National Ice Skating Association of Great Britain & N.I.

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FIELD MOVES

Test Manual

National Ice Skating Association of Great Britain & N.I.

RULES AND REGULATIONS

2010

October 2010

Please be aware that the details contained within this manual are subject to change at any given time.
For updates, refer to NISA and ISU Communications published via their respective websites

National Ice Skating Association of UK Ltd

NEW TEST STRUCTURE
For
NATIONAL TESTS

Rules and Regulations

CONDITIONS

1. All National Tests will be organised and conducted locally after application to NISA, (unless chosen venue is a NISA accredited self organised test centre)

2. Only NISA members are entitled to apply to be candidates for NISA tests and all candidates must be fully paid up members of NISA at the time the application is submitted and the test skated. For Dance/Pairs tests, all partners of candidates taking NISA Dance/Pairs tests must also be fully paid up members of NISA at the time of the test.

3. The candidate should apply on the official NISA test application form. The candidate should have forwarded with the application his/her subscription if not already paid, plus the appropriate test fee.

4. Both the applicant and his/her coach should sign the test application. PLEASE NOTE: APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. NOTE: No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.

5. No test may be taken unless the application has been submitted and accepted and the applicable test fee paid.

6. Applications for a test must be made a minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink and on different days to that which was originally indicated on the application form. If a holiday or school examination date is known, the candidate should indicate when he/she is definitely not available.

7. Transfer of tests between rinks should be arranged between test organisers or with NISA office staff and not by parents or coaches.

8. All successful candidates of NISA tests shall receive a certificate appropriate to the level of test passed.

9. NISA test medals may be purchased for each discipline by successful candidates, appropriate to the level of tests passed, on completion of all individual tests within each level. e.g. Field Moves, Elements and Free. Field moves, CD, OD, VD, FD, and including Field moves for Synchro and Pair tests.

10. One NISA judge will judge National Tests Levels 1 – 6 inclusive. Levels 7 – 10 inclusive require two NISA judges. However, under exceptional circumstances, all National Tests may be judged by one NISA appointed judge, who is presently qualified to judge at an ISU International or ISU Championship level. Approval for this must be given by the Judges/ Officials Director.

11. Judges have complete control during the tests, with full responsibility for ensuring that the tests run efficiently.

12. A candidate who is given a retry for a test cannot retake this test until after the expiration of 4 weeks i.e. 28 days.

13. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests.

14. Failure to attend or skate on the day and at the time arranged will result in the cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a Doctors' Certificate or a letter from the school to the NISA office and the test may then be held in credit.

15. Unless otherwise deemed by the NISA office, a test application is null and void one year after its receipt. The fees for void tests are forfeited.

16. The recording of videos during test sessions is NOT PERMITTED

17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

All Judges of Single/Dance/Pair /Synchronized skating tests shall be appointed by and at the discretion of NISA and must be eligible persons and current members of NISA.

NISA NATIONAL SKATING TESTS

GENERAL REGULATIONS

1. Skaters may progress up any vertical channel of the National Test Structure separately. e.g. Level 1 Elements to Level 10 Elements without holding Field Moves or Free Skating Tests. Level 1 Elements Test must be passed before taking Level 2 Elements etc.

2. Music must not be played during Field moves and singles/pairs elements tests. Background music may be played during all test warm ups if desired. Other than compulsory dance, variation dance tests, no programme music should be played during warm ups.

3. It is the responsibility of the candidate to arrange for the music to be played for all Dance/Free tests.

4. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.

5. Candidates must not waste undue time between the completion of one field move, compulsory dance or single/pair skating element and the commencement of the next.

6. All candidates will receive a comments sheet relating to their test from the judges.

Field Move Tests

7. All tests must be skated on a clean ice surface and wherever possible at the beginning of a test session. In test levels 1-7 all field moves are compulsory. In test levels 8-10 the skater may select any 4 of the 6 Field Moves listed, and the judges must be informed of which are to be skated before the commencement of the test.

8. Crosscuts and/or gliding steps are acceptable as a means of progressing from one part of a Field Move exercise to another, but two footed skating will not be allowed at this point.

9. The minimum number of lobes and/or repetitions stipulated in the Field Moves Exercises must be completed using the full ice surface where possible. For ice surfaces less than 40 metres in length, the exercises

may be split along both sides of the rink. However the minimum number of lobes and/or repetitions must still be skated in one continuous exercise without loss of speed and still to the required standard. Levels 7 – 10 will only be permitted on ice surfaces of 40 metres and more in length.

10. During a Field Move test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment, or due to serious external influence, then the candidate will re-start the field move in question in order to demonstrate the flow of the exercise. This will not be classed as a re-skate. N.B. This restart rule only applies to Field Move tests.

11. A maximum of two re-skates will be permitted on two **separate** Field Moves and a short warm up may be given.

Single/Pairs Elements Test

12. Elements may be skated in any order. Two attempts at each separate element are permitted and the higher mark attained for each separate element will be used in the calculation of the final total before re-skates. A maximum of two re-skates on two **separate** elements will be permitted and a short warm up may be given, but this will be at the discretion of the judges. In free choice elements, the element originally selected by the candidate must be re-skated. The highest mark from the two attempts and the re-skate of an element will be used to determine the final total mark for the test. All step and spiral sequences in Levels 7 – 10 must be in accordance with current ISU Single's regulations. Small Rinks (less than 40 metres): - All Elements tests may be taken on small rinks, provided the step sequences and jumps can be performed to the required standard with speed consistent with that standard.

Single/Pairs Free Skating Tests

13. Only music without lyrics will be allowed for all free skating tests.
Up to two minor errors will be permitted on different types of elements i.e. jumps or spins or spirals/steps. Failed elements would count as major errors and only one such major error will be permitted and will necessitate a re-skate in isolation with no warm-up/practice. A test may not pass if a major error remains on any required element following a re-skate. A re-skate is not allowed for an omission of a required element and the test would automatically qualify for a re-try.

Refer to Minor/Major Chart in Free Test Booklet for guidelines

In the case of minor errors, the presentation mark must be of sufficiently high standard to enable the test to pass.

Should the set elements be performed to a very high standard, with no errors, but the presentation mark was not of such a high standard, the test could still pass if the total amount of marks is equal to the passing total.

14. Small Rinks: - Free Test Levels 7 – 10 will only be allowed on rinks of 40 metres and larger.

15. During a single/pair free skating test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

Dance Tests

16. During a Compulsory/Original/Variation/Free Dance test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardise his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

17. No re-skates are permitted in a compulsory dance, variation/original dance or free dance test.

18. Small Rinks: Ice Dance Tests Levels 4-10 will only be allowed on rinks of 40 metres and larger.

    Compulsory Dances Levels 1 to 3 on smaller rinks: all the dances are forward skating and use only one side of a full size rink for one sequence therefore it will take a full circuit on smaller rinks to complete one sequence and as all the dances require two sequences two circuit of a smaller rink will be required.

    Note: - Further information for tests in all disciplines is available in the test organizer manual.

Warm up times: -

Field Moves	
Level 1 (2 skaters max)	5 mins
Levels 2-10 (2 skaters max)	6 mins
Elements (2 skaters max)	6 mins
Free Skating (3 skaters max)	
Levels 1 – 7	1 min longer than programme
Levels 8 – 10	6 mins
Dance	
Compulsory dances (all levels)	6 mins
Variation dance Levels 1 - 2	6 mins
Original dance Levels 3 - 10	6 mins
Free dance (all levels)	6 mins

The allocated warm up lengths allow coaches the opportunity to skate with more than one pupil if necessary but the warm ups may be less if not required.

COMPETITIVE / IJS TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007 any skater holding a complete Competitive/ IJS (i.e. 3 parts Dance, 2 parts Pairs, 2 parts Singles) tests will be given equivalency as in the chart below.

Complete Competitive/ IJS Test Held in any Discipline	New Field Moves Equivalent
NISA Primary (ISU Novice)	Level 9
Junior	Level10
Senior	Level10

This means that a skater with a complete Primary Competitive/ IJS test will receive equivalency for Level 9 Field Moves and the next Field Moves test to be taken will be Level 10 Field Moves. Taking further Competitive/ IJS tests after 1st January 2007 will not give additional Field Move Test equivalencies. These tests must be taken at local test sessions

(NATIONAL) STANDARD TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007, any skater holding old Field Moves/Dance Moves Tests, and skaters holding complete tests, Levels 9 and 10 (* see clarification below), will be given equivalency as in the chart below.

Old Singles Field Moves	Old Dance Moves	Complete Test Held	New Field Moves Equivalent
Novice	Level 1	N/A	Level 1
Prelim	Level 2	N/A	Level 2
N/A	Level 3	N/A	Level 3
Inter Bronze	Level 4	N/A	Level 4
N/A	Level 5	N/A	Level 5
Bronze	Level 6	N/A	Level 6
N/A	Level 7	N/A	Level 7
Inter Silver	Level 8	N/A	Level 8
N/A	Level 9	*Level 9	Level 9
N/A	Level 10	*Level 10	Level 10

Example:- If a skater holds the old Prelim Field Moves Test, they will receive the new Level 2 equivalency, therefore the next test level to be taken will be the new Level 3 Field Moves test

*Complete Dance Moves levels 9 (9a,9b) or 10 (10a,10b)
*Complete Standard (National) Dance Tests Levels 9 or 10 (CD,OD,FD)
*Complete Standard (National) Singles tests Levels 9 or 10 (Elements & Free)

COMPETITIVE/NATIONAL (STANDARD) TEST EQUIVALENCIES

As from 1st January, 2006 individual parts of Competitive Tests (and now IJS Competitive Tests) will receive National (Standard) Test equivalencies.

Field Moves and Dance Moves are not considered as part of these equivalencies.

SINGLES

Competitive Test (Now IJS)	Standard (Now National)Test
Pre-Novice	Level 7 Free
Novice SP	Level 8 Elements
Novice FP	Level 8 Free
Primary (ISU Novice) SP	Level 9 Elements
Primary (ISU Novice) FP	Level 9 Free
Junior SP	Level 10 Elements
Junior FP	Level 10 Free
Senior SP	Level 10 Elements
Senior FP	Level 10 Free

DANCE

Competitive Test (Now IJS)	Standard (Now National) Test
NISA Novice CD	Level 8 Parts 1 & 2 CD
NISA Novice FD	Level 8 OD & FD
Primary (ISU Novice) CD	Level 9 Parts 1 & 2 CD
Primary (ISU Novice) FD	Level 9 FD
Junior CD	Level 10 Parts 1 & 2 CD
Junior OD	Level 10 OD
Junior FD	Level 10 FD
Senior CD	Level 10 Parts 1 & 2 CD
Senior OD	Level 10 OD
Senior FD	Level 10 FD

NISA FIELD MOVES
DVD NOTES

2010

October 2010
National Ice Skating Association (uk) LTD, Grains Building, High Cross Street, Nottingham, NG1 3AX

NISA FIELD MOVES 07

Further Clarification of DVD and Drawings

This document is to be used in conjunction with the DVD and the commentary, and gives the assessed marks for the demonstrations shown.

The DVD examples are NOT necessarily skated to the Pass standard. They demonstrate various examples of errors, and explain how these errors are assessed in addition to showing how the successful points of the exercise are rewarded.

The patterns shown on the drawings are not Compulsory Dances or School Figures and therefore not always as exact when the pattern is skated. The outline of the rink is shown purely as a guideline and some exercises may not occupy the whole rink space as drawn. The descriptions specify numbers of lobes and repeats and as long as these are completed satisfactorily the size of the pattern will be accepted.

Variations of arm and free leg positions are generally acceptable, as these Field Moves are generic and not specific to Singles or Dance, as long as these do not cause any overbalancing or awkward positions during the exercises.

Shallow turns and edges are acceptable if executed correctly. Depth of edges and depth of turns will increase the mark given for improved quality.

Points to consider on every Field Move in addition to the focus points given at the top of each page for each exercise:

- Carriage and Style
- Body Lean
- Flow (speed)
- Knee Bend
- Edges
- Clean Turns
- Correct Push Off
- Pattern
- Understanding of the concept! I.e. does the skater understand what he/she is trying to achieve when skating the exercise?

Marks: If the mark given for a re-skate is lower than the original mark given, then the judge will use the higher mark.

All exercises have a minimum mark, after re-skates, of 0.5 below the average pass mark. If this minimum mark is not reached after a re-skate, then the test will automatically be given a re-try.

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Level 2: Average Pass Mark 2.2

Exercise 1:
Mark given: 2.8 Backward Outside Edges, 2.0 Backward Inside Edges, giving a final mark of 2.4. The free leg should pass through, rather than the swing demonstrated on the Back Outside Edges. The skater must stop between each part of the exercise and not join up the two parts as shown on the DVD. The pattern shown on the Back Inside Edges is too small in relation to the Backward Outside and the skater has a big swing through of the free leg which throws her off balance.

Exercise 2:
Mark given: 2.4 for the Forward Cross Rolls and 2.1 for the Backward Cross Rolls, making a final mark of 2.3 for the exercise (round up marks)

Exercise 3:
Mark given: 3.2 for the first part and 3.1 for the second, giving a final mark of 3.2 for the exercise.

Exercise 4:
Mark given: 2.5

Level 3: Average Pass Mark 2.4

Exercise 1: Mark given 2.6. This is an exercise which may demonstrate different free leg positions

Exercise 2: Mark given 2.6 for the first skater. Even though many of the turns are early, the basic quality of the exercise would allow this to pass. The second skater would be given 2.1 as there are fundamental errors.

Exercise 3: Mark given 2.8. If a deeper inside edge is skated, then the quality of the exercise will increase and the mark will be higher. It is not necessary for the pattern to cover the entire rink as shown. The quality of the extended edges is more important.

Exercise 4: Mark given 2.9. The toe push must be very light throughout this exercise and NOT a heavy push with most of the blade on the ice in order to assist balance and the transfer of weight.

Level 4: Average Pass Mark 2.6

Exercise 1: Mark given 3.0.

Exercise 2: Mark given 3.0

Exercise 3: Mark given 2.6 for the first part and 2.1 for the second, giving a final mark of 2.4

Exercise 4: Mark given 3.0. It is not necessary for the pattern to cover the entire rink as shown. The quality of the extended edges is more important.

Level 5: Average Pass Mark 2.8

Exercise 1: Mark given 3.2

Exercise 2 Mark given 3.2 for the forward slalom and 3.0 for the backward. This exercise is used in synchronised skating to stop the skaters' shoulders rotating too much when skating in line and is also used as a dance exercise.

Exercise 3: Mark given 3.6. The free leg could be tucked closer to the skating leg during the turns. There should be no excessive balancing on two feet after the double three. This movement is a sway of the body to transfer the weight into the next circle. Some skaters may prefer to lift the free leg on the back edge at this point, when moving into the next circle. However this would not be the recommended method.

Exercise 4: Mark given 3.2

Level 6: Average Pass Mark 3.0

Exercise 1: Mark given 3.6

Exercise 2: Mark given 3.3 for the first side and 3.4 for the second part of the exercise, giving a final total of 3.4. The rocker turn could be deeper to increase the quality. The free leg may be in front after the rocker. If this is the case, and the rocker turns are clean, then this is acceptable.

Exercise 3: Mark given 3.4 for the first skater and 3.5 for the second. A deep knee bend is necessary to perform this exercise with quality. A slight "jump" as shown here will be acceptable and more body movement would also be acceptable.

Exercise 4: Mark given 3.0. The position of the bracket turn as required on the pattern is not always correct but good control is shown.

Level 7: Average Pass Mark 3.2

Exercise 1: Mark given 3.8

Exercise 2: Mark given 3.6

Exercise 3: Mark given 3.5

Exercise 4: Mark given 2.9. The free foot may cross behind or in front of the skating foot before the bracket turn

Level 8: Average Pass Mark 3.4

Exercise 1: Mark given 3.2

Exercise 2: Mark given 3.4

Exercise 3: Mark given 3.5 for the first demonstration and 3.9 for the second.

Exercise 4: Mark given 3.7 for the first side and 3.5 for the second, giving a total mark of 3.6 for the exercise.

Exercise 5: Mark given 3.6. Not all Choctaws have the required cross behind before the turn

Exercise 6: Mark given 3.4 for the first part and 3.0 for the second, making a final total of 3.2 for the exercise. On the first part of the exercise, during the swing counter rotation twizzle, the body will turn through a full rotation, however the skating foot will only turn slightly more than a half rotation, enabling the skater to give a strong push on the forward outside edge.

Level 9: Average Pass Mark 3.6

Exercise 1: Mark given 3.8 for both circles, therefore the total mark for the exercise is 3.8. The focus points are rhythm and flow, which are both demonstrated.

Exercise 2: Mark given 3.6. Judges need to be sure how many changes of edge either before or after the turn are seen. In paragraph 8) in the description, the free leg position is optional.

Exercise 3: Mark given 3.6

Exercise 4: Mark given 3.4

Exercise 5: Mark given 4.4

Exercise 6: Mark given 3.8. Some Choctaws not clean and some balancing on the RFI edge before the Choctaw lowers the quality

Level 10: Average Pass Mark 3.8

Exercise 1: Mark given 4.1

Exercise 2: Mark given 4.0 for the loops and 3.9 for the quick bracket three turn, giving a final mark of 3.9/4.0

Exercise 3: Mark given 3.9

Exercise 4: Mark given 4.2. This exercise is included for body balance and core stability

Exercise 5: Mark given 3.8 for the first skater and 3.8 for the second skater

Exercise 6: Mark given 4.1. The swing shown on the drawing and description before the quick chasse is optional and is not shown on the DVD.

National Ice Skating Association of UK Ltd.

Field Moves

PASSING MARKS FOR FIELD MOVES 07 TESTS

Test Level	Average Pass Mark	Passing Total	Minimum Pass Mark (*see below)
Level 1	2.0	8.0	1.5
Level 2	2.2	8.8	1.7
Level 3	2.4	9.6	1.9
Level 4	2.6	10.4	2.1
Level 5	2.8	11.2	2.3
Level 6	3.0	12.0	2.5
Level 7	3.2	12.8	2.7
Level 8 (select 4 from 6)	3.4	13.6	2.9
Level 9 (select 4 from 6)	3.6	14.4	3.1
Level 10 (select 4 from 6)	3.8	15.2	3.3

***The minimum pass mark is relevant to each separate Field Move (after any re-skates)**

Should one Field Move mark be below the minimum pass mark, the test will result in a re-try, even if the passing total is achieved.

KEYS

Steps

LFO

Foot Direction Edge

Foot:	L = Left R = Right
Direction	F= Forward B = Backward
Edge:	O = Outside I = Inside

LFI Required Step

Optional Step

Change of Edge

XF Cross in Front

XB Cross Behind

Turns

Three Turn

Bracket

Counter

Rocker

Inside Outside Mohawks

Choctaw

Loop

Double Three Turns

RHS

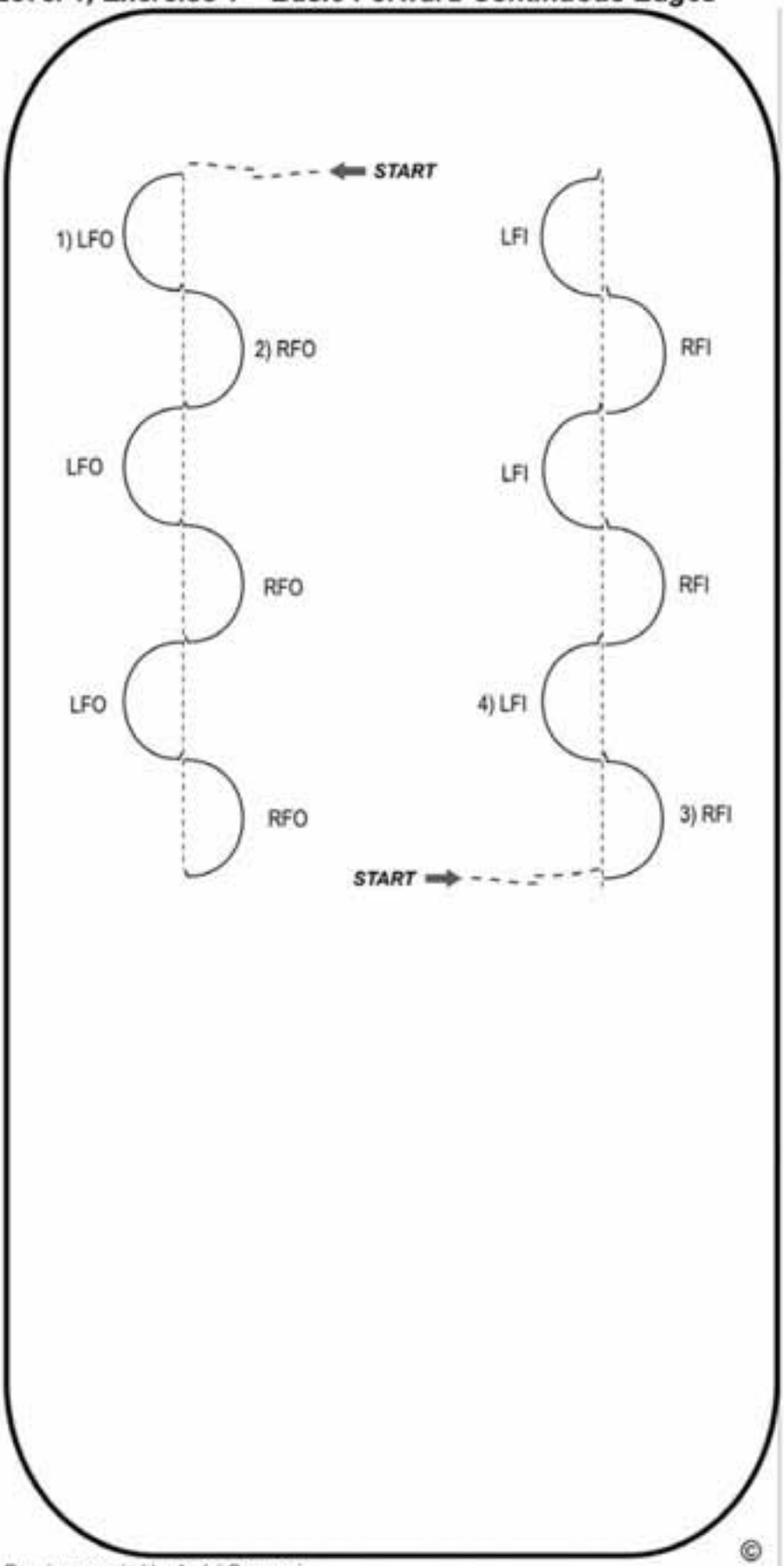
Terminology

The term "crosscut"is the equivalent of a crossover

LEVEL 1

Average Pass Mark	2.0
Passing Total	8.0
Minimum Pass Mark for each exercise (after any re-skate)	1.5

Level 1, Exercise 1 – Basic Forward Continuous Edges



Drawings created by André Bourgeois

FOCUS
Edge Quality

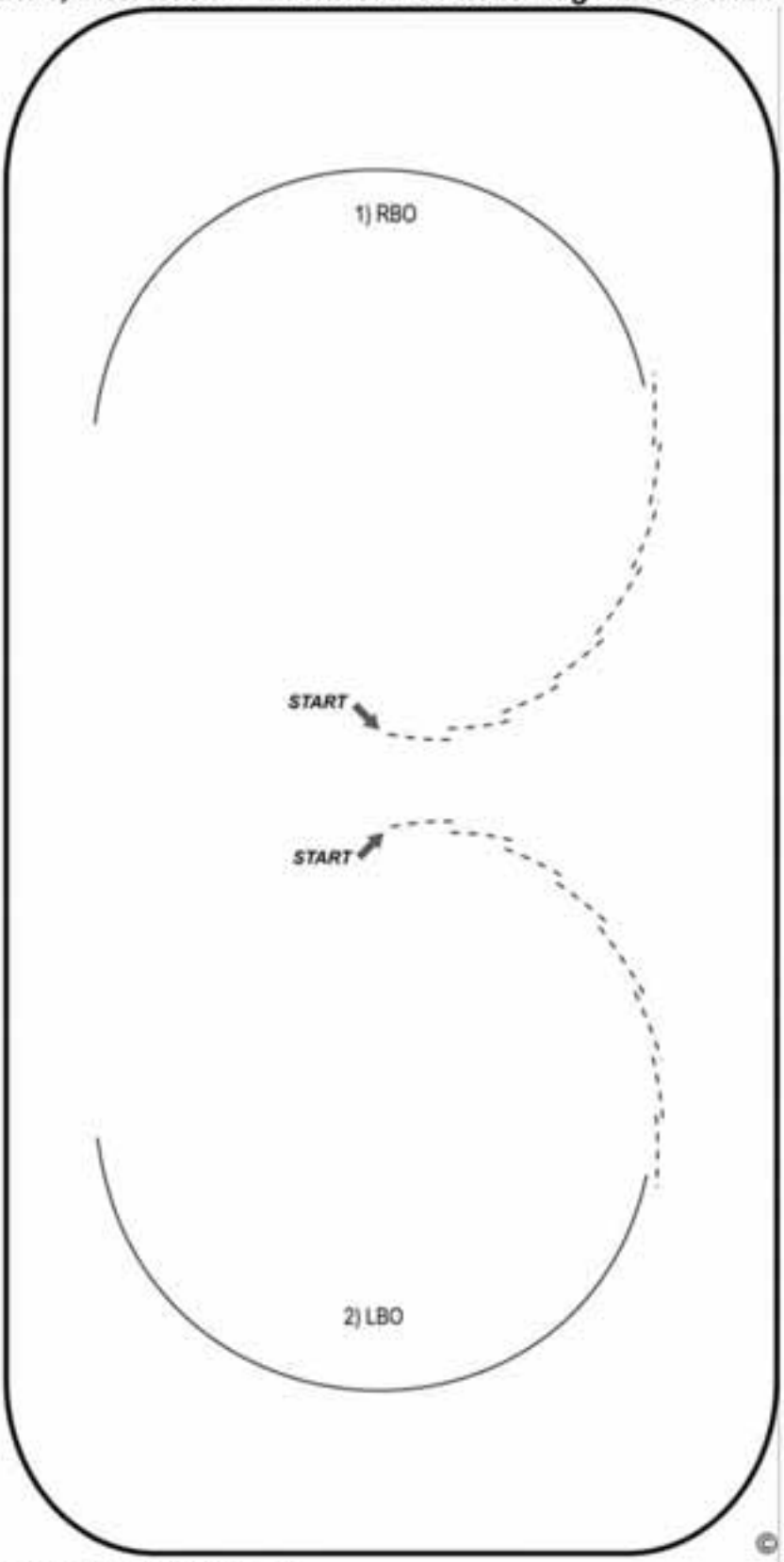
DESCRIPTION
The skater begins each exercise by performing a maximum of two optional steps before pushing onto the first edge.

