

MODERN 4/5 A SYLLABUS

1. "The Graham Transition" This exercise is done once in butterfly, once in L-sit, once in straddle. Contract, round forward, release from hip to head, recover, reverse. LENGTHENING FROM SIT BONES.
2. "Kneeling Curves" Begin kneeling "swimmer's contraction", release to floor through a snake, spiral around, initiating with R leg, recover to kneel, repeat to L. OPPOSITION AND RESISTANCE.
3. "The Hinge" Start with feet in neutral facing side. Bend knees, begin to slide R hand to side, roll to rise up. Reverse. OPPOSITION AND RESISTANCE
4. "Superman Jump" Chasse, step, leap with entire body in alignment with flat back. TAKING FLIGHT.
5. "Revolving Side Shape" Step R across, step L back, brush R into side shape and jump, arm swinging open and up, return to R step across, repeat jump, repeat with single turn, land stepping R. REVOLVE.
6. "Egyptian Walks" Facing SR with Egyptian arms. Step with R foot spiraling from waist (counts are 1,2,3). Repeat, sliding L foot forward (counts are 4,5,6). Repeat sliding R foot forward to "1", spiral upper body to L on beat "2", return R on beat "3" (feet remain grounded) slide L foot forward "4,5,6" RHYTHM AND DYNAMICS
7. "Skitter" Start in 2nd position turned out in plie, arms in candelabra. Contract stage L, sliding R leg F through parallel, maintaining full foot on floor. Turn out to face front, sliding through 5th to starting position. Repeat to SR using L leg. Contact stage L again with R leg, bring L leg through 5th facing diagonal into a lunge with candelabra arms. Side contract passe, arms connecting overhead, plant L foot to back lunge, arms extend into diagonal line. Spiral full turn to 5th. Repeat entire phrase to L. PULSE AND SPIRAL
8. "Pleading" Begin seated, with legs in parallel, hands above knees. Begin contraction, making sure that the head is free. Release the spine, articulating from lower vertebrae up into neutral. Repeat contraction while lowering into floor on R sit bone, and finishing lying on ground. Repeat to other side. CORE STRENGTH
9. "Spiral" Parallel Chaine in plie with arms unspiraling for 4 counts. Saute arabesque with spiral in towards circle, saute with front leg in parallel attitude and contraction. Repeat jumps again. Execute pattern in circular pathway around the room. ELEVATION/ROTATION WHILE MAINTAINING CIRCULAR PATHWAY.
10. "Lateral Balance." Start on the floor in a side lean position. Balance on hip and hand. Swing legs from side to the front to opposite side and balance 4X. Seatspin into a spiral release and finish on the opposite side as beginning of exercise. Repeat. CORE AND LATERAL STRENGTH