



Australian  
Calisthenic  
Federation

## Calisthenic Skills Update

**Please note that updated versions of some skills syllabi have been introduced as from July 1<sup>st</sup>, 2011.**



**All exam periods from this date** (commencing with the Victorian November 21<sup>st</sup> - December 17<sup>th</sup> 2011 exam period) **will refer to the updated syllabi, and must be used.**

**Tests 1, 2 and Test 3, Grades 1 & 2 (Standard Grades 1 & 2 also available) have been revised as from July 1<sup>st</sup> 2011. From this date all visual resources and the syllabi will be available to download from the ACF website - <http://calisthenicsaustralia.org/>**

**Music tracks remain as per the current CD (including Test 3); however, the updated syllabi have tracks re-numbered and during the transition phase it is possible to purchase a Test 1- Grade 2 CD and Prep 3 – Gold Medal CD separately.**

***Prep 3 / Grade 3 through to Gold Medal will remain as per the current syllabi until further notice. Any queries please contact:-***

Elizabeth Hickey  
CVI Convenor / ACF Calisthenics Skills Program  
Email: [skillsvic@bigpond.com](mailto:skillsvic@bigpond.com)  
Tel: 0419 222771