Forward outside Edges
1) LFO (free leg can lightly swing from back to front)
2) RFO (free leg can lightly swing from back to front)
Steps 1 & 2 are then repeated.

Forward Inside Edges
3) RFI (free leg can lightly swing from back to front)
4) LFI (free leg can lightly swing from back to front)
Steps 3 & 4 are then repeated.

The skater will perform basic edges in a free skating position with an upright upper body, arm just below shoulder height. There should be allowance for the free foot to be close to the skating leg. The skater must perform between 4 to 8 consecutive edges. The number of consecutive edges performed will vary according to the age, strength and development of each skater.

Level 1, Exercise 2 – Backward Outside Edge in Sustained Position



Drawings created by André Bourgeois

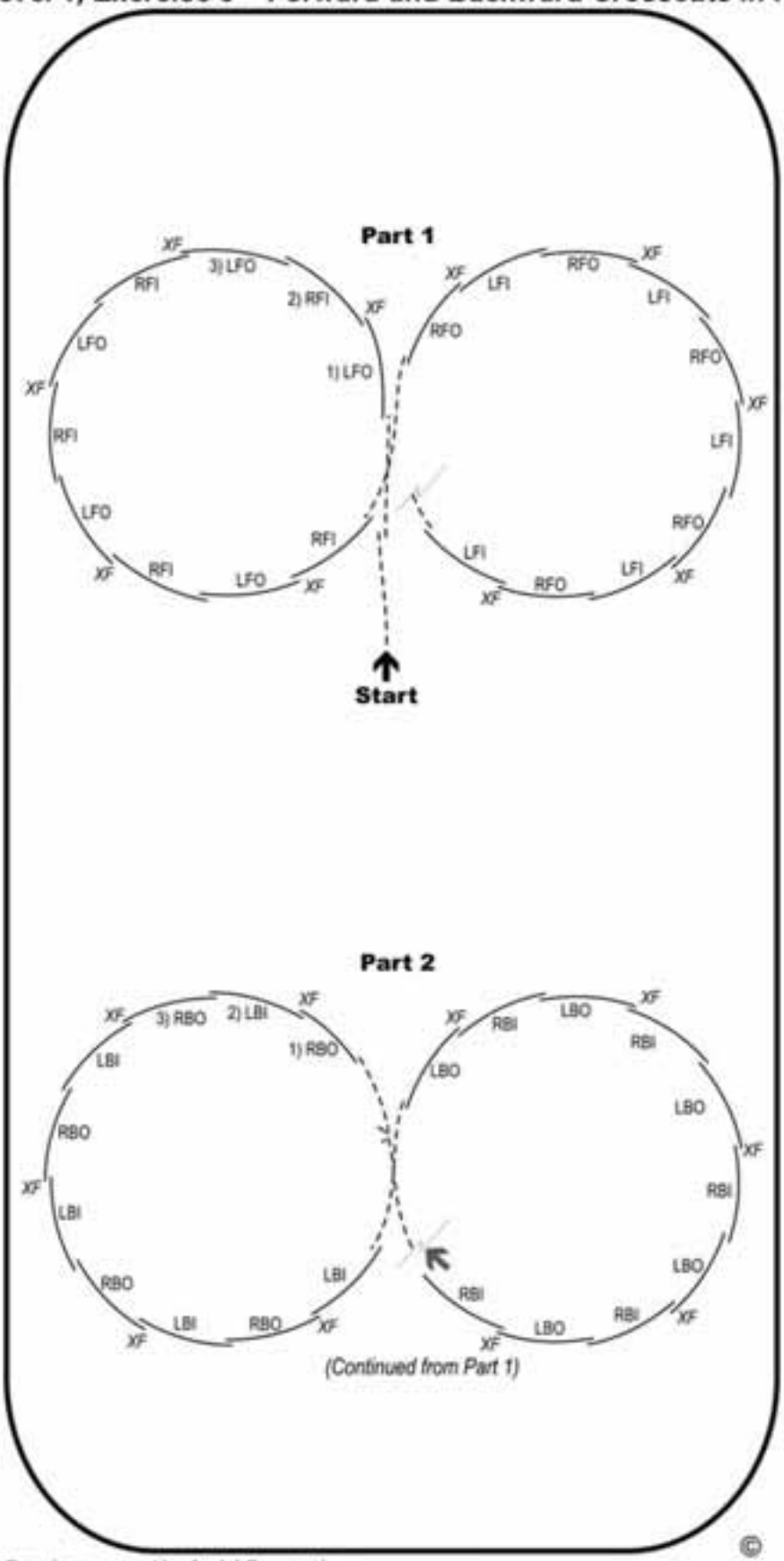
FOCUS
Extension

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive backward crosscuts in a circular pattern. The skater will then perform a BO edge in a landing position.

1) RBO (The skater will push onto a backward outside edge with the free leg extended behind, with the free foot turned out and pointed. The arms should be just below shoulder height to the side of the body. The upper body must be extended with head held high.)
2) LBO (The skater will push onto a backward outside edge with the free leg extended behind, with the free foot turned out and pointed. The arms should be just below shoulder height to the side of the body. The upper body must be extended with head held high.)

The circles should measure approximately 10 metres in diameter. The circles may be linked together.

Level 1, Exercise 3 – Forward and Backward Crosscuts in Figure of Eight Pattern



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

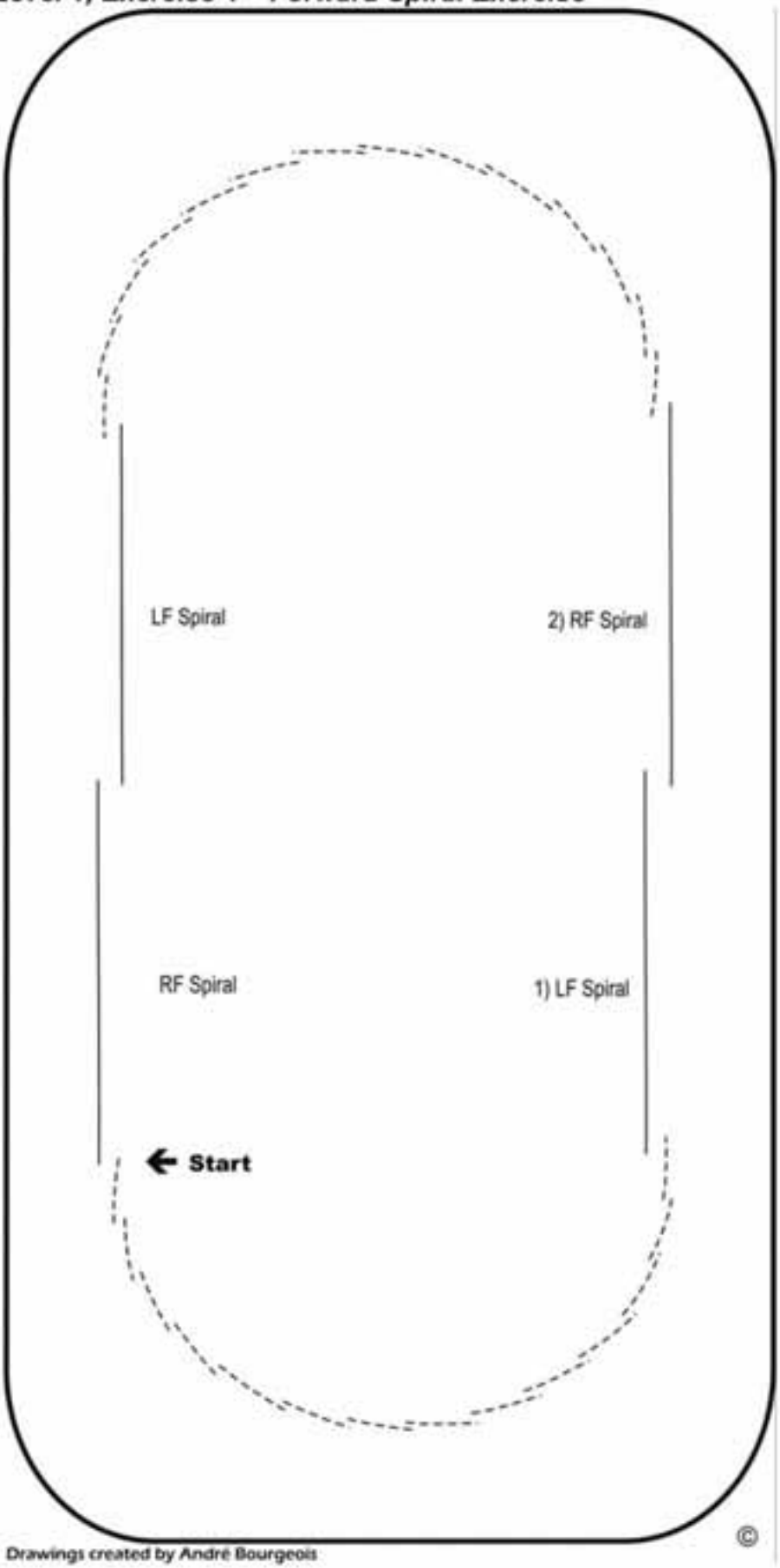
Part 1
From a moving start

1) LFO crosscut to
2) RFI to
3) LFO – continue to complete a figure of eight with a minimum of 5 consecutive crosscuts in an anti-clockwise direction. To link onto the second circle, use a transfer of weight and continue the exercise in the opposite (clockwise) direction, using a minimum of 5 consecutive crosscuts.

Part 2
At the completion of the forward figure eight, continue the exercise by turning to backwards (using an optional turn) and continue backwards in an anti-clockwise direction, commencing with
1)RBO crosscut
2)LBI
3) RBO – Continue to complete are figure of eight with a minimum of 5 consecutive crosscuts. To link onto the second circle, use a transfer of weight and continue the exercise in the opposite (clockwise) direction, using a minimum of 5 consecutive crosscuts.

This exercise can be skated with the axis either lengthwise or width wise on the rink. The size of the circles will vary according to the age, strength and development of the skater.

Level 1, Exercise 4 – Forward Spiral Exercise



Drawings created by André Bourgeois

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FOCUS
Extension

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink. The skater will then perform a spiral.

1) LF Spiral (The skater will push onto a forward spiral with the upper body quickly leaning forwards and the free leg extended behind at a level even or higher than the hip. The free leg and foot must be turned out.)
2) RF Spiral (The skater will push onto a forward spiral with the upper body quickly leaning forwards and the free leg extended behind at a level even or higher than the hip. The free leg and foot must be turned out.)

Steps 1 & 2 are then repeated following optional forward crosscuts.

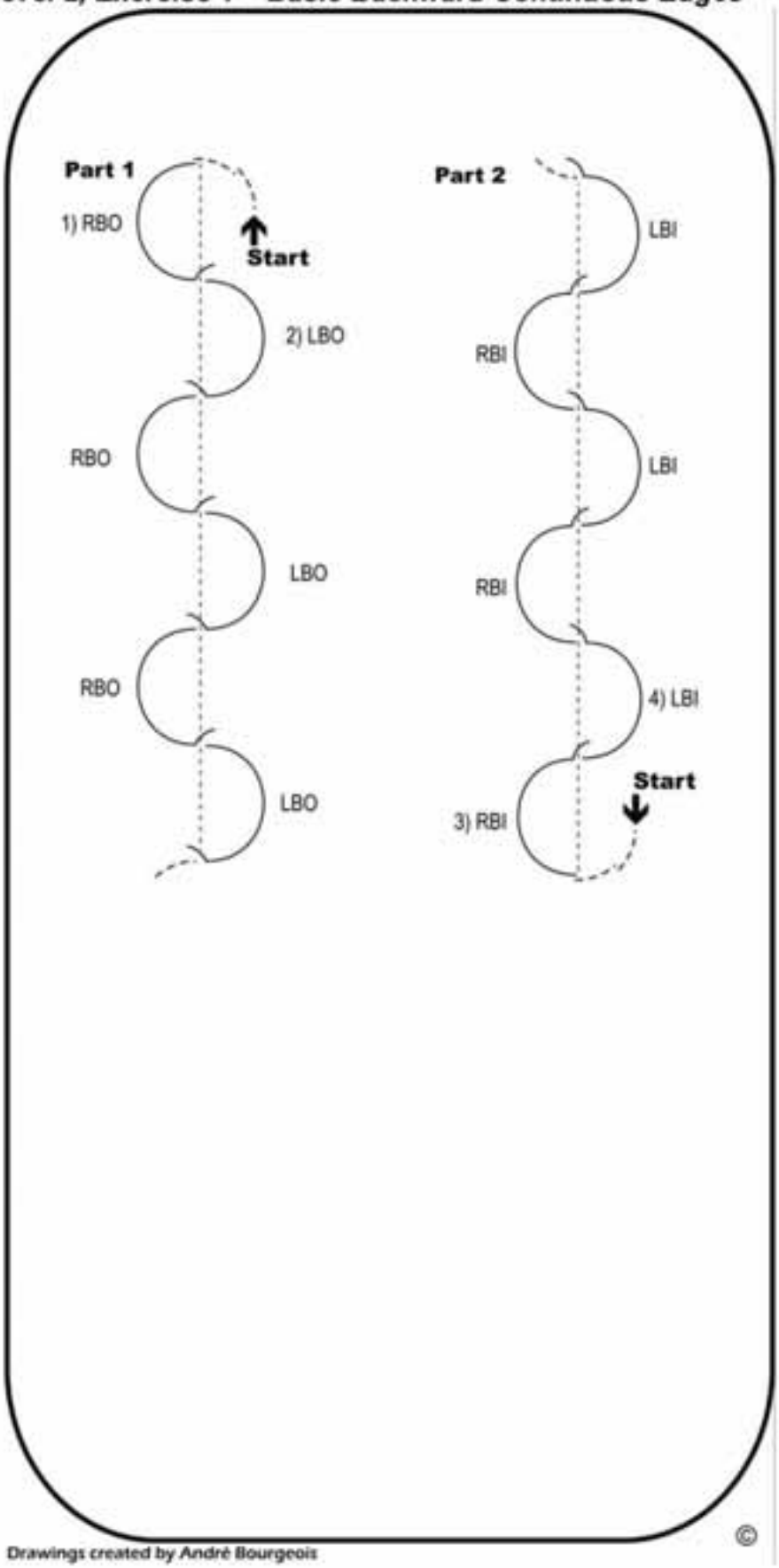
The skater must perform 2 consecutive spirals on each foot along the side of the skating rink measuring approximately 56 to 60 meters in length. The spiral should measure about 15 meters in length.

The skater will skate one full round of the skating rink.

LEVEL 2

Average Pass Mark	2.2
Passing Total	8.8
Minimum Pass Mark for each exercise (after any re-skate)	1.7

Level 2, Exercise 1 – Basic Backward Continuous Edges



Drawings created by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION
In order to maintain edge quality, the free leg position throughout this exercise is optional.

PART 1:
Backward Outside Edges.

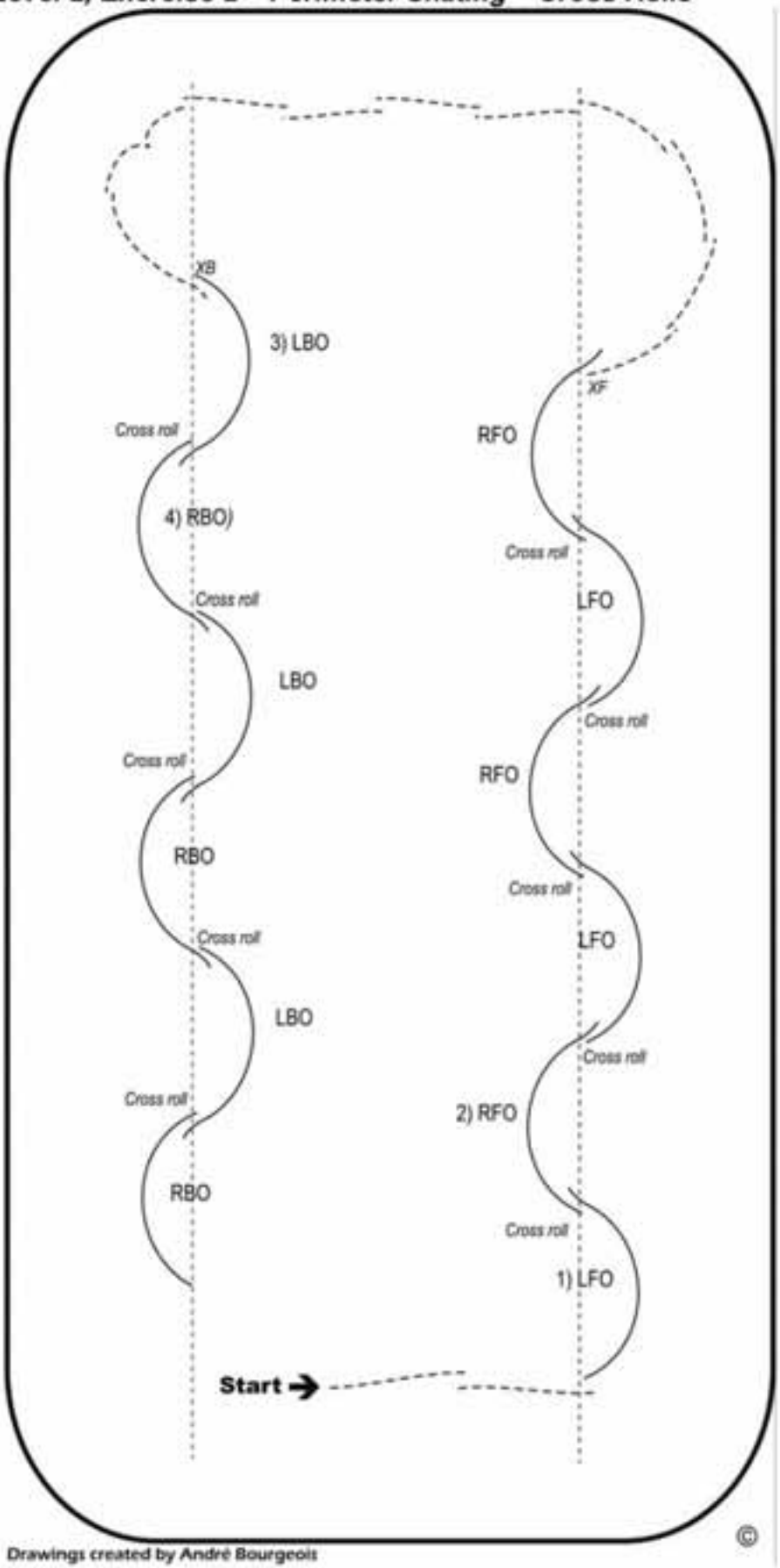
The skater commences the exercise by skating a few optional crosscuts before pushing onto the first edge.

1) RBO
2) LBO
These edges are then repeated down one side of the rink.

PART 2
Backward Inside Edges.

The skater commences the exercise by skating a few optional crosscuts before pushing onto the first edge
3) RBI
4) LBI
These edges are then repeated down the other side of the rink
The skater will perform all four basic edges in a free skating position with an upright upper body, arms positioned just below shoulder height. The skater must perform between 4 to 8 consecutive edges. The number of consecutive edges performed will vary according to the age, strength and development of each skater.

Level 2, Exercise 2 – Perimeter Skating – Cross Rolls



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing two optional steps towards the corner of the skating rink and then pushes into the first step.

1) LFO (The skater performs a forward outside cross roll with the free leg extended behind the skating leg. The free leg will pass in front of the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)
2) RFO (The skater performs a forward outside cross roll with the free leg extended behind the skating leg. The free leg will pass in front of the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

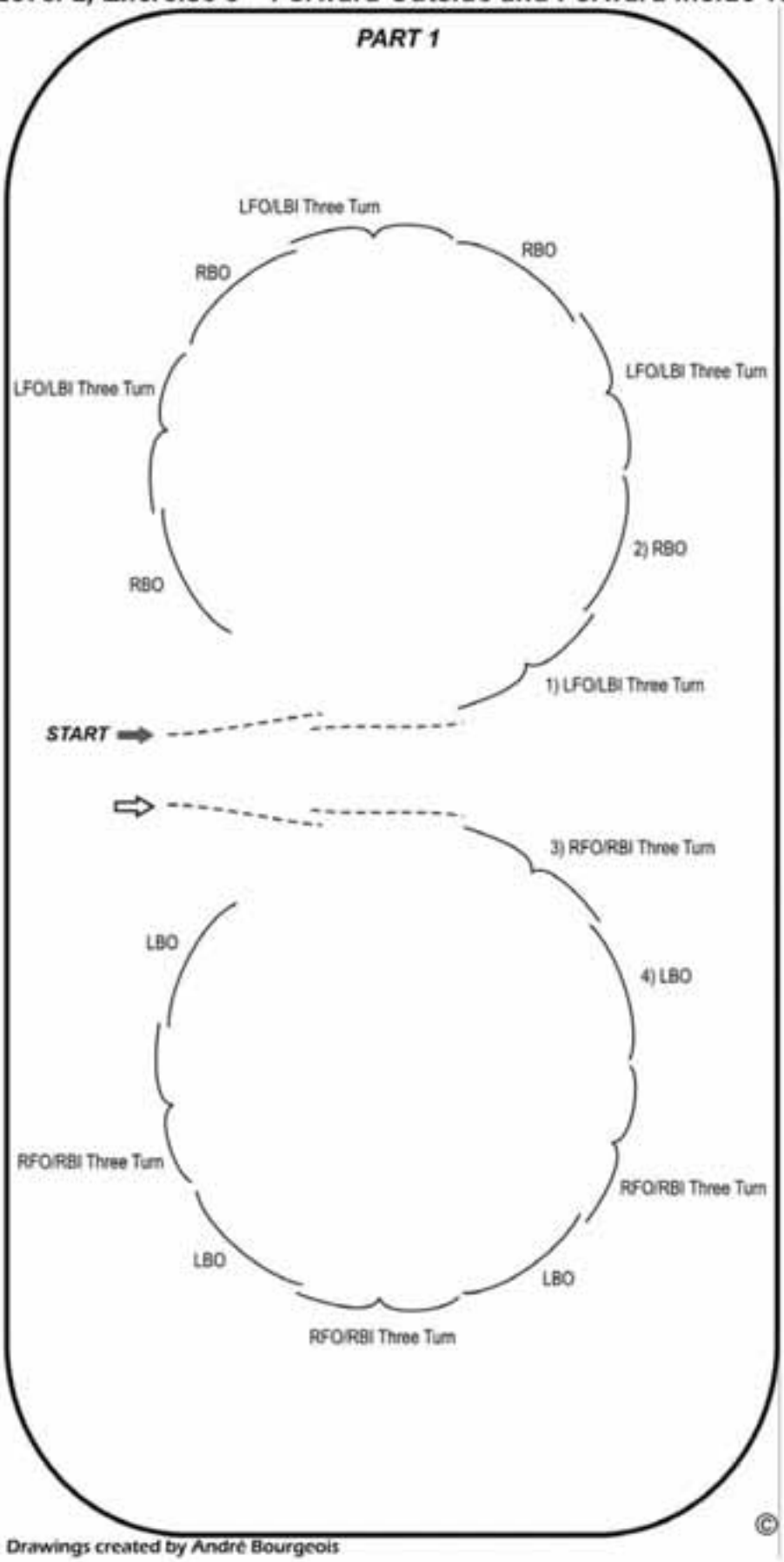
Steps 1 and 2 are then each repeated twice on the same side of the skating rink. The skater then skates optional steps into position at the opposite end of the skating rink on a right backward outside edge to begin the second required part of the exercise. The skater must cross the free leg behind to begin step 3).

