

## FAQ's...

### **What level of examination and how many dances should I test in?**

Your teacher will help you decide which level you should start with: An excellent goal would be to take your exams in all the dances. This program has great flexibility so you can take the exams at your own pace, deciding how many dances you would like to test in at one time. Also, you may take as many exams as you would like within a level to either (a) cover all the dances, or (b) improve your scores.

### **What will I receive when I pass my Medals Test?**

You will receive a Certificate of Achievement listing the dances you were tested in by a Nationally Accredited Ballroom Dance Institution.

### **How many lessons will I need to prepare for the test?**

Each candidate's preparation time will be different. It will depend on your experience, your teacher/coach, how quickly you are able to master the steps and how much time you are able to dedicate to practice.

### **What should I wear?**

Candidates should be well-groomed and wearing appropriate clothing (your teacher will advise you).

You should wear clean and well-fitting ballroom dance shoes. Ladies may wear slacks. If you choose to wear a skirt or dress, please be certain the length is such that the examiner may clearly see your legs and feet. A good general rule is no longer than a few inches below the knee.

### **Who do I dance with?**

"The Student Medal Exam Program" is designed for you to dance with your teacher, so that you have the best chance of performing well on your exam. It is permissible, however, for you to dance with another student if you feel confident that they will support you in dancing your best.

### **What is the cost of a Medals Test?**

See the studio director for pricing information.

Are you worried that you don't have a partner to practice with? You can dance with your instructor. Then, get ready to handle all those phone calls from would-be partners as they watch you improve. Good luck!

## The Theory...

In order to become an accomplished dancer, you must develop confidence, self-discipline, self-reliance and the ability to work with others to reach your goals.

There is no greater way to truly learn and understand dancing than to prepare for a formal certification examination.

Medal Examinations can be compared to academic examinations, wherein you are tested on the mastery of skills previously learned before progressing to the next level.

The DanceWell Medals Examinations will be performed using the DVIDA training syllabus and examinations.



# STUDENT MEDAL PROGRAM



"The greatest oak was once a little nut who held it's ground".

DanceWell

POB 230771

Tigard, OR 97281

(503)241-0460

[www.dancewellballroom.com](http://www.dancewellballroom.com)



Examinations performed by  
DVIDA examiners

bronze

silver

# STUDENT MEDALS EXAMINATIONS

gold

PRO-  
goals**Remember  
your steps!***Achievement to a National Standard***What is a Medals Program?**

A Medal program is a fun and exciting way for you to become an excellent dancer. You and your instructor will structure your private lessons to meet a progressive series of goals. You decide how fast you would like to proceed and which dances you would like to focus on. You will be amazed at how your dancing, your poise and your self-confidence will improve through this process. Experts in the industry agree that a structured Medal program is the best way for students to become extraordinary dancers.

Once or twice each year we will schedule formal Medal exams. A nationally recognized dance expert will come to your studio to watch you dance. You will perform your routines with your instructor. The examiner will grade your dancing and give you written feedback on the routines. As you successfully perform your routines, you will achieve a formal Certificate of Achievement from DVIDA—tangible proof that you have achieved a national standard of excellence for your level!

Exams are a real opportunity for you! Students can work for months and months, with little public recognition of their progress. During Medal exams, you can invite your friend and family to watch you dance, to give you moral support and to cheer you on. Once you have your Certificate from DVIDA, you can tell the whole world: I did it!

**American Style Smooth and Rhythm**

SMOOTH	RHYTHM	
Waltz	Cha Cha	Bolero
Tango	Rumba	Mambo
Foxtrot	Samba	Merengue
Viennese Waltz	East Coast Swing	West Coast Swing

**The Bronze I Test—**

At least 2 dances and up to 6 dances  
Students may choose from any of the 12 dances listed above. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from this level with the appropriate Timing /Rhythm, Footwork and Continuity\*\*

**The Bronze II Test—**

At least 4 dances and up to 8 dances. Students may choose from any of the 12 dances listed above and may dance a combination of Rhythm and Smooth. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from this level with the appropriate Timing/Rhythm, Footwork, Continuity, and Lead/Follow. The expectancy at this level will be higher than the previous level.

**The Bronze III and Full Bronze Tests  
Silver I, II, III and Full Silver Tests  
Intermediate and Full Gold Tests—**

At least 4 dances (one style, either Smooth or Rhythm. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from the level being tested with the appropriate Timing/Rhythm, Footwork, continuity, Lead/Follow, Characteristic Style and the essential elements (poise, balance, control and body contact). The expectancy at this level will be higher than the previous level. \*\*

**International Standard & Latin**

STANDARD	LATIN
Waltz	Cha Cha
Tango	Rumba
Foxtrot	Samba
Viennese Waltz	Paso Doble
Quickstep	Jive

**The Preliminary Bronze I Test—**

(Standard Only) — at least 2 dances and up to 5 dances. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from this level with the appropriate Timing/Rhythm, Footwork and Continuity.\*\*

**The Intermediate Bronze Test—**

At least 4 dances and up to 8 dances. May be taken from either Standard or Latin. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from this level with the appropriate Timing/Rhythm, Footwork, Continuity, and Lead/Follow. The expectancy at this level will be higher than the previous level. \*\*

**The Bronze III and Full Bronze Tests  
Silver I, II, III and Full Silver Tests  
Intermediate and Full Gold Tests—**

At least 4 dances (one style, either Smooth or Rhythm. Students should be able to perform in partnership with their teacher, to the satisfaction of the examiner, the figures from the level being tested with the appropriate Timing/Rhythm, Footwork, continuity, Lead/Follow, Characteristic Style and the essential elements (poise, balance, control and body contact). The expectancy at this level will be higher than the previous level. \*\*