

FLAG CLASS LEVELS

IHSCGA Clinic

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| Beginning | <ul style="list-style-type: none">• Angle exercises• Flat planes• Minimal hand changes• Drop spins on both sides• Basic dance movements |
| Intermediate | <ul style="list-style-type: none">• Angle exercises/carvings• Flat planes• Tosses out of right hand (single only)• Drop/speed spins on both hands• Intermediate dance movements• Introduce and explore performance qualities |
| Advanced | <ul style="list-style-type: none">• Exploring other planes• Tosses out of right or left from various places on pole• Body under spins (drop/speed)• Advanced dance movements• Performance qualities applied |
| Elite | <ul style="list-style-type: none">• Various spin combinations• Multiple hand changes• Advanced dance movements incorporated into everything• Tosses from various places on pole into various planes in space• Body rolls• Extreme emphasis on performance qualities |

RIFLE CLASS LEVELS

IHSCGA Clinic

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| Beginning | <ul style="list-style-type: none">• Spins on right and left• Tossing singles and doubles SOLIDLY• Spins and stops• Flat planes• Basic dance movements• Explore performance qualities |
| Intermediate | <ul style="list-style-type: none">• Spins on right and left• Flourishes (or other strengthening exercises)• Flat planes/ 45 planes• Tossing doubles and triples SOLIDLY• Intermediate dance movements• Apply performance qualities |
| Advanced | <ul style="list-style-type: none">• Advanced spin exercises (double time)• Backhand catches• Tossing triples, quads and higher• Tossing on different planes from various places on rifle• Strengthening exercises• Incorporating "tricks"• Seamless integration of body to equipment• Emphasis on performance qualities |

SABRE CLASS LEVELS

IHSCGA Clinic

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| Beginning/ Intermediate | <ul style="list-style-type: none">• Spins on right and left• Tossing singles, doubles, and possibly triples SOLIDLY• Spins and stops• Flat planes/ 45 planes• Basic to intermediate dance movements• Explore and apply performance qualities |
| Advanced | <ul style="list-style-type: none">• Advanced spin exercises• Backhand catches• Tossing triples, quads and higher• Tossing on different planes from various places on sabre• Strengthening exercises• Incorporating "tricks"• Seamless integration of body to equipment• Emphasis on performance qualities |