3) LBO (The skater performs a backward outside cross roll with the free leg extended in front of the skating leg. The free leg will pass behind the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

4) RBO (The skater performs a backward outside cross roll with the free leg extended in front of the skating leg. The free leg will pass behind the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

Steps 4 & 5 are then repeated twice on the same side of the skating rink.

Level 2, Exercise 3 – Forward Outside and Forward Inside Three Turn Exercises



Drawings created by André Bourgeois

FOCUS

Power/Strength
Rhythm/Flow

DESCRIPTION

PART 1

Forward Outside Threes

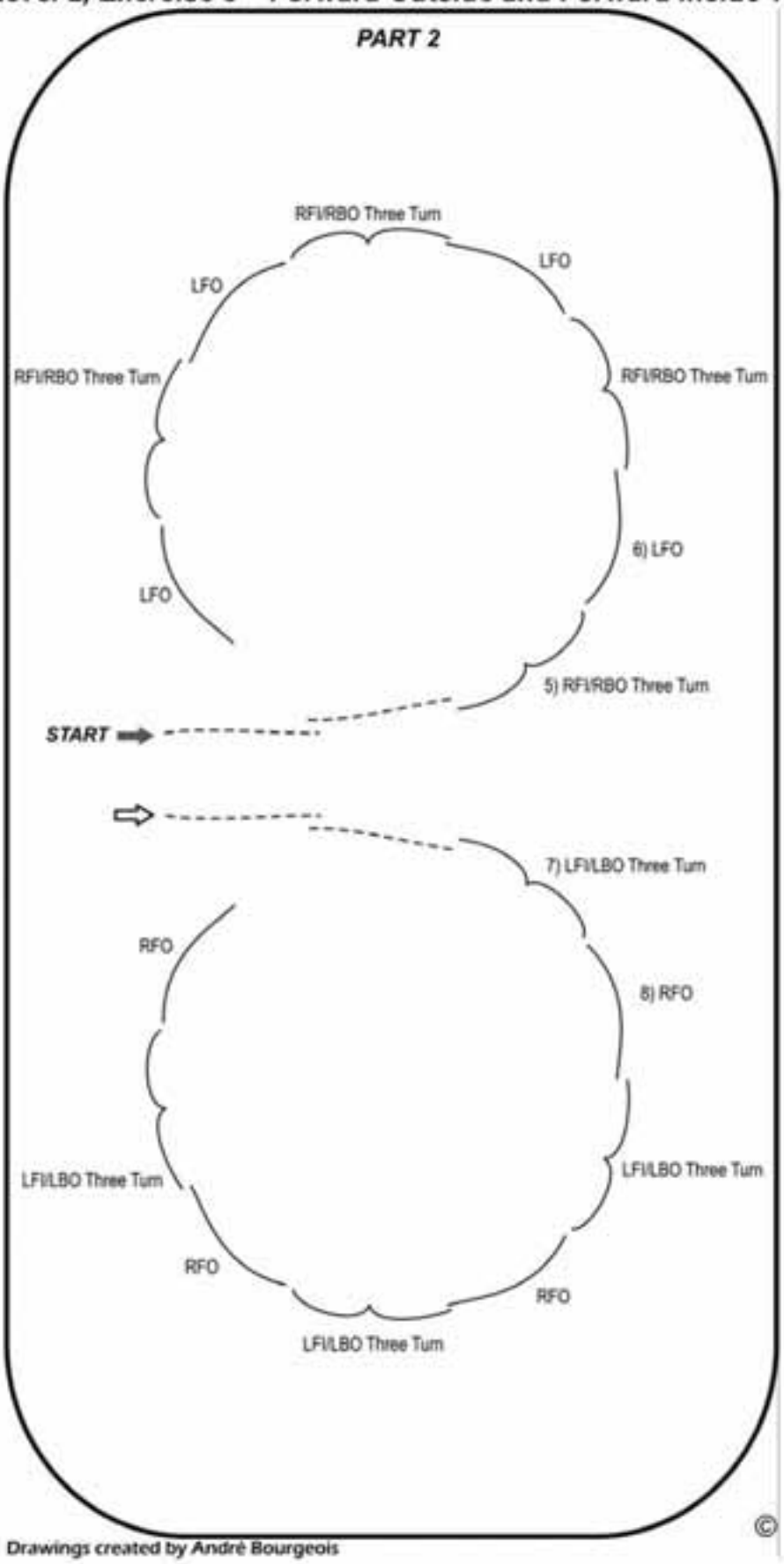
From a moving start, the skater turns a
1) LFO/LBI three turn (free leg position optional), change feet onto
2) RBO (free leg position optional), step forward to LFO/LBI three turn and continue the exercise until a full circle has been completed, using a minimum of 4 three turns. This exercise should then be repeated in the opposite direction, commencing with a
3) RFO/RBI three turn (free leg position optional).

Stronger skaters may require to skate two circles to complete each part of the exercise.

The size of the circles will vary depending on the age, strength and development of the skater

The two circles may be linked together.

Level 2, Exercise 3 – Forward Outside and Forward Inside Three Turn Exercises



Drawings created by André Bourgeois

FOCUS

Power/Strength
Rhythm/Flow

DESCRIPTION

PART 2

Forward Inside Threes

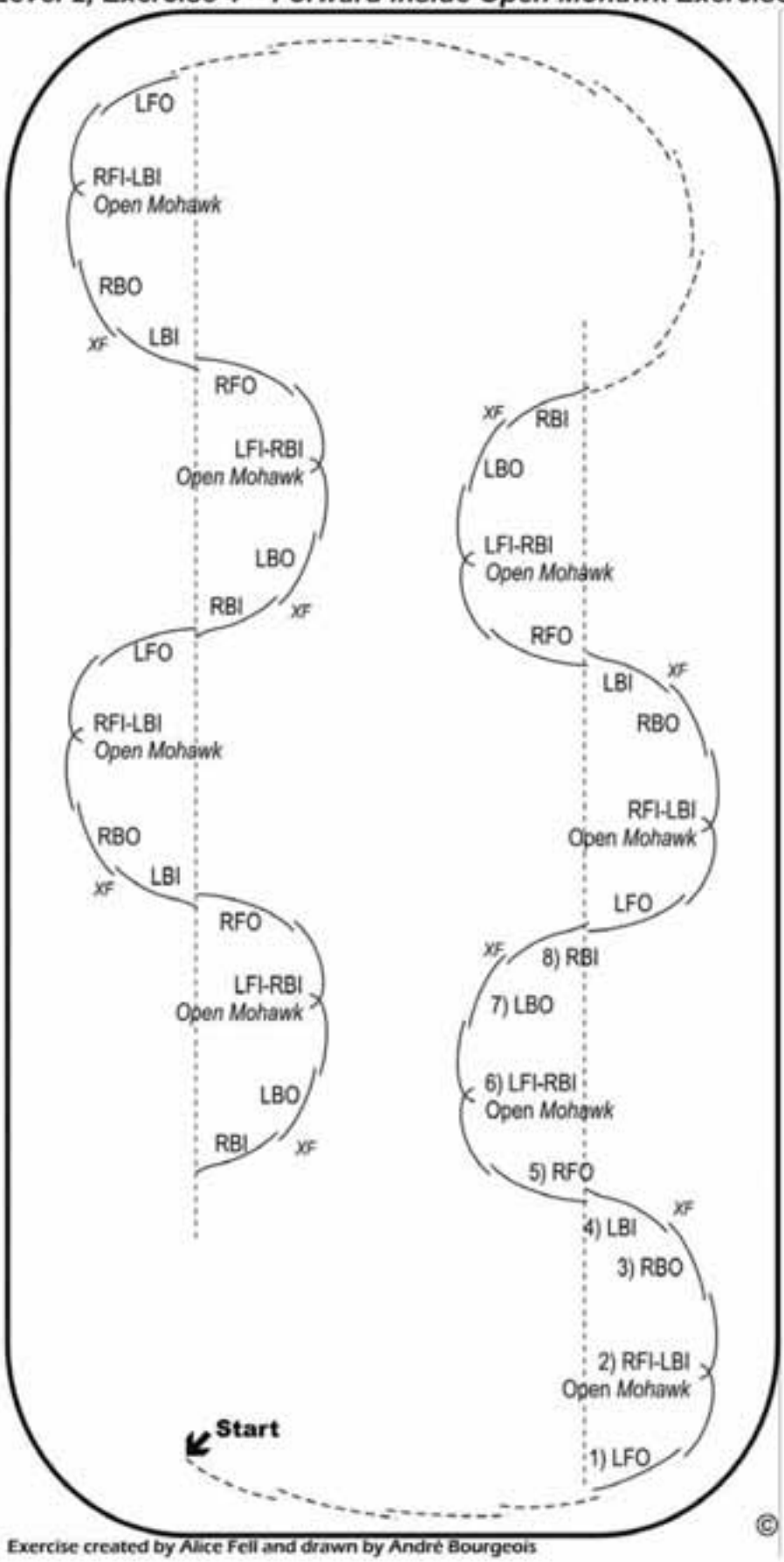
From a moving start, the skater turns a
5) RFI/ RBO three turn, steps forward onto
6) LFO edge and swings the free leg forward to allow a slight transfer of weight onto a shallow LFI edge before stepping onto RFI/RBO three turn to continue the exercise until a full circle has been completed, using a minimum of 4 three turns.
This exercise should then be repeated in the opposite direction commencing with a
7) LFI/LBO three turn.

Stronger skaters may require to skate two circles to complete each part of the exercise.

The size of the circles will vary depending on the age, strength and development of the skater

The two circles may be linked together.

Level 2, Exercise 4 – Forward Inside Open Mohawk Exercises



Exercise created by Alice Fell and drawn by André Bourgeois

FOCUS

Rhythm/Flow

DESCRIPTION

From a moving start, the skater commences at the end of the rink.

1) LFO
2) RFI/LBI open mohawk.
3) RBO edge, crosscut to
4) LBI edge
This completes a half circle and the exercise is then continued on a new lobe.

5) RFO
6) LFI-RBI open Mohawk
7) LBO edge, crosscut to
8) RBI
This completes a half circle and the exercise is then continued on a new lobe

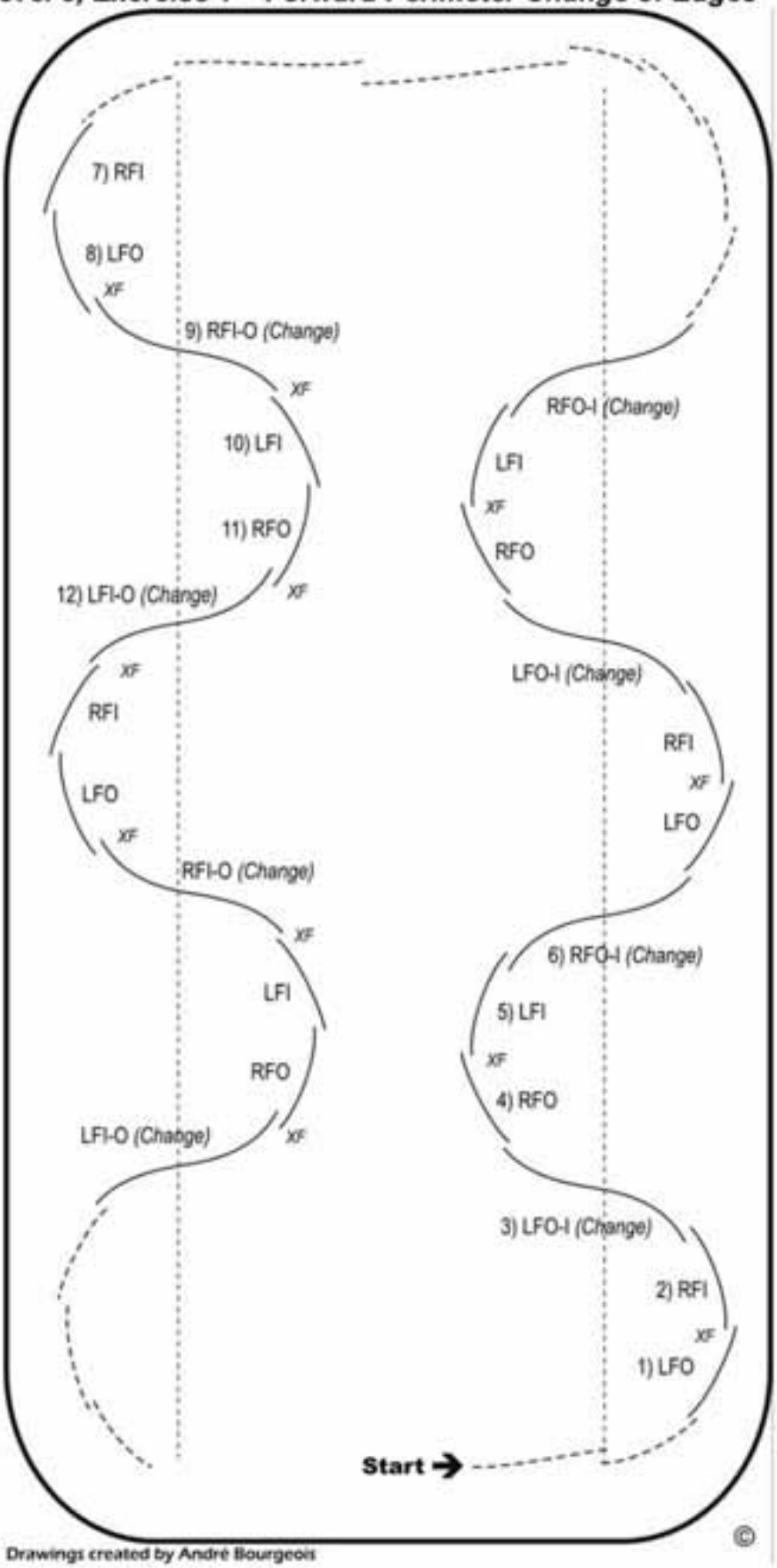
The exercise is repeated using a minimum of 4 lobes along one side of the rink. The skater will then perform an optional number of crosscuts at the end of the skating rink and repeat the exercise along the opposite side of the rink.

A strong check is required after the FI / BI Mohawk with an extended free leg before and after the mohawk.

LEVEL 3

Average Pass Mark	2.4
Passing Total	9.6
Minimum Pass Mark for each exercise (after any re-skate)	1.9

Level 3, Exercise 1 – Forward Perimeter Change of Edges



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink and pushes onto the first step

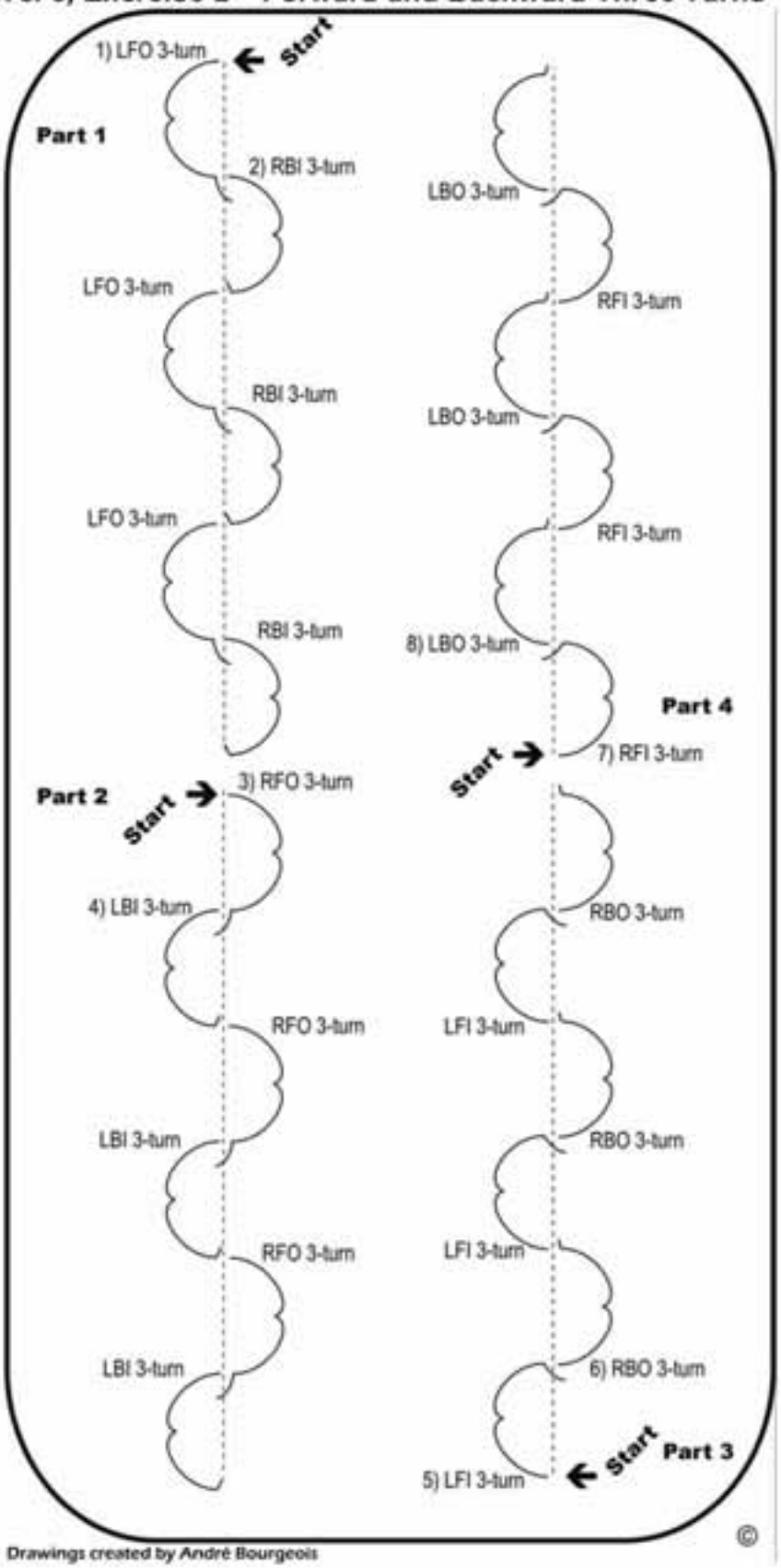
1) LFO
2) RFI (Crosscut)
3) LFO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)
4) RFO
5) LFI (Crosscut)
6) RFO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)

Steps 1 to 6 are then repeated once again on the same side of skating rink. The skater then skates optional steps across the end of the rink and pushes onto

7) RFI
8) LFO
9) RFI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)
10) LFI
11) RFO
12) LFI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)

Steps 7 to 12 are then repeated once again on the same side of the skating rink.

Level 3, Exercise 2 – Forward and Backward Three Turns



Drawings created by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION

PART 1 and 2
Forward Outside & Backward Inside three turns (starting foot optional)

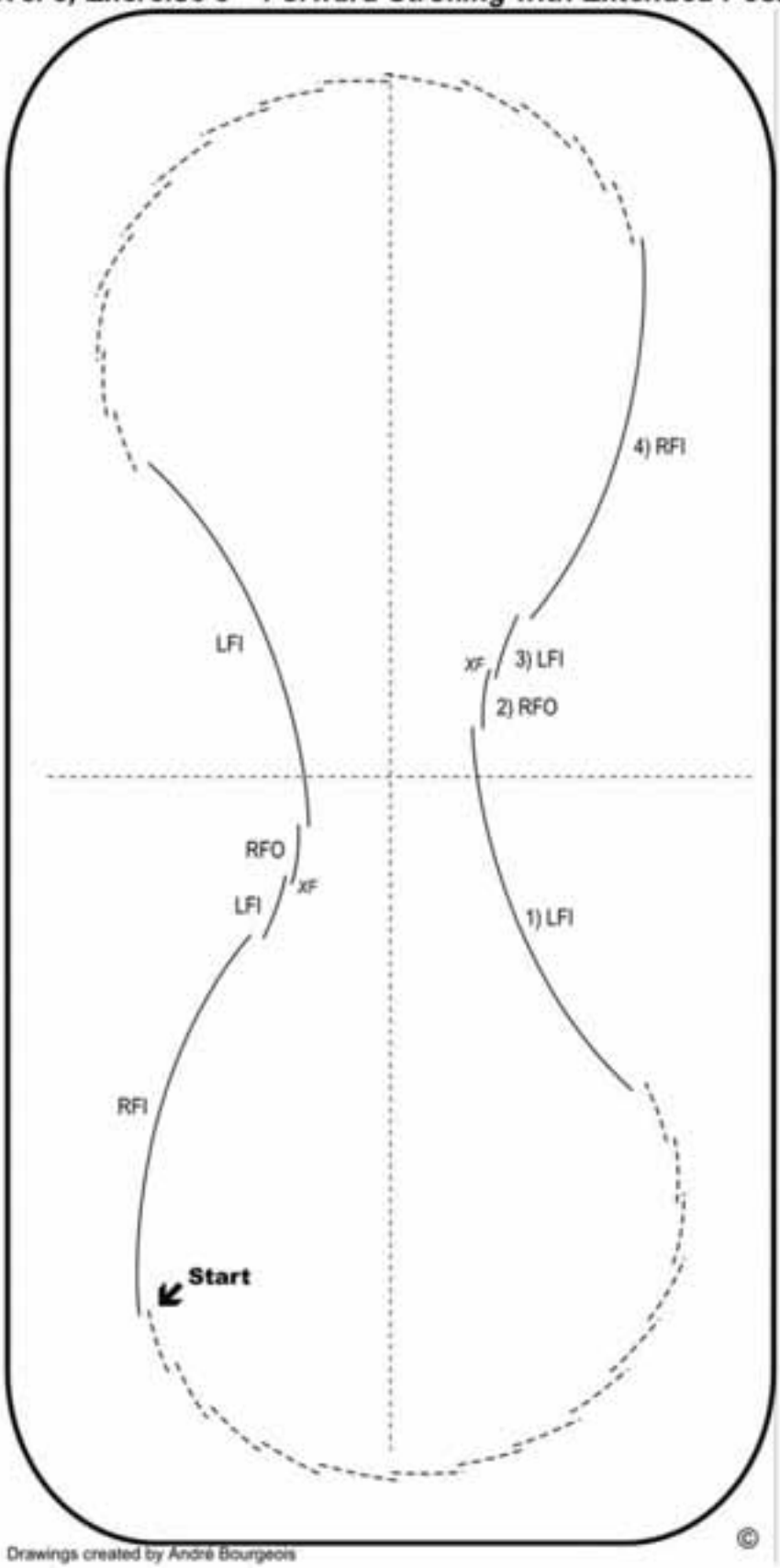
The skater begins each exercise from a standstill position towards the edge of the skating barrier.

1) & 3) FO three turn (The free leg must stay behind the skating foot at all times. The arms can pass along the body in preparation for the turn. The three turn should be executed at the midway point of the half circle.)
2) & 4) BI three turn (The free leg must stay in front of the skating foot at all times. The arms can pass along the body following the turn. The three turn should be executed at the midway point of the half circle.)
These steps are then repeated.

