

CAWA CALISTHENIC SKILLS 2026

Coaches and clubs are again invited to enter their students for examination in November / December 2026.

Test 1 to Test 3, and Grade 1 to Grade 4 will be offered in November / December 2026. Medal exams will take place in January 2027.

This is an ACF National Programme administered by each State and Territory recognising individual achievement in all facets of Calisthenics. It is viewed as a “building block” for all Calisthenic participants and Coaches (both past and present).

All intending Coaches must attain Calisthenic Skills Grade 2 to commence the Cadet Course as a pre-requisite for the Level 1 Coaches Course. Grade 1 continues to be a pre-requisite for Class Assistant.

All soloists at National Level must attain the prescribed Calisthenic Skill level for their age to compete in the National Championships.

The updated syllabuses, videos, music and *‘Guidelines for Coaches and Candidates’* are available on the ACF website.

The Calisthenic Skills Programme promotes technical correctness and the correct use of terminology. The syllabuses are designed to develop fitness, flexibility, coordination and rhythm, musicality, deportment and poise, as well as a sense of achievement.

Applications for November / December 2026 examinations must be completed using online registration. **THE CLOSING DATE is 24 SEPTEMBER 2026.**

Compulsory **Prep Classes** for candidates will be determined on receipt of applications. You will receive an email advising of the class time and venue.

Further enquiries can be directed to caliskills@calisthenicswa.com.au