

# Cadet Class

# Movement

GUARD \_\_\_\_\_

JUDGE \_\_\_\_\_



Cadet Class guards are comprised of an initial level of vocabulary and excellence.

*Consider the range and achievement of demonstrated skills.*

## Achievement

### Credit and reward:

The achievement of the individual relative to prescribed skills or curriculum of learning in the development of their techniques in equipment or movement

This is a developmental caption with focus on the accumulation of skills, leading to commencement into a higher level of competition

### Caption Spreads

## Total

Very comparable 1 to 4 tenths	Minor Differences 5 to 9 tenths			Definitive Differences 10 to 19 tenths			Significant Difference 20 & higher					
<b>0 to 40</b>	<b>41</b>	<b>54</b>	<b>67</b>	<b>81</b>	<b>94</b>	<b>107</b>	<b>121</b>	<b>141</b>	<b>161</b>	<b>181</b>	<b>187</b>	<b>194</b>
Seldom Experiences (WEAK) <b>0 to 40</b>	Rarely Discovers (FAIR) <b>41 to 80</b>			Sometimes Knows (GOOD) <b>81 to 120</b>			Frequently Understands (EXCELLENT) <b>121 to 180</b>			Always Applies (SUPERIOR) <b>181 to 200</b>		

**200**

## MOVEMENT CRITERIA REFERENCE

### CADET CLASS

#### ACHIEVEMENT

---

<b>0 to 40</b>	Basic alignment principle, no demonstration of skills, little or no movement.
----------------	---

---

<b>41 to 80</b>	Basic alignment principles, development of rhythmic skills, starts and stops, large weight shifts, beginning role-playing.
-----------------	--

---

<b>81 to 120</b>	Skills in Box 2 plus:  Basic form responsibilities of interval, distance, cover and dress.  Pulse, time awareness, level changes, beginning postural and general efforts: extension, flexion, rotation.  Basic turns and flanks.
------------------	--

---

<b>121 to 180</b>	Skills in Boxes 2 and 3 plus:  Movement variations (skips, runs, jumps, hops, etc.)  Efforts of soft to strong, balance, rhythm, steps on the move, greater frequency, variety, depth.  Beginning demonstration of style; expressive qualities are beginning to show.
-------------------	---

---

<b>181 to 200</b>	Skills in Boxes 2, 3 and 4 plus:  Introduction to sustained and power moves.  Fuller phrases, simultaneous layered work done on the move (equipment / marching, dance / form, etc.)
-------------------	---

---