PART 3 & 4
Forward Inside & Backward Outside three turns (starting foot optional)
5) & 7) FI three turn (The free leg must stay behind the skating foot at all times. The arms can pass along the body after the turn. The three turn should be executed at the midway point of the half circle.)
6) & 8) BO three turn (The free leg must stay in front of the skating foot at all times. The arms can pass along the body before the turn. The three turn should be executed at the midway point of the half circle.)
These steps are then repeated.

The skater will perform the three turns in a free skating position with an upright upper body. There should be allowance for the free foot to be close to the skating leg. The skater must perform between 4 to 8 consecutive three turns. The number of consecutive three turns performed will vary according to the age, strength and development of each skater.

Level 3, Exercise 3 – Forward Stroking with Extended Positions



Drawings created by André Bourgeois

FOCUS

Power and Extension

DESCRIPTION

The skater begins the exercise by performing an optional number of forward consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink.

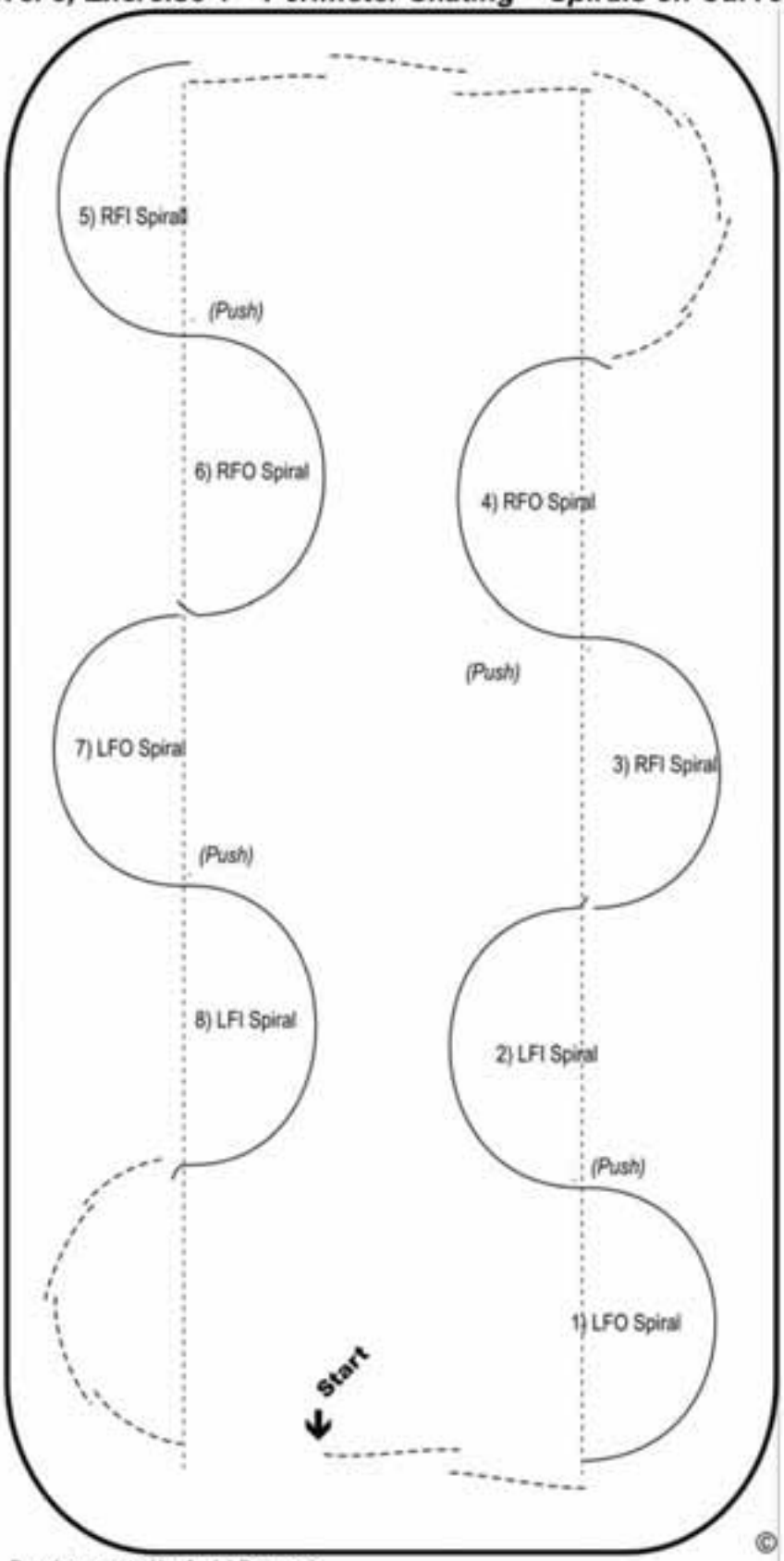
1) LFI (the skater will push onto a forward inside edge going towards the centre of the rink with the free leg extended behind)
2) RFO
3) LFI (Crosscut)
4) RFI The skater will push onto a forward inside edge going towards the end barrier of the rink.

The skater skates consecutive crosscuts across the end of the rink and then repeats steps 1 to 4.

The skater will skate two full rounds of the skating rink.

The size of the pattern will depend on the strength and development of the skater.

Level 3, Exercise 4 – Perimeter Skating – Spirals on Curves



Drawings created by André Bourgeois

FOCUS

Extension
Edge Quality

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes onto the first spiral.

1) LFO Spiral (The skater will push onto forward outside spiral.)
2) LFI Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)
3) RFI Spiral (The skater will push onto forward inside spiral.)
4) RFO Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)

The skater will perform optional steps from step 4 to 5 across the end of the Rink.

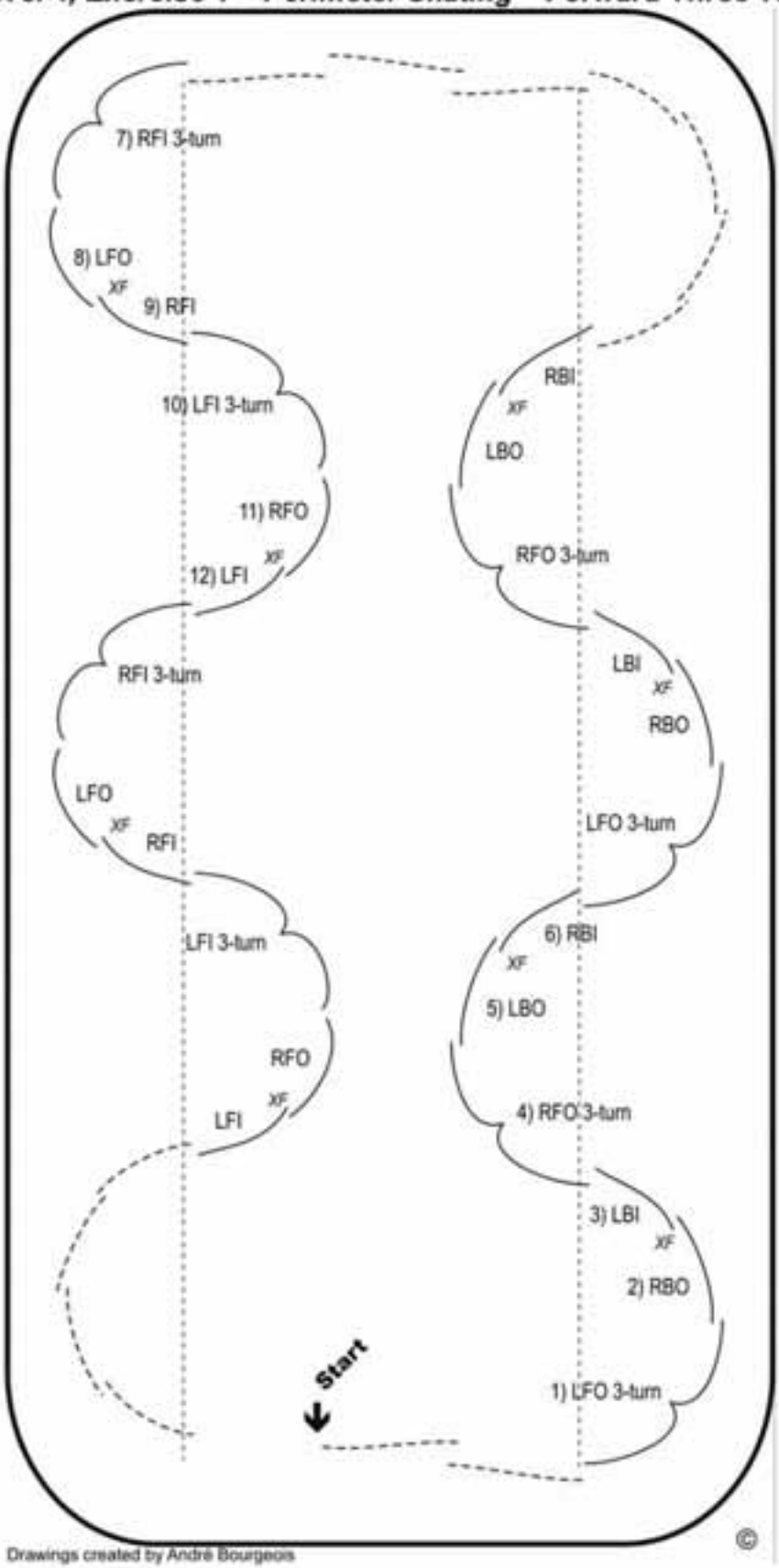
5) RFI Spiral (The skater will push onto forward inside spiral.)
6) RFO Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)
7) LFO Spiral (The skater will push onto forward inside spiral.)
8) LFI Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)

On all spirals, the upper body will quickly lean forwards and the free leg extended at a level higher than the hip. The free leg and foot must be turned out. The skater must perform the spiral for a complete half circle.

LEVEL 4

Average Pass Mark	2.6
Passing Total	10.4
Minimum Pass Mark for each exercise (after any re-skate)	2.1

Level 4, Exercise 1 – Perimeter Skating – Forward Three Turns



Drawings created by André Bourgeois

FOCUS

Power
Extension

DESCRIPTION

The skater begins the exercise by performing an optional number of steps towards the corner of the skating rink.

1) LFO three turn (The skater performs a three turn with flowing movement and extension of free leg.)
2) RBO (The skater prepares to crossover onto LBI.)
3) LBI (The skater must keep the free side open to prepare to step forward onto a new lobe.)
4) RFO three turn (The skater performs a three turn with flowing movement and extension of free leg.)
5) LBO (The skater prepares to crossover onto LBI.)
6) RBI (The skater performs a three turn with flowing movement and extension of free leg.)

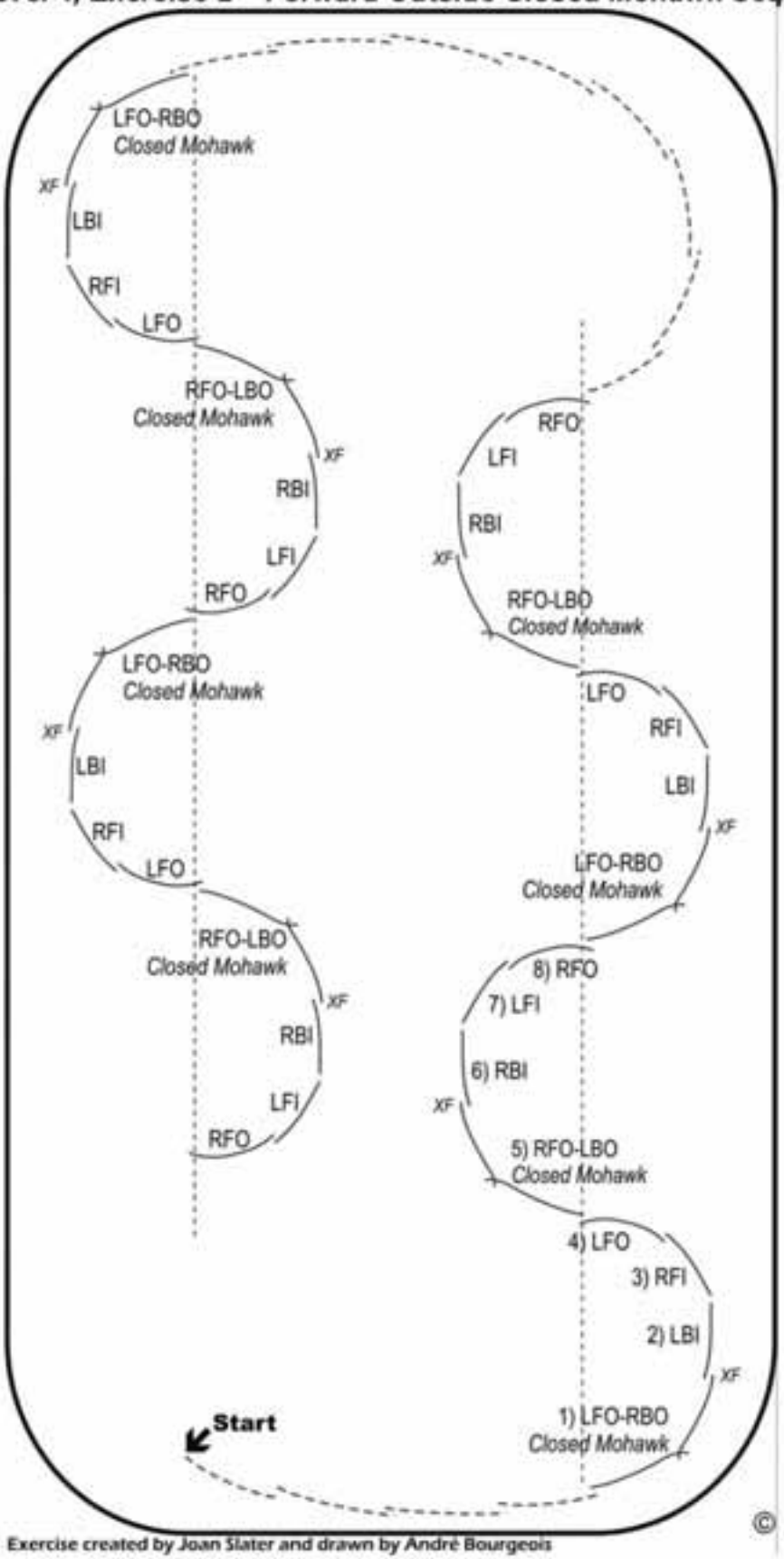
Steps 1 to 6 are then repeated. The skater then skates optional crosscuts across the end of the rink and steps onto

7) RFI three turn (The skater performs a three turn with flowing movement and extension of free leg on the backward outside edge following the three turn. The skater prepares to do a forward crosscut, steps 8 & 9.)
8) LFO
9) RFI
10) LFI three turn (The skater performs a three turn with flowing movement and extension of free leg on the backward outside edge following the three turn. The skater prepares to do a forward crosscut, steps 11 & 12.)
11) RFO
12) LFI

Steps 7 to 12 are then repeated.

The skater will skate one entire sequence. (one round of rink)

Level 4, Exercise 2 – Forward Outside Closed Mohawk Sequence



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS

Edge Quality
Carriage and Style

DESCRIPTION

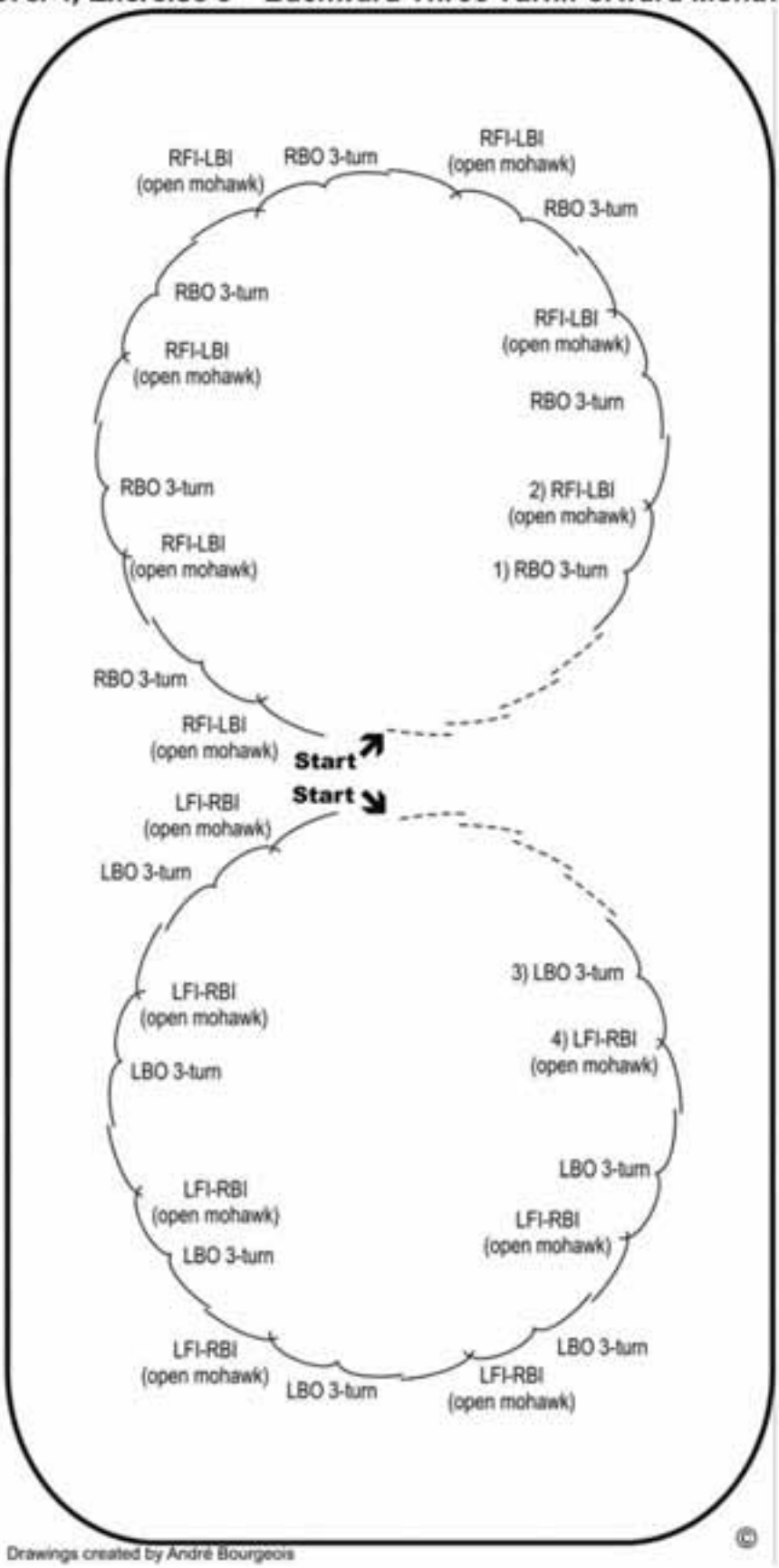
A good stretched position is required prior to the Mohawk turn during this exercise.
The skater begins the exercise with an optional number of crosscuts and steps onto

1) LFO/RBO closed Mohawk. The skater then prepares to cross in front onto
2) LBI. The skater then prepares to step forward onto
3) RFI. The skater then prepares to step forward onto
4) LFO. stretch free leg forward in preparation to change onto
5) RFO/LBO closed Mohawk

The skater should perform a minimum of four closed mohawk sequences down one side of the rink with optional crosscuts across the end of the rink.

The exercise is then repeated down the other side of the rink.

Level 4, Exercise 3 – Backward Three Turn/Forward Mohawk Step



Drawings created by André Bourgeois

FOCUS
Power

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive backward crossouts in a circular pattern.

1) RBO three turn (The skater will push into a backward outside three turn with the free leg extended in front of the skating leg as the three turn is performed. The skater then prepares to perform the mohawk.)
2) RFI-LBI (Open Mohawk) (The skater will perform an open mohawk stepping onto a back inside edge with the free leg extended behind the skating leg.)

The skater will repeat steps 1 and 2 numerous times until a full circle is performed. The skater must accelerate and develop a rhythm as the exercise is performed. The size of the circle will vary according to the edge strength and development of each skater.

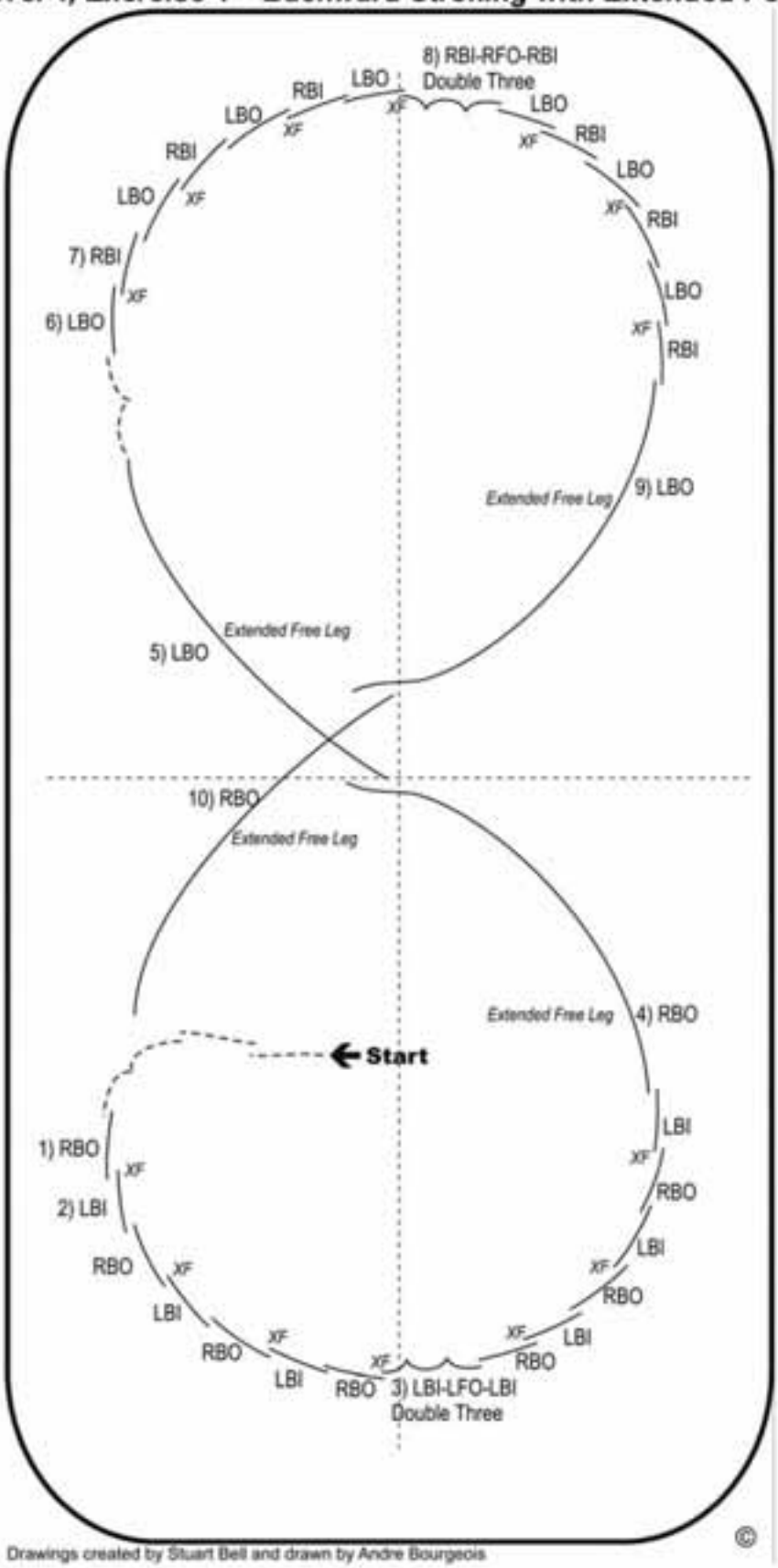
The exercise is then performed in the other direction, commencing with an optional number of consecutive backward crossouts in a circular pattern.

3) LBO three turn (The skater will push into a backward outside three turn with the free leg extended in front of the skating leg as the three turn is performed. The skater then prepares to perform the mohawk.)
4) LFI-RBI (Open Mohawk) (The skater will perform an open mohawk stepping onto a back inside edge with the free leg extended behind the skating leg.)

The skater will repeat steps 3 and 4 numerous times until a full circle is performed. The skater must accelerate and develop a rhythm as the exercise is performed. The size of the circle will vary according to the edge strength and development of each skater.

The two circles may be linked together.

