



MOMENTUM
Dance Arts

**Competitive Company
Technique List**

Our goal at MDA is to continue to improve and grow our competitive dance program by giving our dancers only the best training and mentoring. Being a part of the MDA Competitive Dance Company is extremely rewarding and offers so many unique benefits. We will be looking at several different elements during your dancer's audition to ensure that we select the most dedicated and technically trained dancers. Our goal is to create a competitive team that works well together and has the technical ability to succeed. Below are the technical aspects your dancer should focus on for our upcoming auditions based on their age as of January 1st.

Ages 5-7

R/L Clean single pirouette (turned in and turned out)

Pique turn

R/L split

Straddle

Straddle roll through

Clean split leap

Side leg hold

Arabesque hold

Clean battements (kicks)

Back attitude kick arching

Handstand

Back bend from standing

Walks in a bridge

Cartwheel

*6-7 year olds: Front or back limber

Ages 8-10

Pointed toes in transitions to and from floor and in between movement.

Running on toes and not heels.

R/L Clean double (turned in and turned out, coupe and pencil)

R/L Double pique turn

R/L Single Attitude turn (Double preferred)

R/L Clean sequence: 4 second turns into pirouette

R/L Split

Straddle

Straddle roll through

Back attitude kick arching

All 3 Over splits with a yoga block

R/L leg hold (Front and Side)

Penche hold

R/L single leg turn

R/L Allusion

R/L lay out with straight legs and pointed toes

R/L Arabesque hold (90 degrees and above)

Correct body alignment and execution of split jump, second jump, fire bird, double stag, calypso, and tilt jump

Leg extensions with straight knees and pointed feet (including tilt hold with no hands)

Clean battlements and fan kicks

Handstand Walks

Front/ Back limber

Front and Back Walkover

Chin stand or elbow stand hold for 8 counts

Head spring or kip up preferred

Tumble speciality- Ariel, back handspring, front handspring, diving front walkover, etc

Strong Improv in all styles

Ages 11 and up

Pointed toes in transitions to and from floor and in between movement.

Running on toes and not heels

R/L Clean Tripple (turned in, turned out, coupe and pencil)

R/L Double pique, arabesque, and attitude turn

R/L Clean sequence: 8 second turns into pirouettes.

R/L split

Straddle

Straddle roll through

Back attitude kick arching

All 3 Over split with a yoga block.

R/L Allusion

R/L 8 count Arabesque hold (90 or above)

R/L 8 count Penche hold (Leg in full split)

R/L layout with straight legs pointed toes

R/L 8 count leg hold (Front and Side)

R/L Single leg turn (inside and outside)

R/L 8 count Tilt extension

Correct body alignment and execution of split leap, second leap, double stag, ronse, firebird, calypso, reverse leap, tilt jump, switch leap, switch second, switch tilt)

Toe rise from floor (Arching)

Handstand Walks

Front Limber/Back Limber

Front Walkover (one handed)

Back walkover

Front handspring or Backhandspring (Both are highly needed)

8 count Elbow stand

8 count Chin Stand

Headspring

Kip Up

Ariel

Specialty Tumbling pass: a connection of skills

Strong improv in all styles.