipment. Advanced technical and expressive methods and techniques reflect a high degree of mental and physical development. Adherence to style is evident and consistent. Development and achievement are strong and evident.</p>
<p><b>90 to 98</b> The range of the blended expressive/technical choreographed vocabulary is superior in variety and versatility. Full body movement constantly goes through sophisticated gradations of space, time, weight and flow, demonstrating the fullest range of expressive dynamics. Phrases challenge the performer with complex and varied combinations of body with equipment and staging. Methods and techniques require the highest degree of physical and mental development. The synergy of movement and equipment provide an inseparable expressive and technical challenge and is fully compatible to the individual's skills.</p>	<p><b>90 to 98</b> Individuals show superior development and application of all blended expressive/technical principles &amp; efforts. Individuals maintain a superior development of centering, balance, weight force and alignment in full body movement, showing an understanding of the connections between all body parts. Body line is always defined and consistent. Use of breath is ongoing and always supports the fullest completion of phrases. The fullest range of effort qualities and dynamics is demonstrated with ease. A full understanding of breath and control of muscle, tension and flexion enhance every effort. Individuals fully understand moving through space and always employ the weight and energy toward excellent movement delivery. Breaks and flaws are rare and recovery is effortless. All movement characteristics are well defined. Concentration and skills are demonstrated in a superior manner. There are optimum dynamics elevating the performance to a high level. The synergistic blend of movement &amp; equipment provide an inseparable dynamic and expressive display. Adherence to style is superb. There is a crystallization of all efforts.</p>
<p><b>99 to 100</b> Sets new standards</p>	<p><b>99 to 100</b> Sets new standards.</p>