Level 4, Exercise 4 – Backward Stroking with Extended Positions



Drawings created by Stuart Bell and drawn by Andre Bourgeois

FOCUS

Power
Extension

DESCRIPTION

The skater begins the exercise by performing crosscuts and an optional turn to backwards towards the end of the rink.

1) RBO, crossing over to
2) LBI, creating a crossover, which are repeated two more times, with an additional RBO
3) LBI double three turn
Three further consecutive backward crosscuts
4) RBO (the skater will push onto a backward outside edge going towards the centre of the rink with the free leg extended behind)
5) LBO (the skater will push onto a backward outside edge going towards the corner of the rink with the free leg extended behind)
Step forward onto RFO
Optional turn to backwards (RFO three turn or LFI Mohawk)
6) LBO, crossing over to
7) RBI creating a crossover, which are repeated two more times, with an additional LBO
8) RBI double three turn
Three further consecutive backward crosscuts
9) LBO (the skater will push onto a backward outside edge going towards the centre of the rink with the free leg extended behind)
10) RBO (the skater will push onto a backward outside edge going towards the corner of the rink with the free leg extended behind)

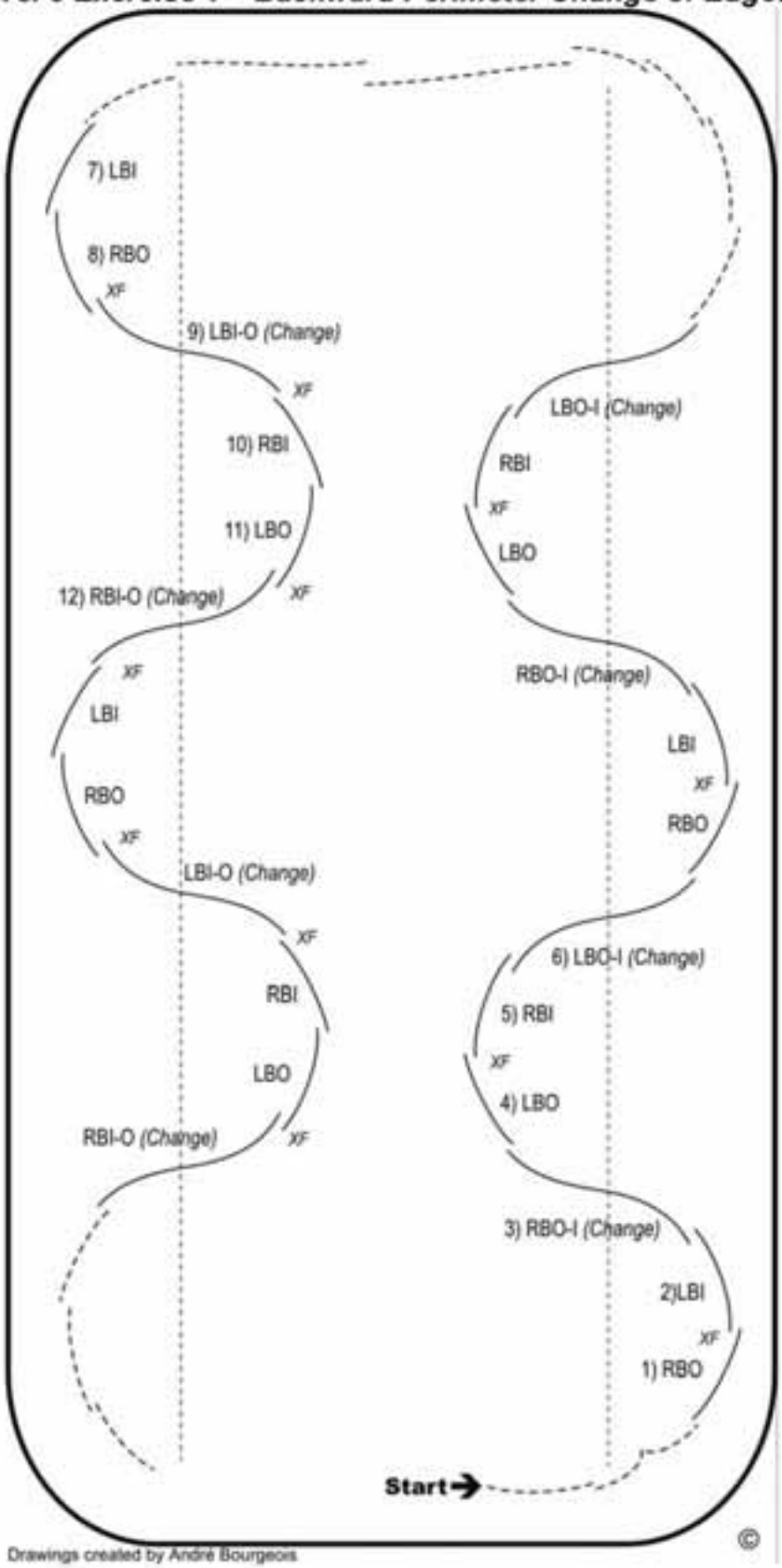
The skater will skate two full rounds of the skating rink.

The size of the pattern will depend on the strength and development of the skater.

LEVEL 5

Average Pass Mark	2.8
Passing Total	11.2
Minimum Pass Mark for each exercise (after any re-skate)	2.3

Level 5 Exercise 1 – Backward Perimeter Change of Edges



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

The skater begins the exercise by performing an optional number of steps toward the corner of the rink and then steps onto

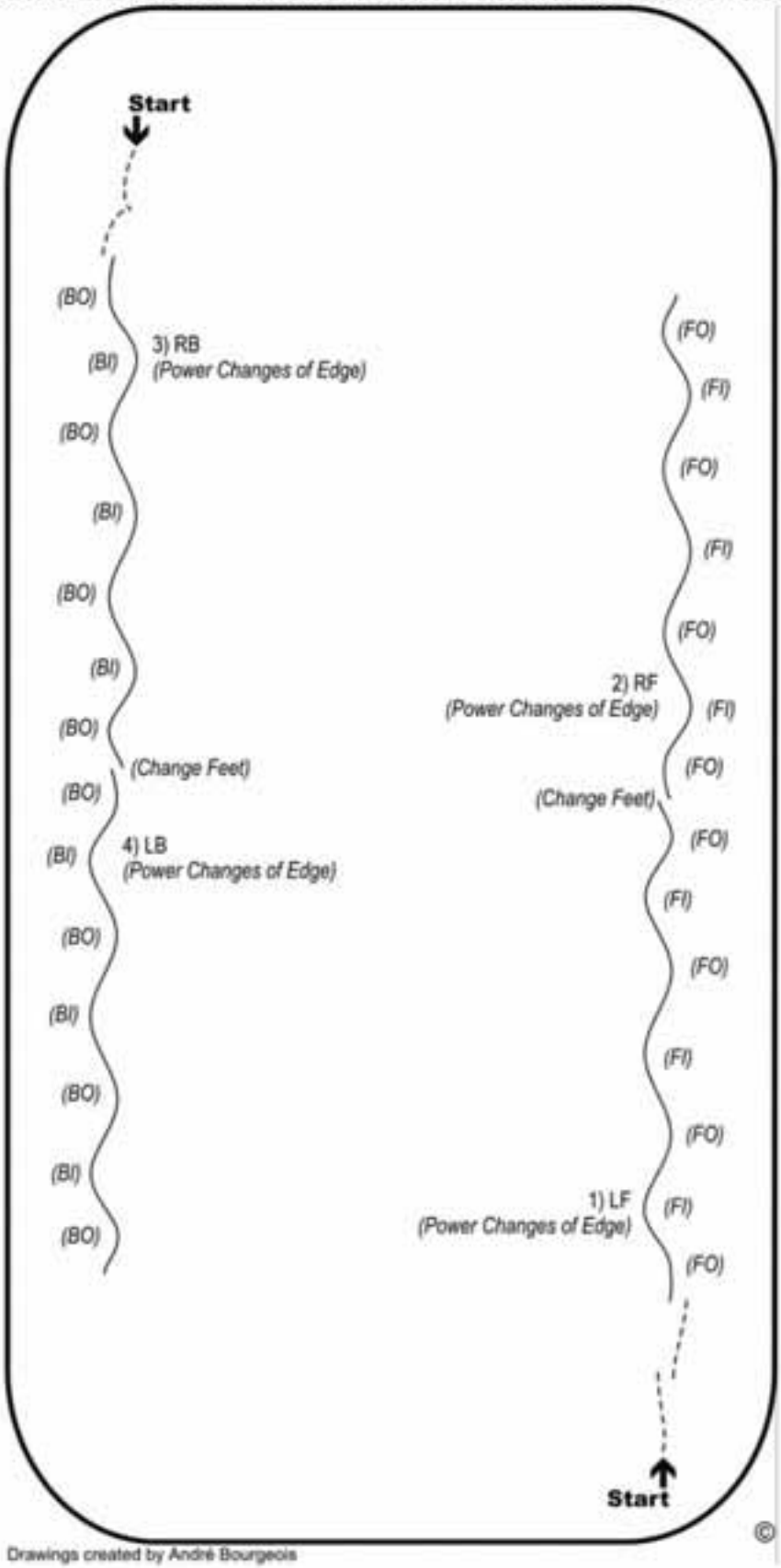
1) RBO
2) LBI (Crosscut)
3) RBO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)
4) LBO
5) RBI (Crosscut)
6) LBO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)

Steps 1 to 6 are then repeated once again on the same side of the skating rink, the skater then performs optional crosscuts across the end of the rink and then steps onto

7) LBI
8) RBO
9) LBI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater may use the arms, free leg and should use knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)
10) RBI
11) LBO
12) RBI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater may use the arms, free leg and should use knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)

Steps 7 to 12 are then repeated once again on the same side of the skating rink.

Level 5 Exercise 2 – Forwards and Backwards One Foot Slalom



Drawings created by André Bourgeois

FOCUS

Power

DESCRIPTION

The skater begins the exercise from a standstill and then performs two optional steps towards the corner of the skating rink and then pushes into the first step.

1) LF

The skater performs consecutive power changes of edge, transferring from one edge to the other until the mid-section of the skating rink is reached and then changes to.

2) RF

The skater must generate power from the knee action and the controlled rotation of the hips against the shoulders. The free leg should remain in front of the skating foot at all times and move in the same direction as the skating foot. The skater performs consecutive power changes of edge, transferring from one edge to the other until the end of the skating rink is reached.

The skater then skates optional steps across the end of the rink to begin the second required part of the exercise from a standstill. The skater must turn backwards by performing a three turn or mohawk.

3) RB

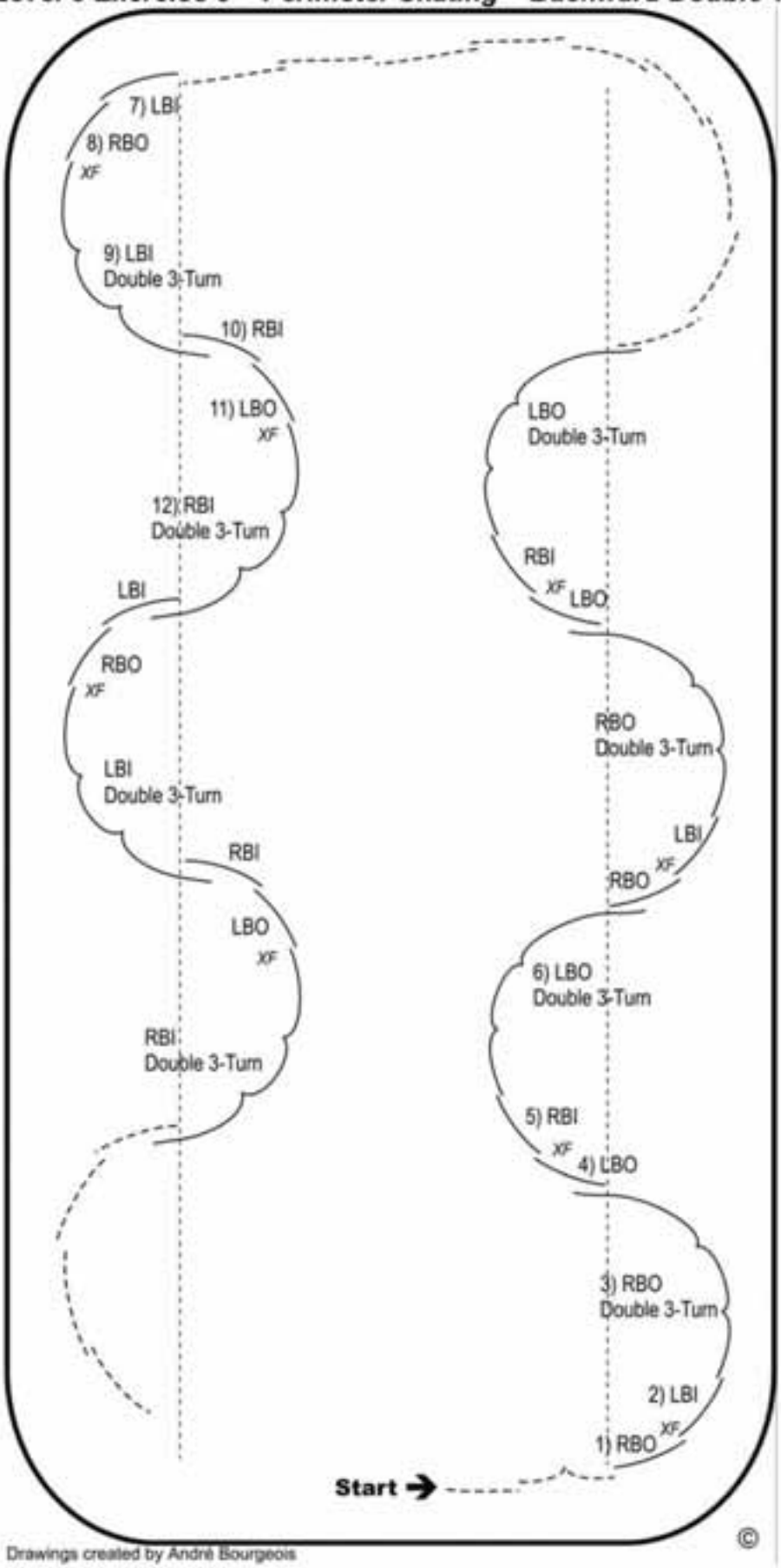
The skater performs consecutive power changes of edge, transferring from one edge to the other until the mid-section of the skating rink is reached and then changes to. The skater performs consecutive power changes of edge, transferring from one edge to the other until the end of the skating rink is reached.

4) LB

The skater must generate power from the knee action and the controlled rotation of the hips against the shoulders. The free leg should remain behind the skating foot at all times and move in the same direction as the skating foot.

The skater will skate one full round of the skating rink.

Level 5 Exercise 3 – Perimeter Skating – Backward Double Threes



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and uses an optional turn to backwards to commence the exercise.

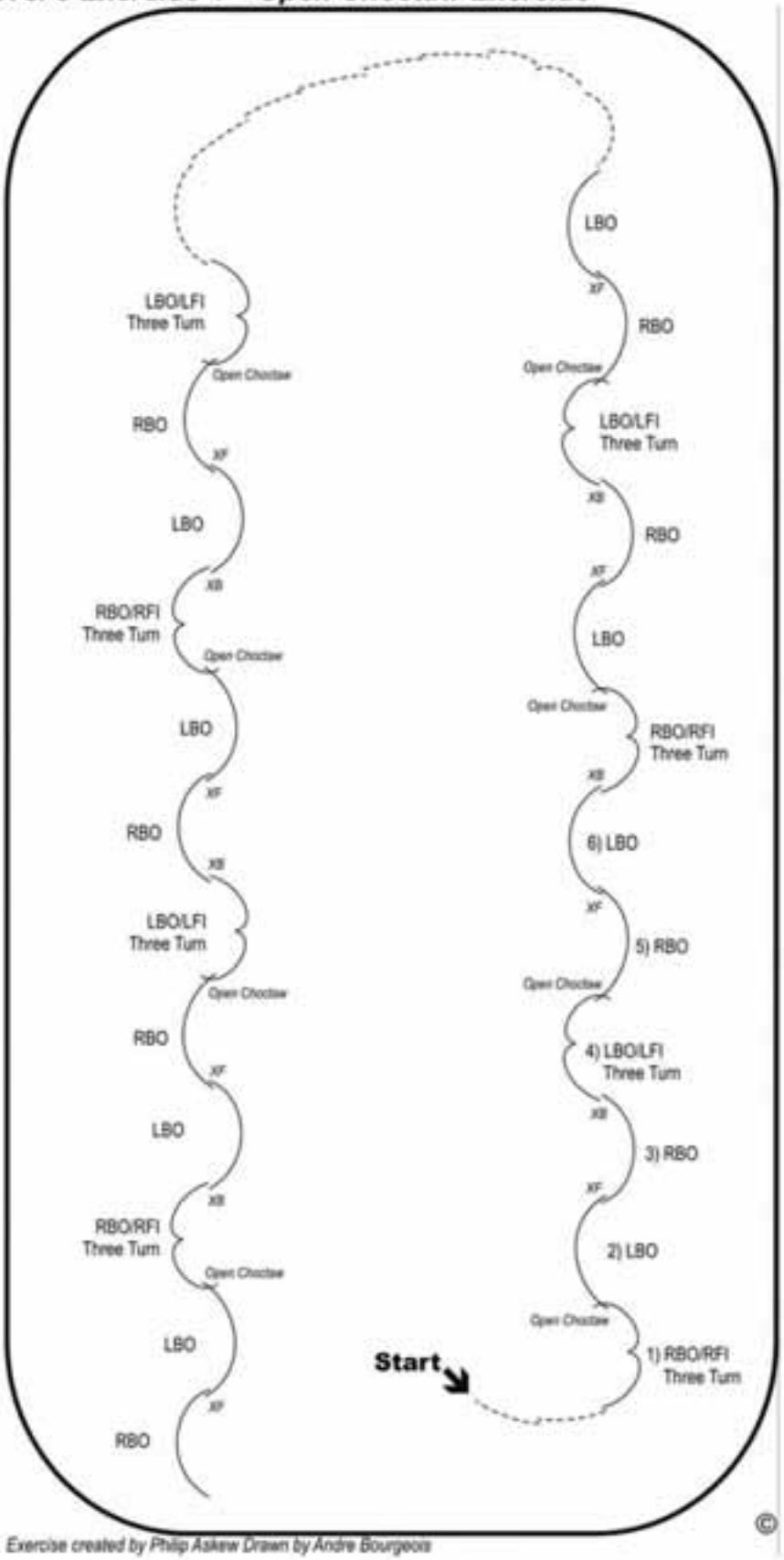
1) RBO
2) LBI
3) RBO Double three turn (The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The free leg will move behind the skating leg as the skater performs the forward inside three turn.)
4) LBO
5) RBI
6) LBO Double three turn (The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The free leg will move behind the skating leg as the skater performs the forward inside three turn.)

Steps 1 to 6 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink and pushes onto

7) LBI
8) RBO (The skater must have the weight over the skating side)
9) LBI Double three turn (The skater performs a backward inside three turn with the free leg close to the skating foot. The free foot should be behind the skating leg as the forward outside three turn is completed.)
10) RBI
11) LBO (The skater must have the weight over the skating side)
12) RBI Double three turn (The skater performs a backward inside three turn with the free leg close to the skating foot. The free foot should be behind the skating leg as they complete the forward outside three turn is completed.)

Steps 7 to 12 are then repeated once along the same side of the skating rink.

Level 5 Exercise 4 – Open Choctaw Exercise



Exercise created by Philip Askew Drawn by Andre Bourgeois

FOCUS

Edge Quality
Rhythm/Flow

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive backward crosscuts and then pushes onto the first step

1) RBO/RFI three turn
2) The skater turns an open Choctaw onto LBO, using the upper body to check the turn. The body weight is then transferred and the free foot crosses in front to prepare for the
3) RBO (the free leg position should be extended behind)
4) The skater then performs a backward cross roll onto LBO and turns a three turn to LFI. (This should be finished in a very strong checked position in preparation for the next Choctaw)
5) Open Choctaw onto a RBO edge and cross the free foot in front to
6) LBO (the free leg should be extended behind)
7) The skater then performs a backward cross roll onto RBO and turns a free turn to RFI (This should be finished in a strong checked position in preparation for the next Choctaw).

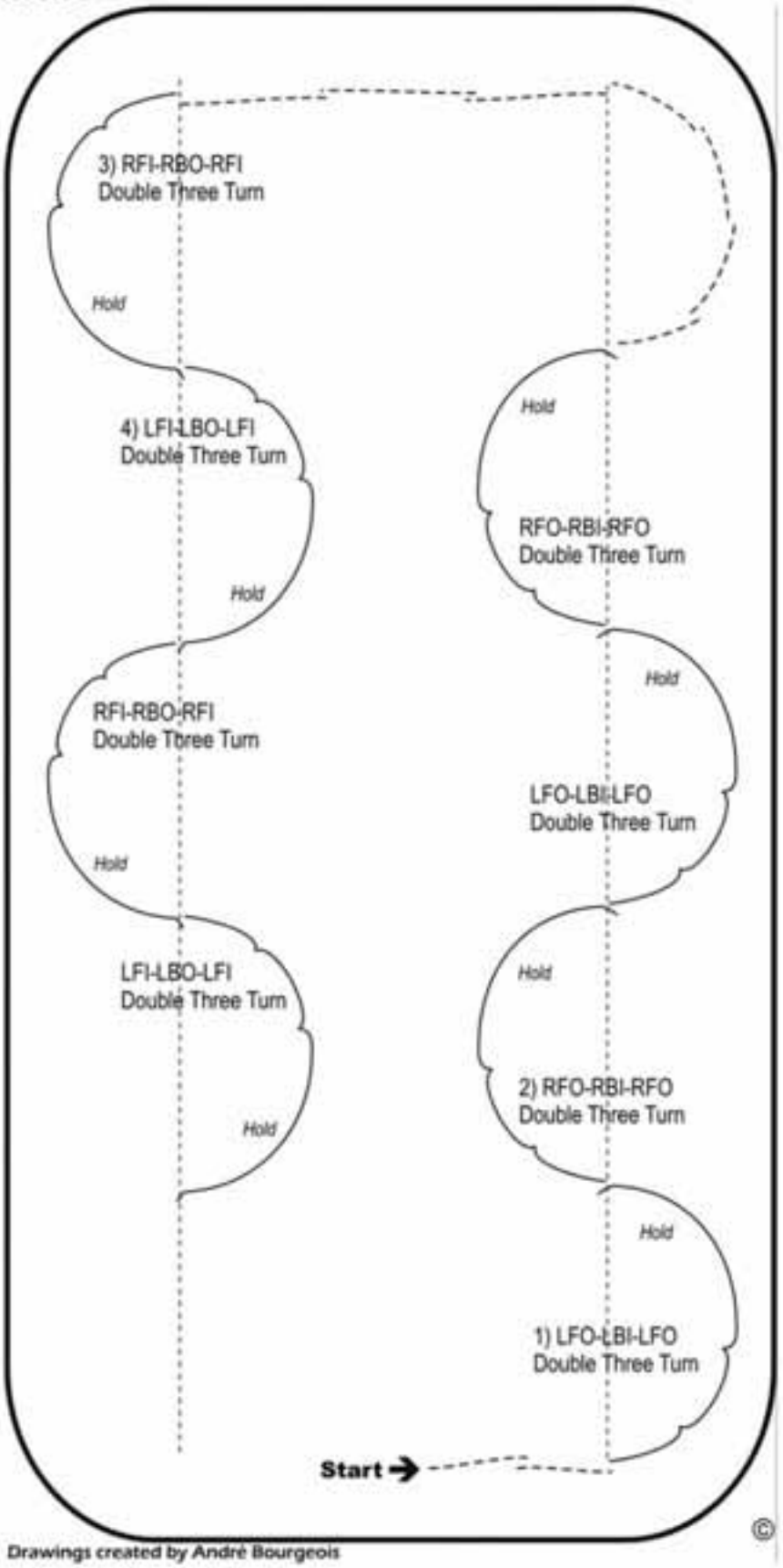
Steps 1 to 6 should then be repeated followed by an optional number of crosscuts across the end of the rink. The exercise is then repeated down the opposite side of the rink, commencing with a LBO/ LFI three turn.

The skater should attempt to keep a constant speed during the entire exercise.

