

技術検定試験各級規制フィガー [スタンダード]

Waltz (3級～シルバー級)

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from PP
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right
17. Weave from PP
18. Closed Telemark
19. Open Telemark & Cross Hesitation
20. Open Telemark & Wing
21. Open Impetus & Cross Hesitation
22. Open Impetus & Wing
23. Outside Spin
24. Turning Lock
25. Left Whisk
26. Contra Check
27. Closed Wing
28. Turning Lock to Right
29. Fallaway Reverse and Slip Pivot
30. Hover Corte

3級	1 ~ 6
2級	1 ~ 11
1級	1 ~ 16
ブロンズ級	1 ~ 24
シルバー級	1 ~ 30

Tango (3級～シルバー級)

1. Open Finsh
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn , Lady Outside
7. Back Corte
8. Open Reverse Turn , Lady in Line
9. P・S・S Reverse Turn
10. Open Promenade
11. R・F・&L・F・Rocks
12. Natural Promenade Turn
13. Natural Twist Turn
14. Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivels
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap
21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

3級	1 ~ 7
2級	1 ~ 12
1級	1 ~ 16
ブロンズ級	1 ~ 20
シルバー級	1 ~ 27

技術検定試験各級規制フィガー [スタンダード]

Quickstep (2級～シルバー級)

1. Quarter Turn to Right
2. Natural Turn
3. Natural Turn With Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock
9. Closed I mpetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Running Finish
15. Natural Turn and Back Lock
16. Double Reverse Spin
17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V.6
22. Closed Telemark
23. Closs Swivel
24. Six Quick Run
25. Rumba Cross
26. Topsy to Right and Left
27. Hover Corte

3級	—
2級	1 ~ 8
1級	1 ~ 16
ブロンズ級	1 ~ 23
シルバー級	1 ~ 27

Slow Foxtrot (1級～シルバー級)

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn
5. Closed I mpetus and Fether Finish
6. Natural Weave
7. Change of Direction
8. Basic Weave
9. Closed Telemark
10. Closed Telemark and Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark NT to Outside Swivels
17. Open I mpetus Turn
18. Weave from PP
19. Reverse Wave
20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig Zag from PP
23. Fallaway Reverse and Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

3級	—
2級	—
1級	1 ~ 8
ブロンズ級	1 ~ 19
シルバー級	1 ~ 25

技術検定試験各級規制フィガー [ラテンアメリカン]

Rumba (3級～シルバー級)

1. Basic Movements (closed , Open , In Place , Alternative)
2. Cucarachas (Left Foot & Right Foot)
3. New York (To Left or Right Side Position)
4. Spot Turns to Left or Right (Including Switch & Underarm Turns)
5. Shoulder to Shoulder (Left Side & Right Side)
6. Hand to Hand (To Right & Left Side Position)
7. Progressive Walks Forward & Back
8. Side Steps (To Left or Right)
9. Cuban Rocks
10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out Right & Left
15. Natural Opening Out Movement
16. Closed Hip Twist
17. Open Hip Twist
18. Reverse Top
19. Opening Out from Reverse Top
20. Aida
21. Spiral Turns (Spiral , Curl & Rope Spinning)
22. Sliding Doors
23. Fencing
24. Three Threes
25. Three Alemanas
26. Hip Twist (Adovabced , Continuous & Circular)

3級	1 ~ 1 2
2級	1 ~ 1 6
1級	1 ~ 2 1
ブロンズ級	1 ~ 2 5
シルバー級	1 ~ 2 6

技術検定試験各級規制フィガー [ラテンアメリカン]

Cha Cha Cha (3級～シルバー級)

1. Basic Movements (closed , Open , In Place)
2. New York (To Left or Right Side Position)
3. Spot Turns to Left or Right (Including Switch & Underarm Turns)
4. Shoulder to Shoulder (Left Side & Right Side)
5. Hand to Hand (To Right & Left Side Position)
6. Three Cha Cha Cha
7. Fan
8. Alemana
9. Hockey Stick
10. Side Steps (To Left or Right)
11. There & Back
12. Time Steps
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist
16. Open Hip Twist
17. Reverse Top
18. Opening Out from Reverse Top
19. Aida
20. Spiral Turns (Spiral , Curl & Rope Spinning)
21. Cross Basic
22. Cuban Breaks (Including Split Cuban Breaks)
23. Chase
24. Adovabced Hip Twist
25. Hip Twist Spiral
26. Turkich Towel
27. Sweetheat
28. Follow My Leader
29. Foot Changes

3級	1 ~ 9
2級	1 ~ 15
1級	1 ~ 20
ブロンズ級	1 ~ 25
シルバー級	1 ~ 29

技術検定試験各級規制フィガー [ラテンアメリカン]

Paso Doble (2級～シルバー級)

1. Sur Place
2. Basic Movement
3. Chasses to Right & Left (Including Elevations)
4. Drag
5. Displacement (also Attack)
6. Promenade Link (also Promenade Close)
7. Promenade
8. Ecart (Fallaway Whisk)
9. Separation
10. Separation with Lady's Caping Walks
11. Fallaway Ending to Separation
12. Huit
13. Sixteen
14. Promenade and Counter Promenade
15. Grand Cercle
16. Open Telemark
17. La Passe
18. Banderillas
19. TwistTurn
20. Fallaway Reverse Turn
21. Coup de Pique
22. Left Foot Variation
23. Spanish Lines
24. Flamenco Taps
25. Syncopated Separation
26. Travelling Spins from PP
27. Travelling Spins from CPP
28. Fregolina (also Farol)
29. Twists
30. Chasse Cape (Include Outside Turn)

3級	—
2級	1 ~ 10
1級	1 ~ 16
ブロンズ級	1 ~ 24
シルバー級	1 ~ 30

技術検定試験各級規制フィガー [ラテンアメリカン]

Samba (1級～シルバー級)

1. Basic Movements (Natural , Reverse , Progressive)
2. Whisks (also with Lady' s underarm turn)
3. Samba Walks (Promenade , Side , Stationary)
4. Rhythm Bounce
5. Volt Movements
6. Travelling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)
8. Travelling Bota Fogos Back
9. Bota Fogos to Promenade & C.P.P.
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Travelling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks
17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta
24. Contra Bota Fogos
25. Roundabout
26. Natural Roll
27. Reverse Roll
28. Promenade & Counter Promenade Runs
29. Three Step Turn
30. Samba Locks
31. Cruzados Walks & Locks

3級	—
2級	—
1級	1 ～ 1 3
ブロンズ級	1 ～ 2 3
シルバー級	1 ～ 3 1