

Acrobatic Arts Exams are focused on developing motivation, building goal setting skills, accountability and perfecting technique.



“Technique is simply the ability to do the same thing twice, and to do it without hurting oneself. Because of its very nature, dance careers are very short even in the best of circumstances. Dance injuries shorten careers even more, and are already common enough among highly trained professionals — in a steady dance job with a steady performance schedule, without solid technique you’ll last a few years at best; at worst you’ll last a day. **Technique is a necessity, not a luxury.** Skimping is not an option.”

RICK TJIA
Artistic Talent Scout
and Choreographer
Cirque Du Soleil

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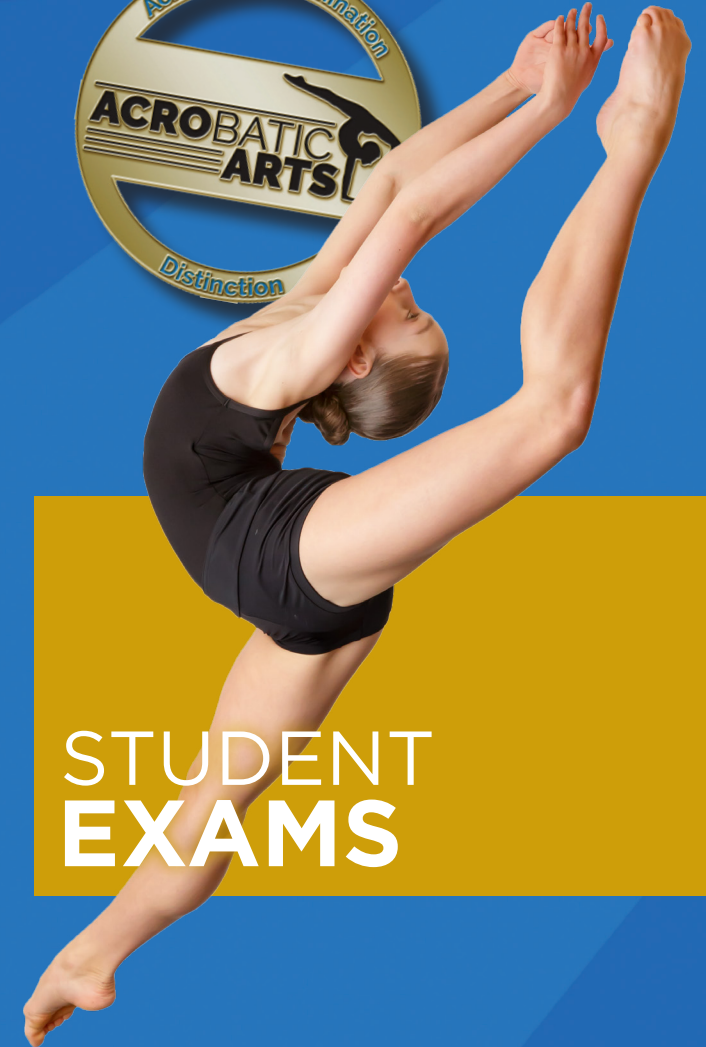
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STUDENT
EXAMS



MOTIVATING DANCERS

Acrobatic Arts Exams provide motivation and accountability while promoting the highest standards of excellence in acrobatic technique!

OBJECTIVE RESULTS

- Students are marked against a worldwide standard; dancers, teachers and parents receive results that are objective and universal.
- Teachers have the opportunity to meet with our professional examiners and receive valuable feedback on the studio's AcroDance programming and progress.
- Dancers are required to master all 5 areas of AcroDance: Flexibility, Strength, Balance, Limbering and Tumbling, in order to move to the next level. This creates well balanced bodies that can execute skills on both the right and the left, promoting healthy development in dancers who are less prone to injury.



Thank you so much for the way you have structured your exams and make the dancers feel more relaxed. Every single child came out smiling and saying it wasn't scary, that they had fun, which is ultimately what it is all about for us.

TRICIA OGG
Wangara, South Australia
www.tppa.com

"I was unsure about whether to have exams, but as we do it with our other genres of dance I thought we ought to give it a go. I now know that we will carry on offering (Acrobatic Arts) exams at our school as it was a valuable experience for both myself and the students."

HANNAH HARRISON
www.testvalleydance.co.uk