LEVEL 6

Average Pass Mark	3.0
Passing Total	12.0
Minimum Pass Mark for each exercise (after any re-skate)	2.5

Level 6 Exercise 1 – Progressive Serpentine Forward Double Three Turns Exercise



Drawings created by André Bourgeois

FOCUS

Edge Quality/
Power

DESCRIPTION

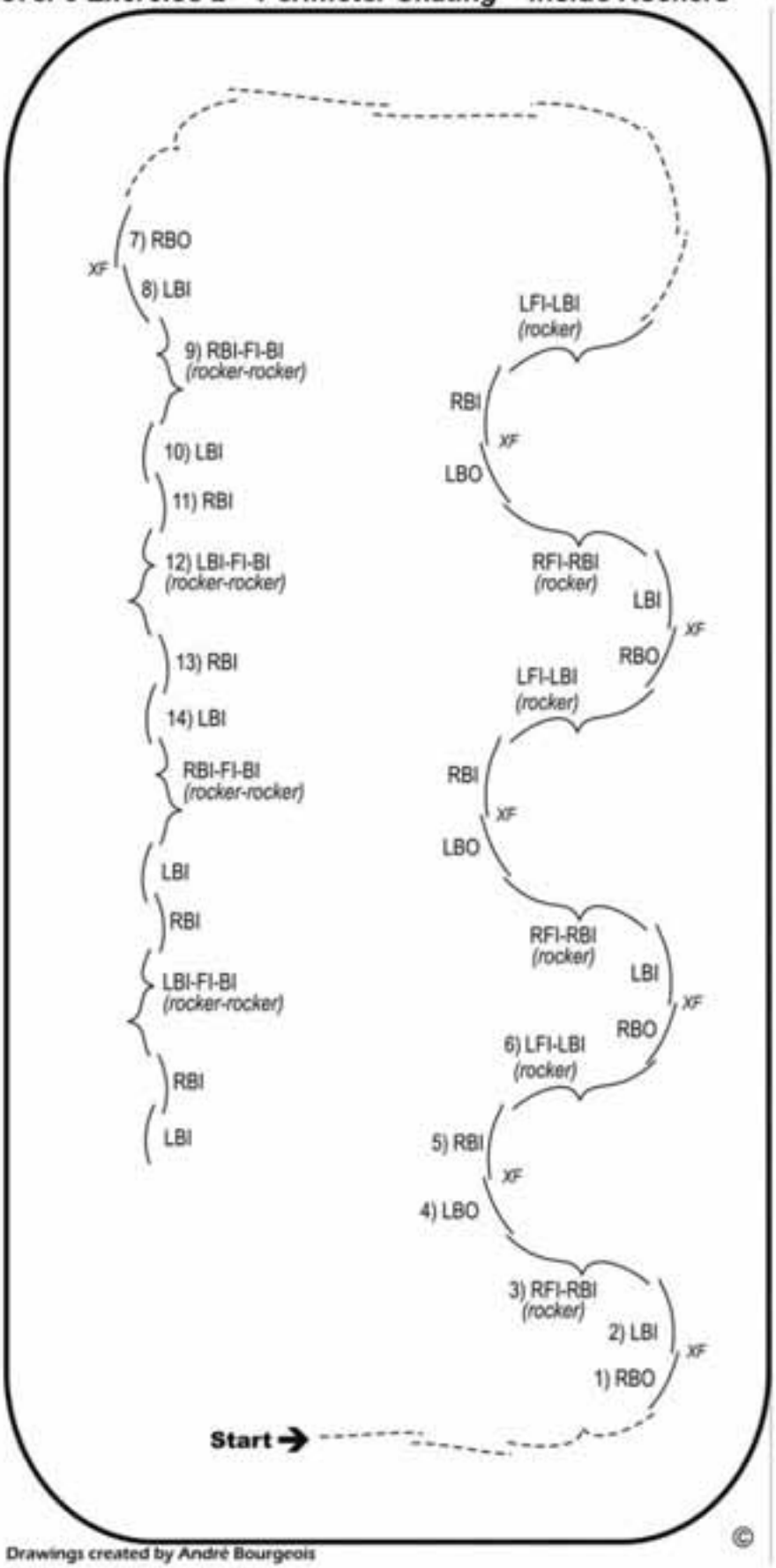
The skater will commence the exercise from a moving start

1) LFO/LBI/LFO double three
Hold the last LFO edge
2) Step onto RFO and turn a RFO/LBI/RFO double three
Hold the last RFO edge

Repeat steps 1 and 2 until a minimum of 4 lobes have been skated down one side of the rink. The skater then skates consecutive crosscuts at the end of the rink and commences the exercise down the opposite side of the rink, commencing with
3) RFI/RBO/RFI double three
Hold the last RFI edge
4)Step onto LFI and turn a LFI/LBO/LFI double three
Hold the last LFI edge
Repeat steps 3 and 4 until a minimum of 4 lobes have been skated.

Arm and free leg positions throughout this exercise are free choice

Level 6 Exercise 2 – Perimeter Skating – Inside Rockers



Drawings created by André Bourgeois

FOCUS

Quickness/Agility
Power

DESCRIPTION

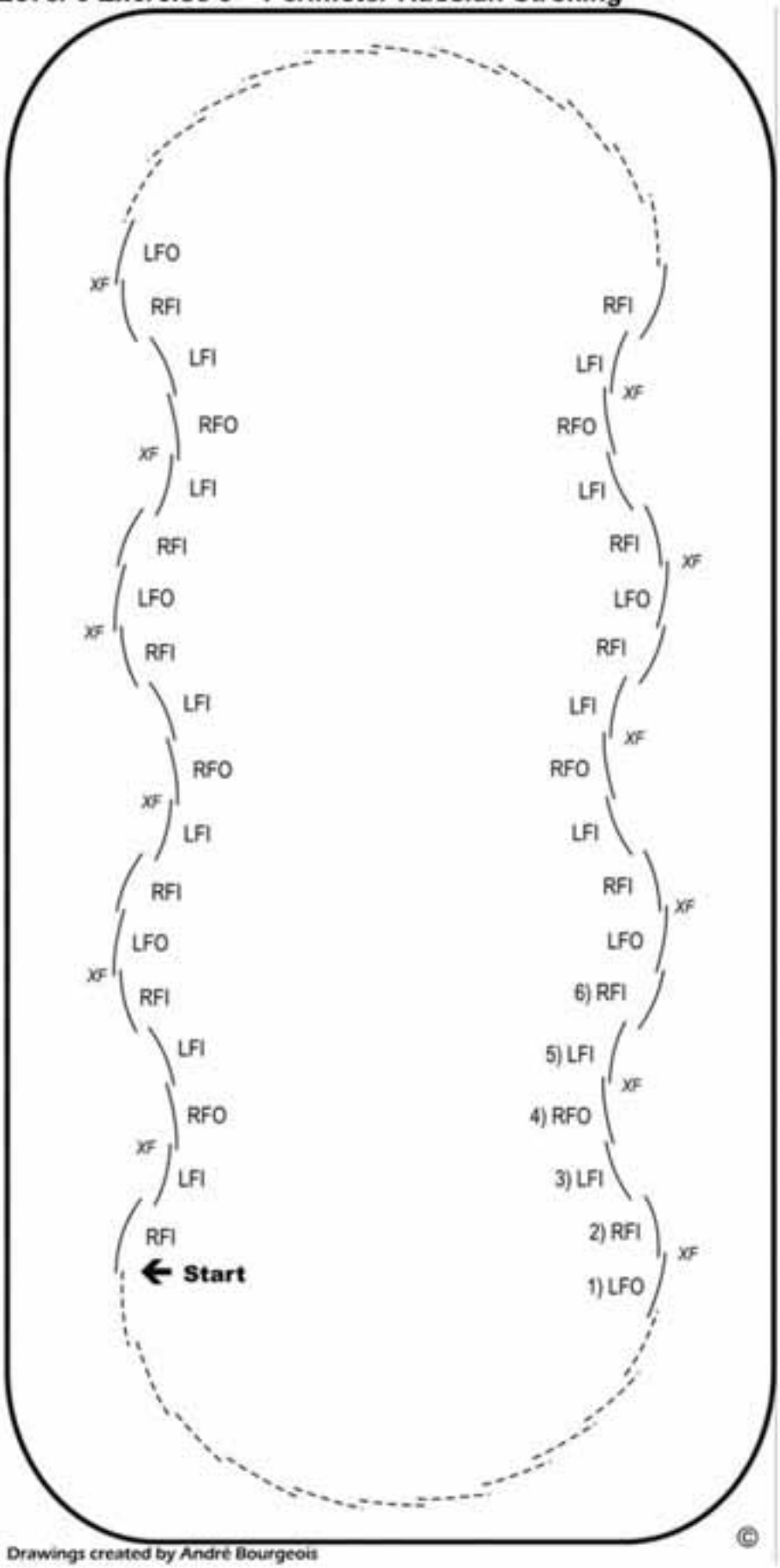
The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes onto the first step.

1) RBO
2) LBI
3) RFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is behind going into the turn and behind skating out of the turn. The rocker must be skated on a strong edge.)
4) LBO
5) RBI
6) LFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is behind going into the turn and behind going out of the turn. The rocker must be skated on a strong edge.)

Steps 1 to 6 are then repeated twice, followed by optional steps across the end of the rink, followed by an optional turn to backwards to commence the second part of the exercise
7) RBO
8) LBI
9) RBI-FI-BI Rocker-Rocker (The skater must push onto a strong back inside edge with the strong skating side leading and remaining strong through the rocker turns, with the free foot close to the skating foot.)
10) LBI
11) RBI
12) LBI-FI-BI Rocker-Rocker (The skater must push onto a strong back inside edge with the strong skating side leading and remaining strong through the rocker turns, with the free foot close to the skating foot.)
13) RBI
14) LBI

Steps 9 to 14 are repeated.

Level 6 Exercise 3 – Perimeter Russian Stroking



Drawings created by André Bourgeois

©

FOCUS

Power
Quickness/Agility
Upper Body Control

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink. The skater will then perform shallow strokes.

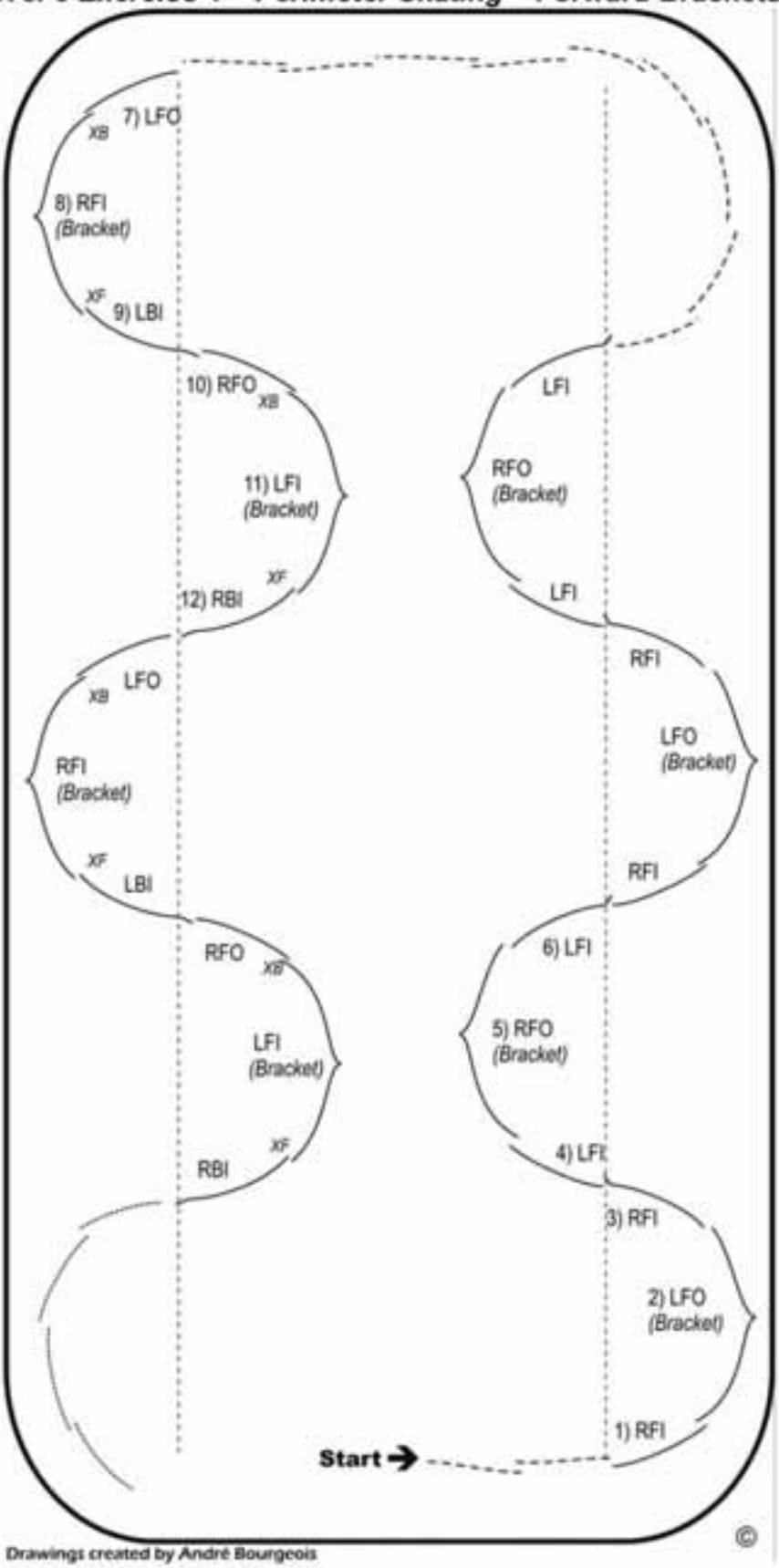
1) LFO
2) RFI
3) LFI
4) RFO
5) LFI
6) RFI

All steps must be performed quickly demonstrating lightness and agility. The edges will be shallow, as they should be relatively short.

The skater must perform between 2 to 3 consecutive step sequences (Steps 1 to 6) along the side of the skating rink. The number of step sequences performed will vary according to the age, strength and development of each skater.

The skater will skate at least one full round of the skating rink in one direction. The exercise must then be performed in the opposite direction.

Level 6 Exercise 4 – Perimeter Skating – Forward Brackets



Drawings created by André Bourgeois

FOCUS

Control
Edge Quality

DESCRIPTION

The skater can begin the exercise by performing optional steps or commence from a standstill.

1) RFI (The skater should step on a strong inside edge perpendicular to the long axis of the skating direction.)
2) LFO-BI Bracket (The skater steps on a strong outside edge with a strong skating side leading in order to prepare for the outside bracket. The free foot should remain behind the skating foot before the bracket and close to the skating foot during the entire bracket. The skater will slightly rotate their shoulders as they exit the bracket in preparation for the next step.)
3) RFI (The skater steps on a strong edge to return to the long axis of the skating direction.)
4) LFI (Same as step 1.)
5) RFO-BI Bracket (Same as step 2.)
6) LFI (Same as step 3.)

Steps 1 to 6 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

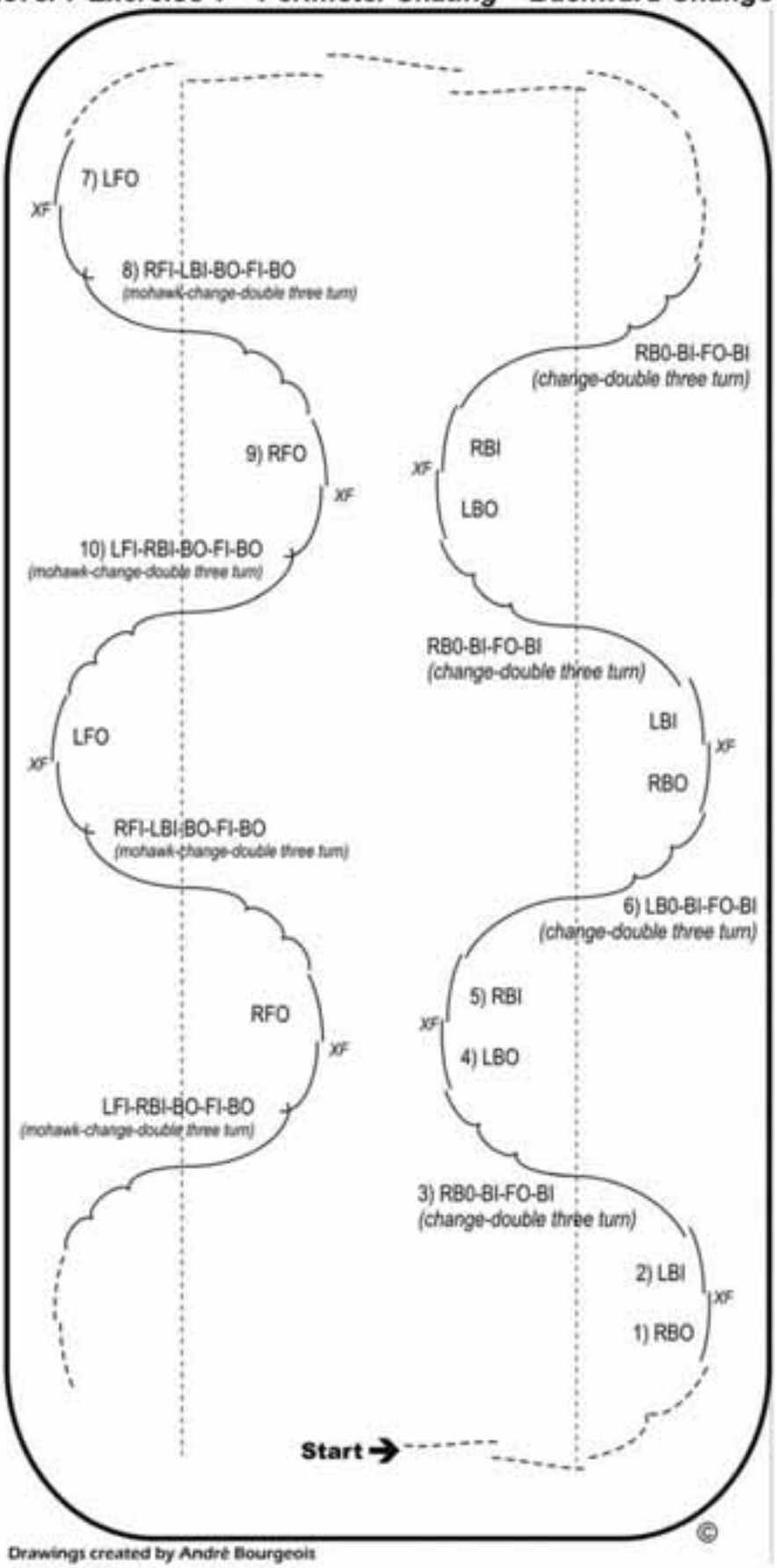
7) LFO (The skater should step on a strong outside edge perpendicular to the long axis of the skating direction.)
8) RFI-BO (The skater steps on a strong inside edge with a strong skating side and the freeside leading in order to prepare for the inside bracket. The free foot should remain behind the skating foot after the bracket. The skater will slightly rotate their shoulders as they exit the bracket in preparation for the next step.)
9) LBI (The skater steps on a strong edge to return to the long axis of the skating direction.)
10) RFO (Same as Step 7.)
11) RFI-BO (Same as Step 8.)
12) LBI (Same as Step 9.)

Steps 7 to 12 are then repeated once along the same side of the skating rink.

LEVEL 7

Average Pass Mark	3.2
Passing Total	12.8
Minimum Pass Mark for each exercise (after any re-skate)	2.7

Level 7 Exercise 1 – Perimeter Skating – Backward Change Double Three Turn



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps, then pushes onto

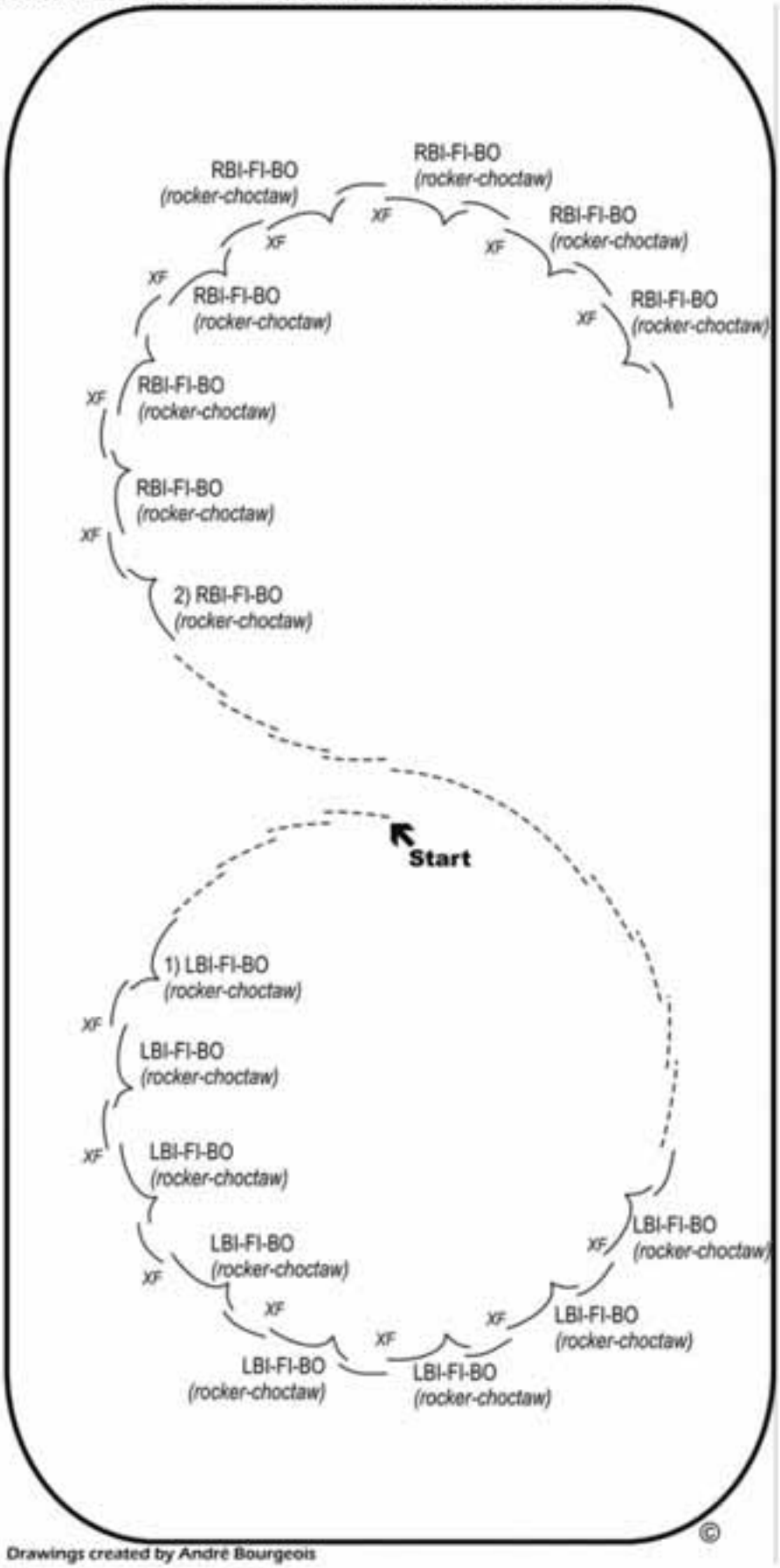
1) RBO, cross in front to
2) LBI, step onto
3) RBO/ RBI/FO/BI change-double three turn, step onto
4) LBO, cross in front to
5) RBI, step onto
6) LBO/ LBI/FO/BI change-double three turn

Steps 1 to 6 are then repeated down one side of the rink. The skater then skates optional steps at the end of the rink to push onto

7) LFO, cross in front to
8) RFI to LBI/ BO/FI/BO Mohawk-change-double three turn, step onto
9) RFO, cross in front to
10) LFI to RBI/ BO/FI/BO Mohawk-change-double three turn

Steps 7 to 10 are then repeated down the side of the rink

Level 7 Exercise 2 – Backward Rocker & Choctaw



Drawings created by André Bourgeois

FOCUS

Quickness/Agility
Power

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive backward crossouts in a circular pattern.

1) LBI-FI-BO Rocker-Choctaw (The skater rotates shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit of the rocker is very short as the skater must immediately push onto a back outside edge to generate some power.)

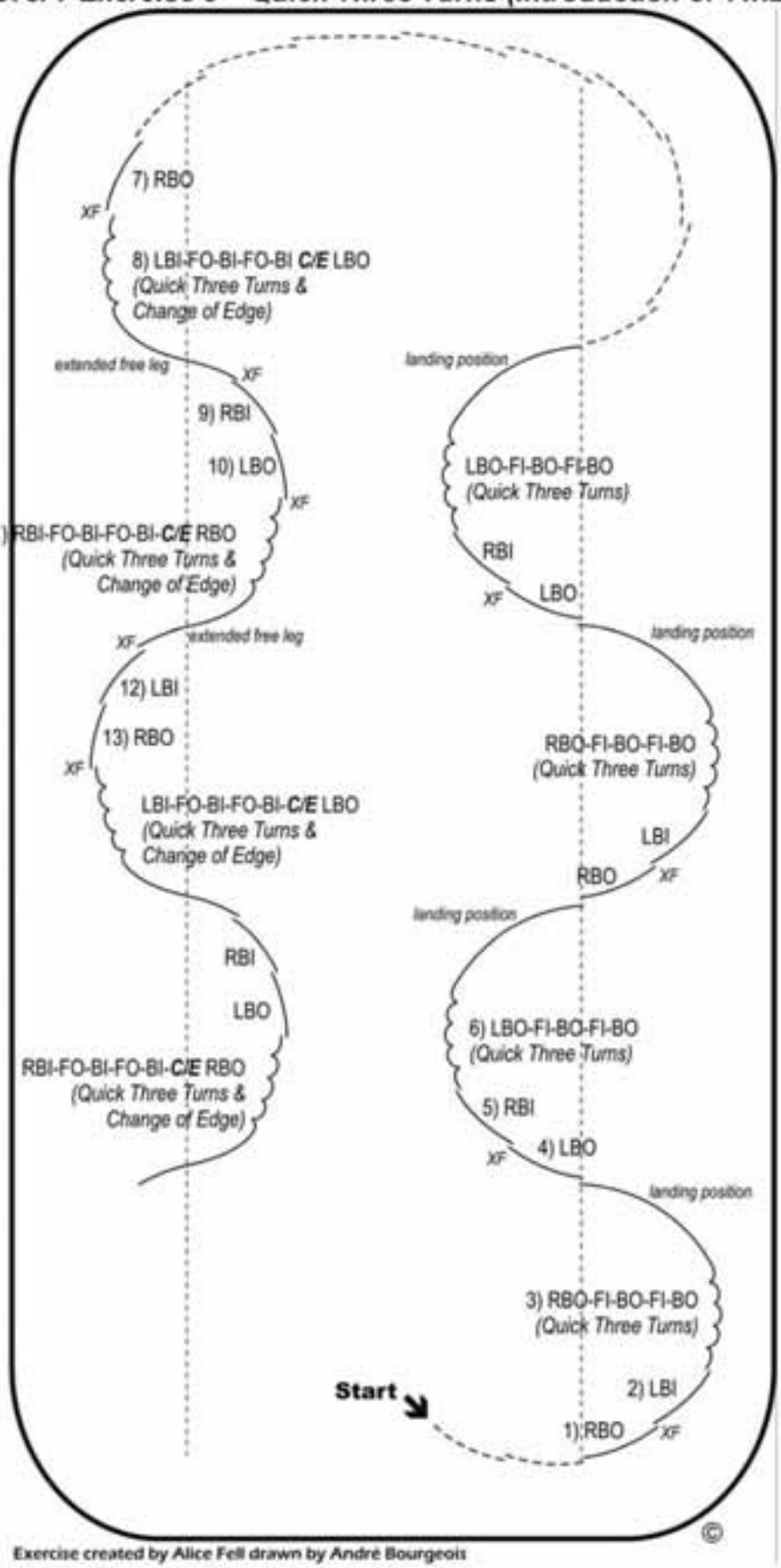
The skater will repeat step 1 numerous times until ¾ of a full circle is skated. The skater must maintain speed and develop a rhythm as they perform the exercise. The size of the ¾ circle may vary according to the age strength and development of each skater.

The skater will then skate optional steps into a new circle.

2) RBI-FI-BO Rocker-Choctaw (The skater rotates shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit of the rocker is very short as the skater must immediately push onto a back outside edge to generate some power.)

The skater will repeat step 1 numerous times until ¾ of a full circle is skated. The skater must maintain speed and develop a rhythm as the exercise is performed. The size of the ¾ circle may vary according to the age strength and development of each skater.

Level 7 Exercise 3 – Quick Three Turns (Introduction of Twizzle Steps)



Exercise created by Alice Fell drawn by André Bourgeois

FOCUS

Agility

DESCRIPTION

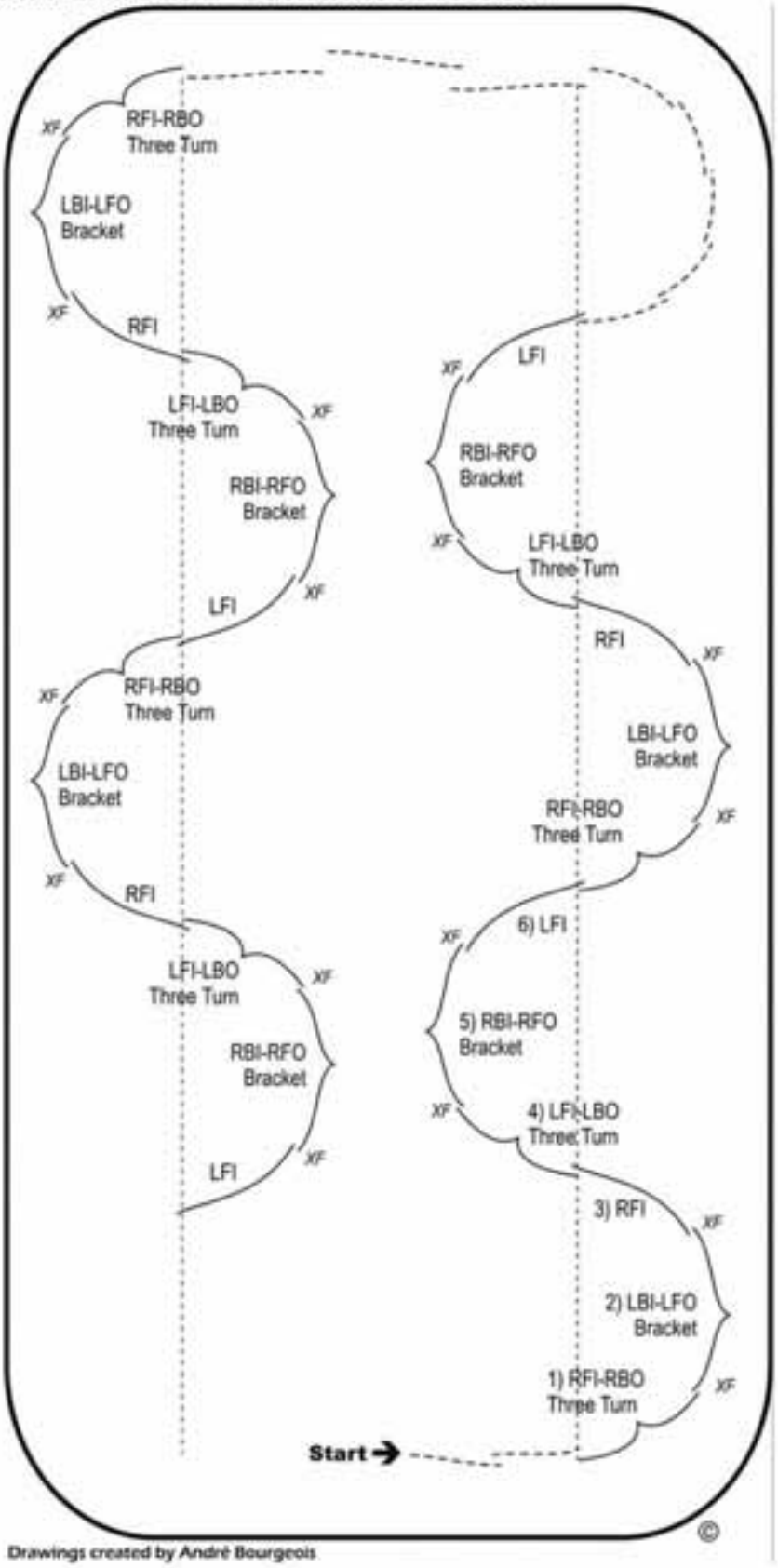
The skater begins the exercise by performing optional backward crosscuts and pushes onto

1) RBO
2) LBI
3) RBO – quick three turns. The skater performs four quick right back outside and forward inside three turns (RBO/FI/BO/FI/BO), finishing with a landing position (free leg extended behind)
4) LBO
5) RBI
6) LBO – quick three turns. The skater performs four quick left back outside and forward inside three turns (LBO/FI/BO/FI/BO), finishing with a landing position

The skater repeats steps 1 to 6 down one side of the rink.
At the end of the rink, the skater skates optional crosscuts across the end of the rink and pushes onto
7) RBO
8) LBI – quick three turns. The skater performs four quick left back inside and forward outside three turns (LBI/FO/BI/FO/BI), change of edge to LBO with an extended free leg, cross in front to
9) RBI, crosscut to
10) LBO, cross in front to
11) RBI – quick three turns. The skater performs four quick right back inside and forward outside three turns (RBI/FO/BI/FO/BI), change of edge to RBO with an extended free leg.

The skater repeats steps 7 to 12 down the side of the rink to complete the exercise

Level 7 Exercise 4 –Back Inside Brackets



Drawings created by André Bourgeois

FOCUS
Control
Edge Quality

DESCRIPTION
The skater begins the exercise by performing optional steps.

1) The skater commences the exercise by turning a RFI/RBO three turn
2) The skater crosses in front or behind to perform a LBI/LFO bracket (the free foot should remain behind the skating foot and close to the skating foot during the entire bracket)
3) Cross the right foot in front onto RFI, step onto
4) LFI/LBO three turn
5) The skater crosses in front or behind to perform a RBI/RFO bracket
6) Cross in front to LFI

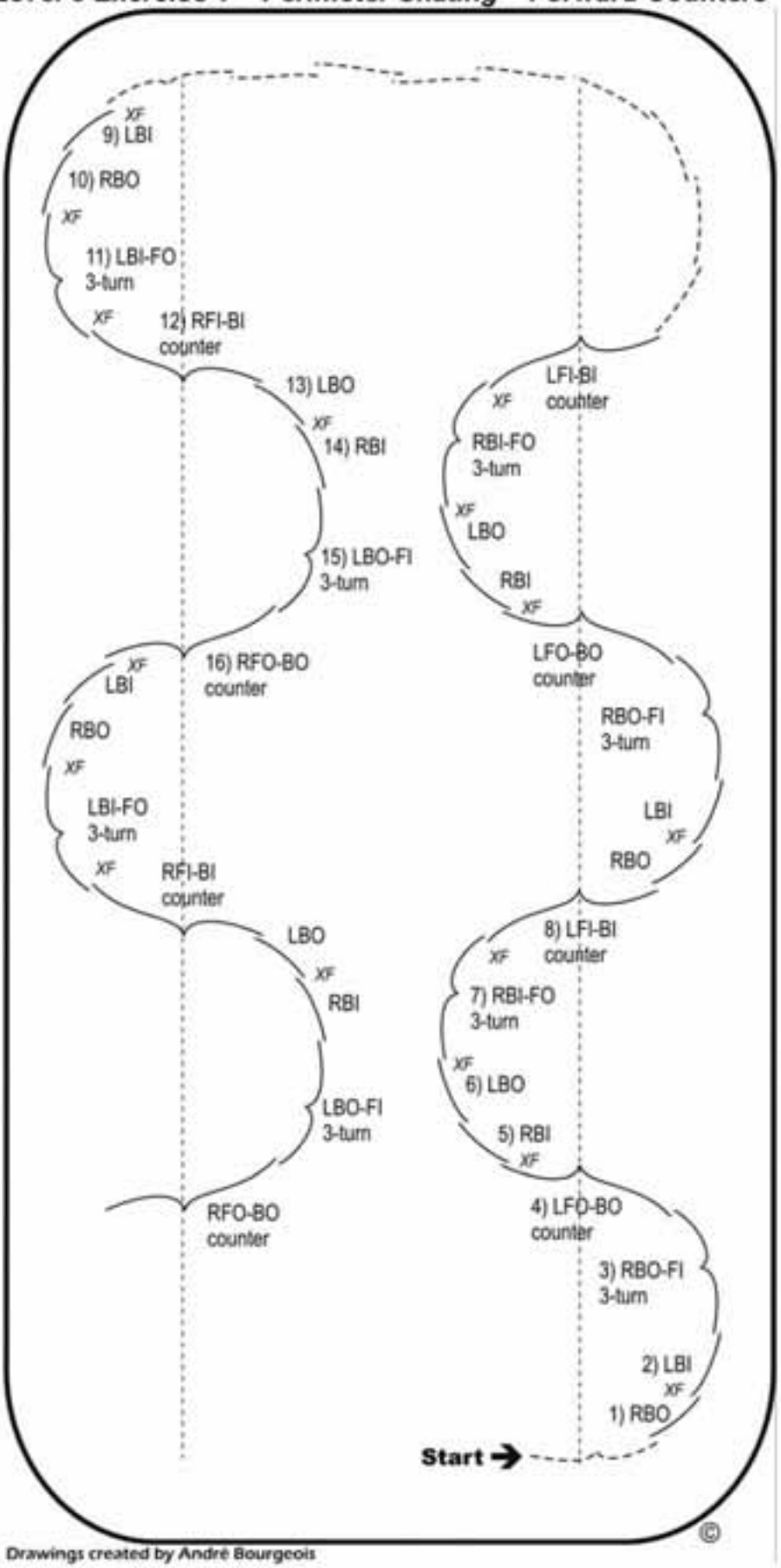
Steps 1 to 6 are then repeated along the same side of the skating rink. A minimum of 4 lobes must be skated. The skater then skates optional steps across the end of the rink to repeat the exercise down the opposite side of the rink, commencing with a RFI three turn

NB. The drawing at 2) and 5) and at the same points throughout the exercise, shows cross in front, but cross behind will also be acceptable as per the description above"

LEVEL 8 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.4
Passing Total	13.6
Minimum Pass Mark for each exercise	2.9

Level 8 Exercise 1 – Perimeter Skating – Forward Counters



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps.

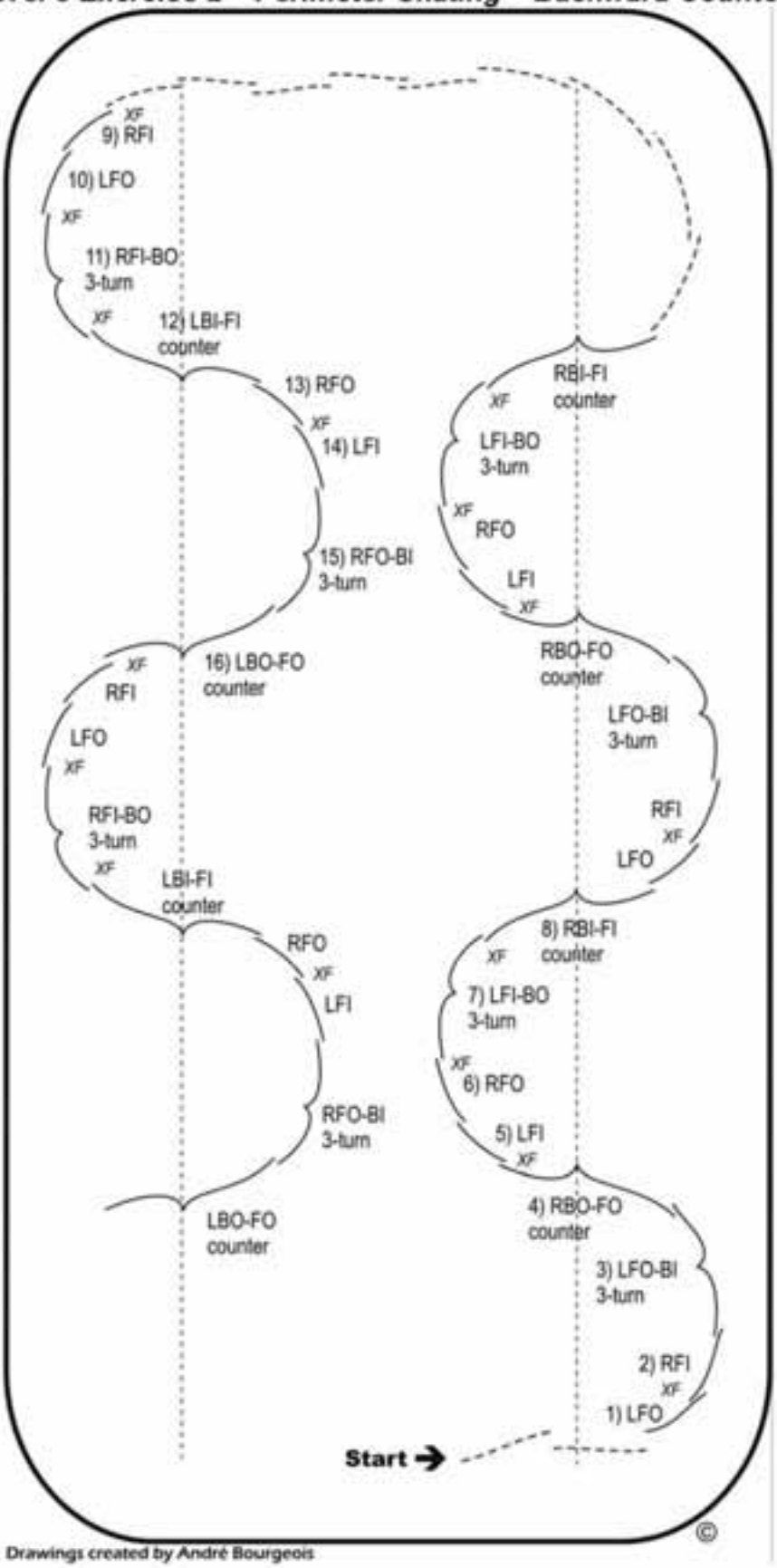
1) RBO
2) LBI (The shoulders can begin rotating facing outside the circle.)
3) RBO-FI three turn
4) LFO-BO Counter (The skater will push onto a strong outside edge with the skating side leading into the counter turn. The free leg may remain in front of the skating foot at the exit of the counter turn to prepare for the cross step)...)
5) RBI
6) LBO
7) RBI-FO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into the turn and the free foot in front of the skating foot coming out of the turn. The skater must prepare to cross for the next step.)
8) LFI-BI Counter (The skater must push onto a strong forward inside edge with free side leading and rotating outside the circle. The free leg should be in front of the skating foot. The counter must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of the skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) LBI
10) RBO
11) LBI-FO three turn
12) RFI-BI Counter
13) LBO
14) RBI
15) LBO-FI three turn
16) RFO-BO Counter

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 8 Exercise 2 – Perimeter Skating – Backward Counters



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps.

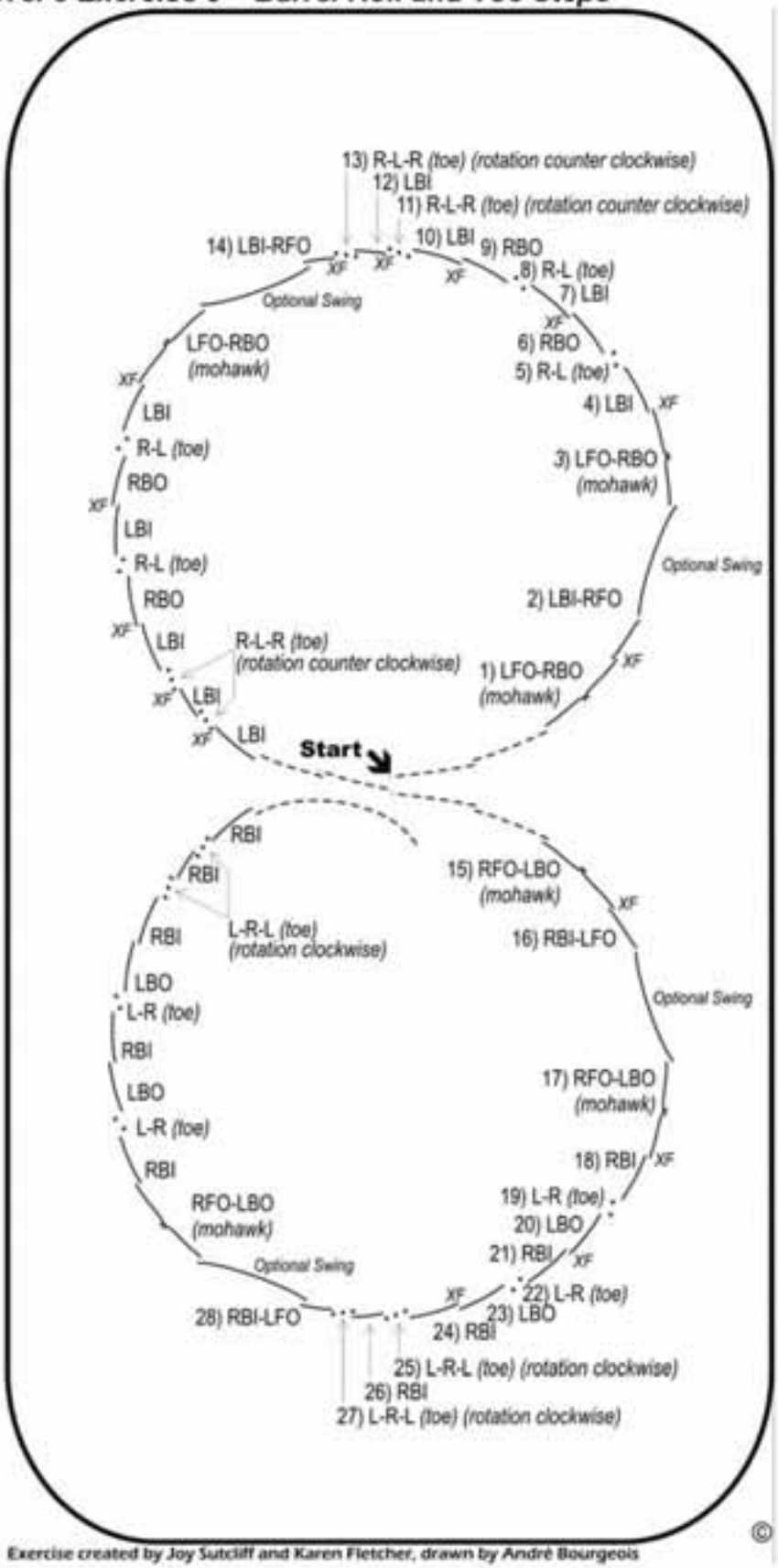
1) LFO
2) RFI (The shoulders will be rotated facing outside the circle.)
3) LFO-BI three turn
4) RBO-FO Counter (The skater will push onto a strong outside edge with the shoulders rotating in order to prepare for the Counter turn. The free leg position is optional. As the skater exits the turn the skating side will lead and the free leg will move in front of the skating leg.)
5) LFI
6) RFO
7) LFI-BO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross over for the next step.)
8) RBI-FI Counter (The skater must push onto a strong backward inside edge. The shoulders will rotate to prepare for the turn. The free leg position is optional. The counter must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) RFI
10) LFO
11) RFI-BO three turn
12) LBI-FI Counter
13) RFO
14) LFI
15) RFO-BI three turn
16) LBO-FO Counter

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 8 Exercise 3 – Barrel Roll and Toe Steps



Exercise created by Joy Sutcliff and Karen Fletcher, drawn by André Bourgeois

FOCUS

Quickness/Agility

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts in a circular pattern.

1) LFO-RBO Mohawk
2) LBI step onto RFO (crossing in front with optional swing through of left free leg).
3) LFO-RBO Mohawk, cross in front
4) LBI
5) R-L (toe) non rotating
6) RBO, cross in front to
7) LBI
8) R-L (toe) non rotating
9) RBO, cross in front to
10) LBI
11) R-L-R (toe) rotating counter clockwise, cross in front to
12) LBI
13) R-L-R (toe) rotating counter clockwise
14) LBI step onto RFO (with optional swing through of right free leg).

The skater then repeats steps 3 to 13 to complete the circle

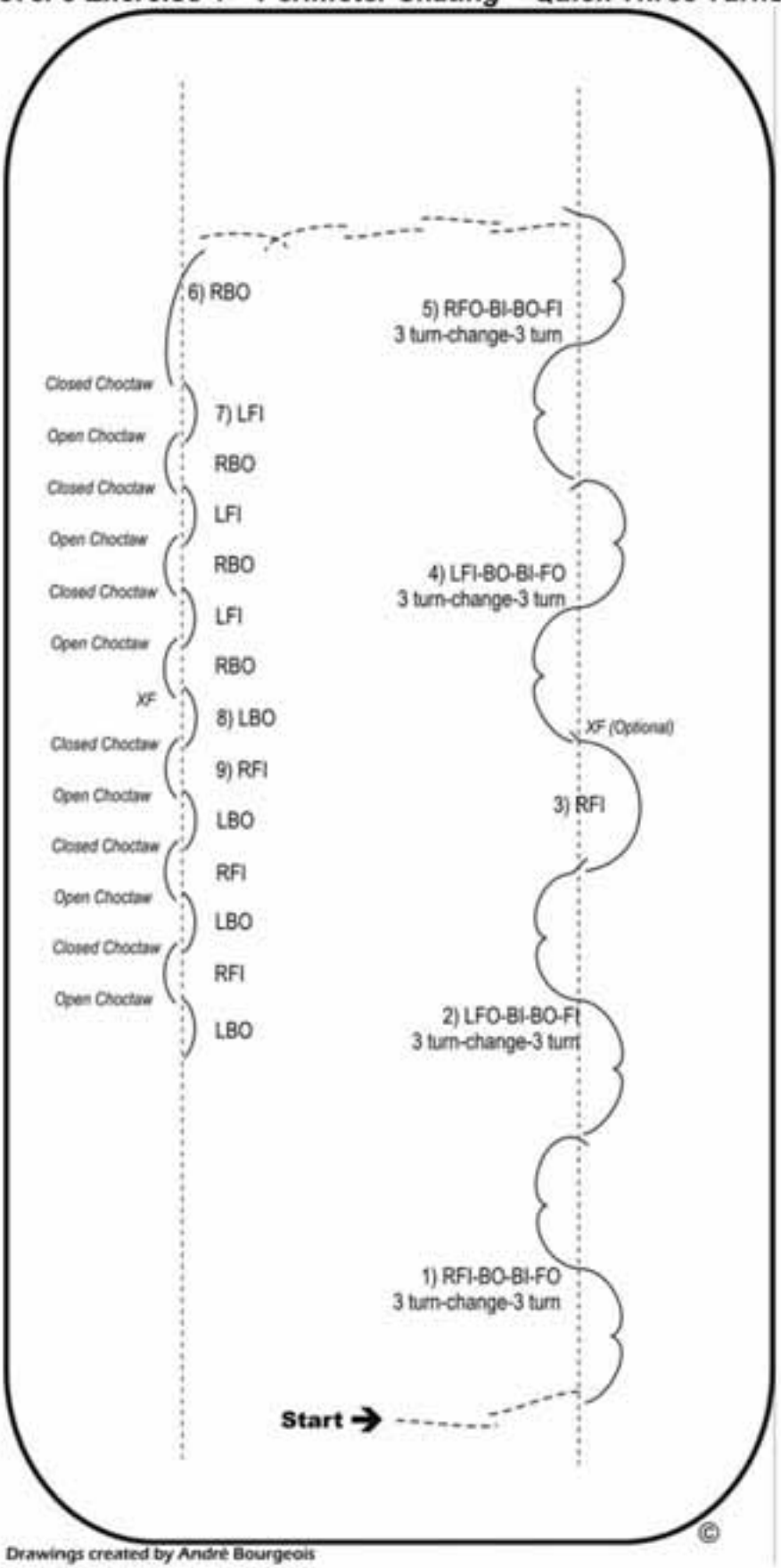
The skater then performs optional steps to begin the second circle, commencing with

15) RFO-LBO Mohawk, cross in front to
16) RBI step onto LFO (crossing in front with optional swing through of left free leg)
17) RFO-LBO Mohawk, cross in front
18) RBI
19) L-R (toe) non rotating
20) LBO, cross in front to
21) RBI
22) L-R (toe) non rotating
23) LBO, cross in front to
24) RBI, cross in front to
25) L-R-L (toe) rotating clockwise, cross in front to
26) RBI
27) L-R-L (toe) rotating clockwise
28) RBI step onto LFO

The skater then repeats steps 17 to 27 to complete the circle

The skater must maintain speed and develop rhythm as the exercise is performed

Level 8 Exercise 4 – Perimeter Skating – Quick Three Turns & Choctaws



Drawings created by André Bourgeois

FOCUS

Quickness/Agility (Choctaws)
Edge Quality (Three Turns)

DESCRIPTION

The skater begins the exercise by skating optional steps

1) RFI-BO-BI-FO three turns-Change-three turn
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
2) LFO-BI-BO-FI
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
3) RFI
4) LFI-BO-BI-FO three turns-Change-three turn
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
5) RFO-BI-BO-FI
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)

The skater will perform optional steps across the end of the rink.

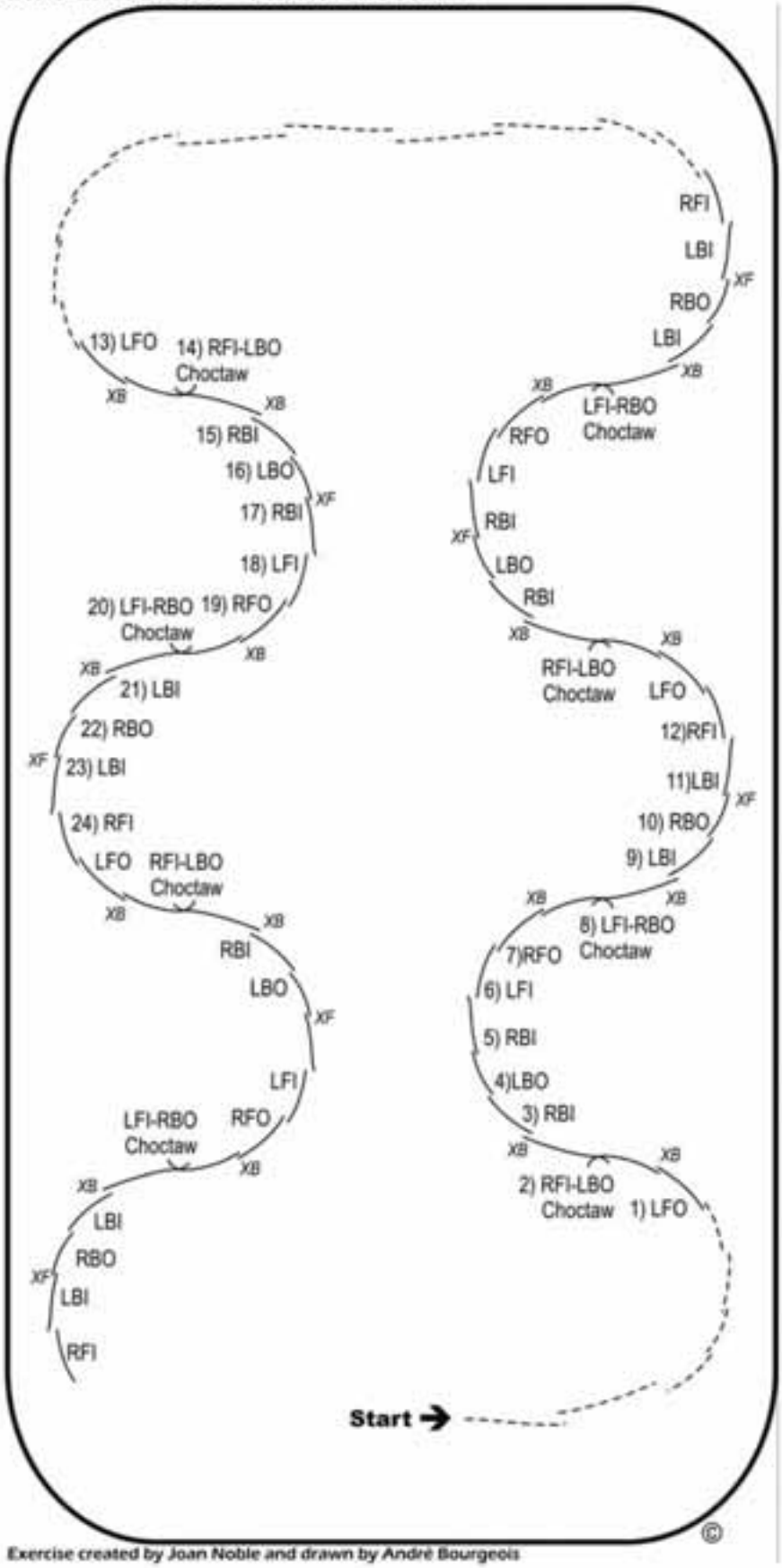
6) RBO Closed Choctaw
7) LFI Open Choctaw

Steps 6 and 7 are then repeated twice
Cross in front to

8) LBO Closed Choctaw
9) RFI Open Choctaw

Steps 8 and 9 are then repeated twice to complete the exercise

Level 8 Exercise 5 – Kilian Choctaws



Exercise created by Joan Noble and drawn by André Bourgeois

FOCUS
Edge Quality
Control

DESCRIPTION
The skater begins the exercise by skating optional steps and pushes onto

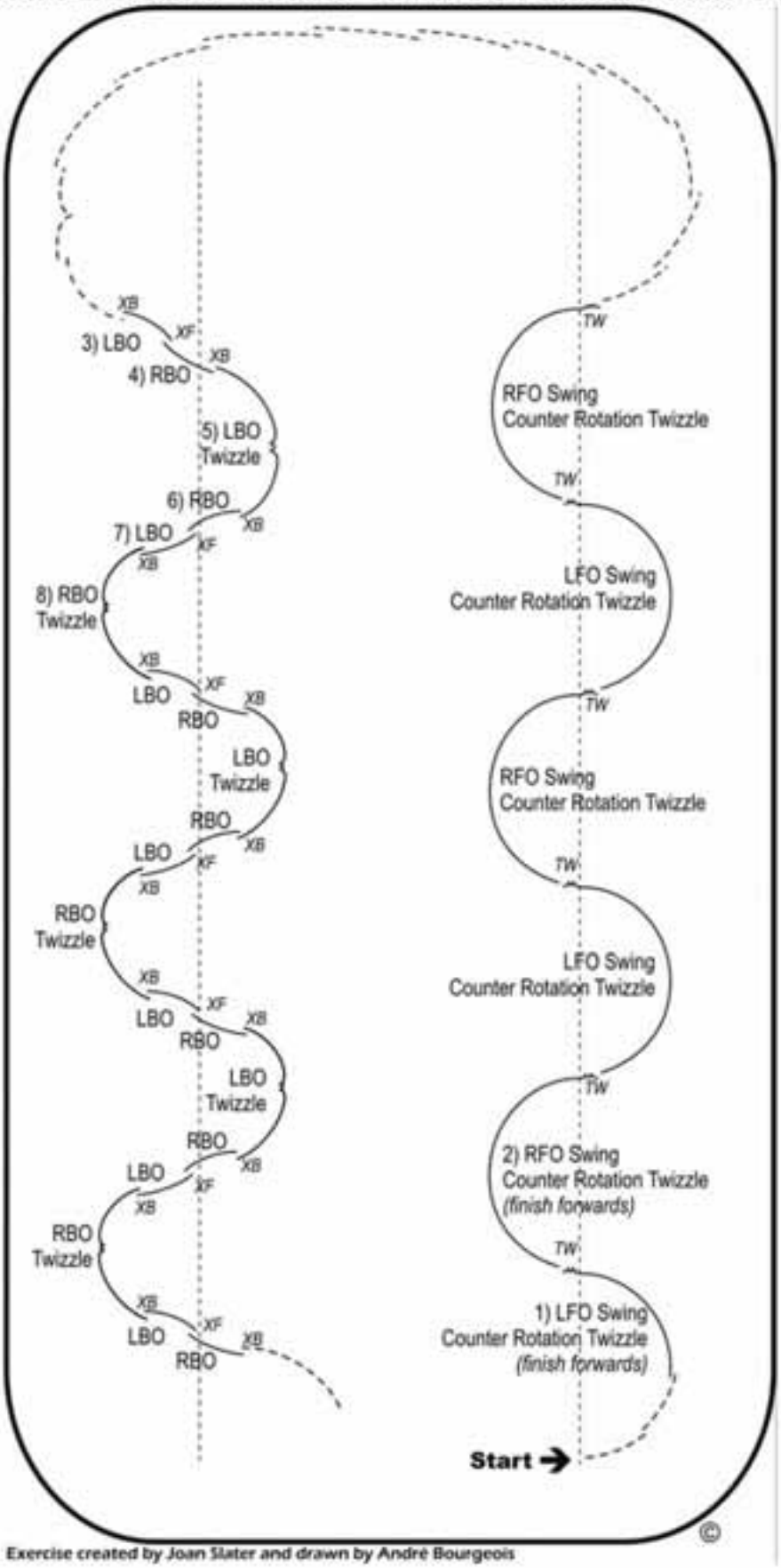
1) LFO, cross behind to a deep
2) RFI-LBO open Choctaw, using a checked LBO
3) Cross behind onto RBI
4) LBO, cross in front to
5) RBI and step forwards onto
6) LFI
7) Step forwards onto RFO, crossing behind to a deep
8) LFI-RBO open Choctaw, using a checked RBO
9) Cross behind onto LBI
10) RBO, cross in front to
11) LBI and step forwards to
12) RFI

Repeat steps 1 to 12 and then skate optional steps at the end of the rink and step onto

13) LFO, cross behind to a deep
14) RFI-LBO open Choctaw, using a checked LBO
15) Cross behind onto RBI
16) LBO, cross in front to
17) RBI and step forwards onto
18) LFI
19) Step forwards onto RFO, crossing behind to a deep
20) LFI-RBO open choctaw, using a checked RBO
21) Cross behind in front to
22) RBO, cross on front to
23) LBI and step forwards onto
24) RFI

Repeat steps 13 to 24 down the side of the rink to complete the exercise

Level 8 Exercise 6 – Counter Twizzles & Backward Outside Twizzles



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS

Control and Neatness

DESCRIPTION

The skater begins the exercise by performing optional steps

1) Skate a LFO swing counter rotation Twizzle (1 rev) on one foot, bringing feet together on the Twizzle
2) Follow with a RFO swing counter rotation Twizzle (1 rev) on one foot
Repeat steps 1 and 2 down one side of the rink to complete between 2 and 3 sequences

Skate optional steps across the end of the rink and step onto a

3) LBO, cross right foot behind onto
4) RBO cross left foot behind and execute A
5) LBO Twizzle (1 rev) with the free leg crossed over the ankle of the skating foot.
6) Cross the right foot behind onto RBO,
7) Cross left foot in front to LBO then cross behind and execute a
8) RBO Twizzle (1 rev) with the free leg crossed over the ankle of the skating foot. Cross the right foot behind onto a LBO, Cross left foot in front to RBO.

Repeat steps 3 to 8 down the side of the rink to complete the exercise. Between 2 and 3 sequences should be skated.

LEVEL 9 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.6
Passing Total	14.4
Minimum Pass Mark for each exercise (after any re-skate)	3.1

Level 9 Exercise 1 – Fast Circular Mohawks and Slip Step

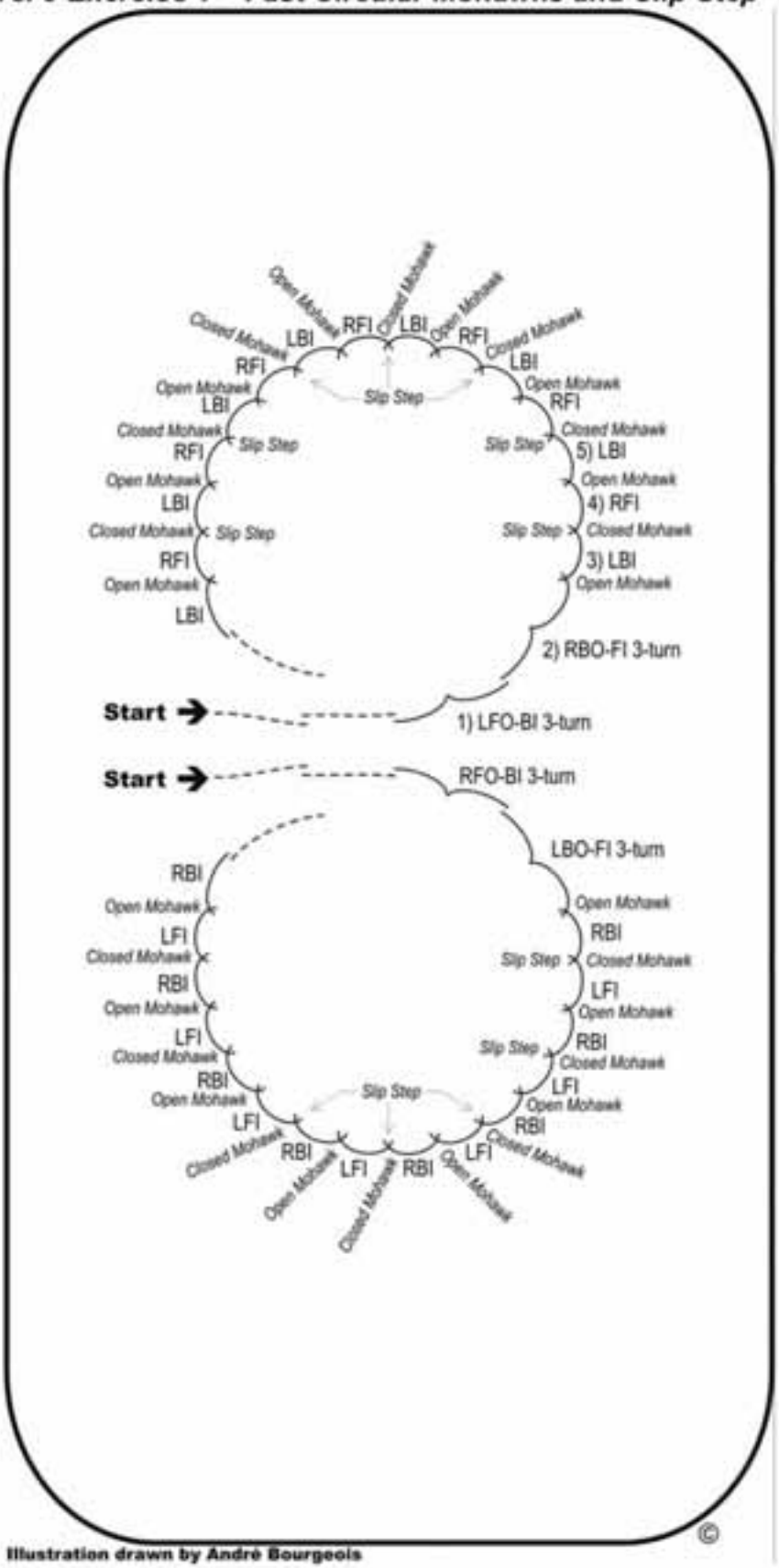


Illustration drawn by André Bourgeois

FOCUS

Rhythm and Flow

DESCRIPTION

The skater commences the exercise by skating an optional number of forward crosscuts in a circular pattern

1) LFO/ LBI three turn, change feet to
2) RBO three turn to
3) RFI/LBI open Mohawk (the skater pushes onto a forward inside edge with the skating side leading and the free foot behind to prepare for the Mohawk. The skater will then step onto a back inside edge with the free leg behind, coming towards the skating leg in order to change feet)
4) Change feet, keeping both feet side by side (slip step) and step forwards onto
5) RFI/LBI Mohawk

The skater then repeats the sequence of steps from 3 to 5 continuously in an anti-clockwise direction to complete a full circle, using a minimum of 4 sequences. (strong skaters may require to perform two circles). The exercise is then repeated in a clockwise direction, commencing with RFO three turn.

The skater must maintain speed and develop a rhythm as the exercise is performed.

The circles may be linked together.

Level 9 Exercise 2 – Perimeter Skating – Forward Rockers

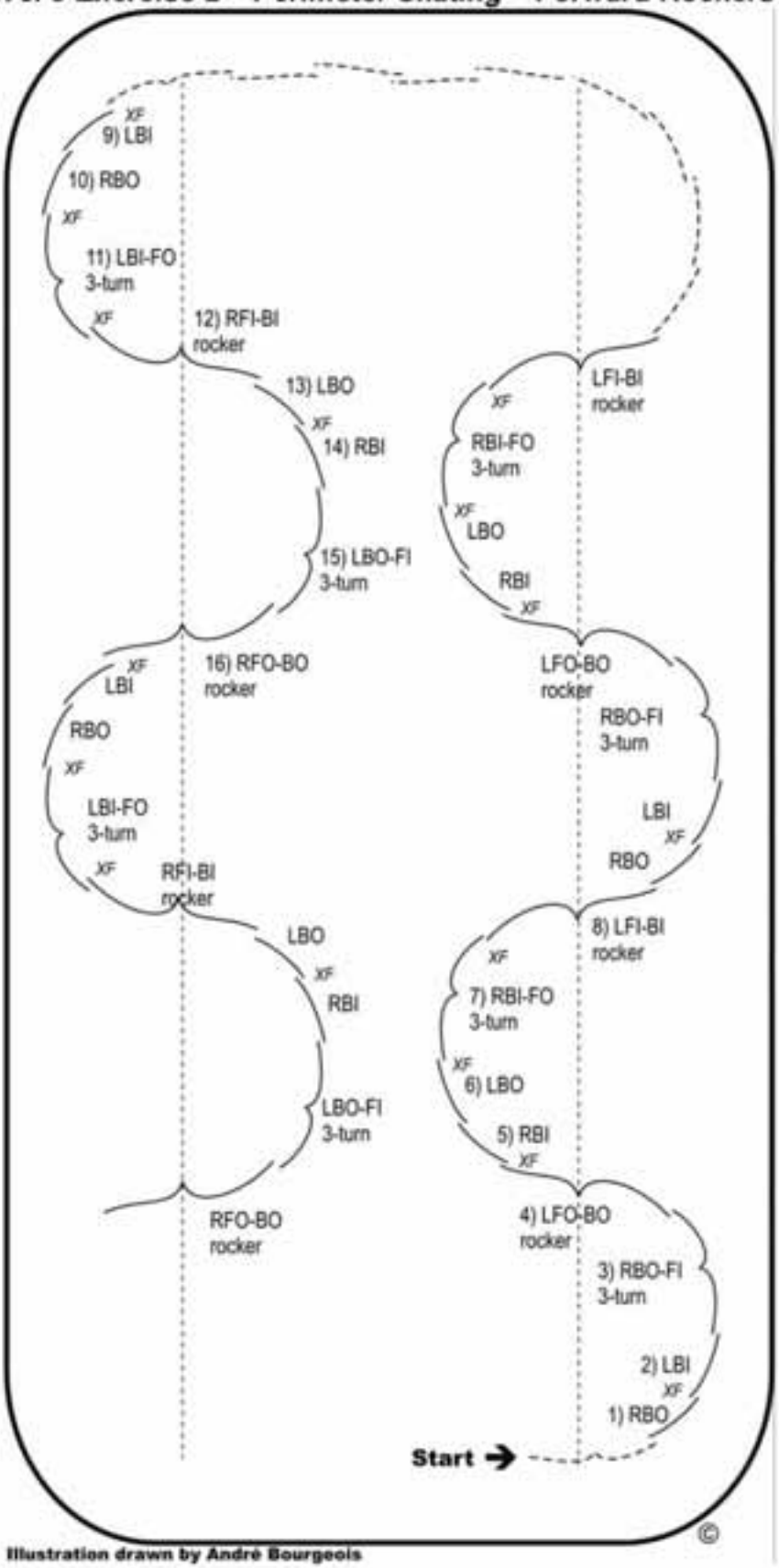


Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater can begin the exercise by skating optional steps.

1) RBO
2) LBI
3) RBO-FI three turn
4) LFO-BO Rocker (The skater will push onto a strong outside edge with the free side preparing to lead into the rocker turn. The free leg position is optional. As the skater exits the turn the shoulders will be rotated facing outside the circle with the free leg preparing to cross in front of skating foot.)
5) RBI (The shoulders will be rotated facing outside the circle.)
6) LBO (The shoulders will be rotated facing outside the circle.)
7) RBI-FO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross for the next step.)
8) LFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into circle. The free leg position is optional going into and out of the turn. The rocker must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) LBI
10) RBO
11) LBI-FO three turn
12) RFI-BI Rocker
13) LBO
14) RBI
15) LBO-FI three turn
16) RFO-BO Rocker

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 9 Exercise 3 – Perimeter Skating – One Foot Power Rockers

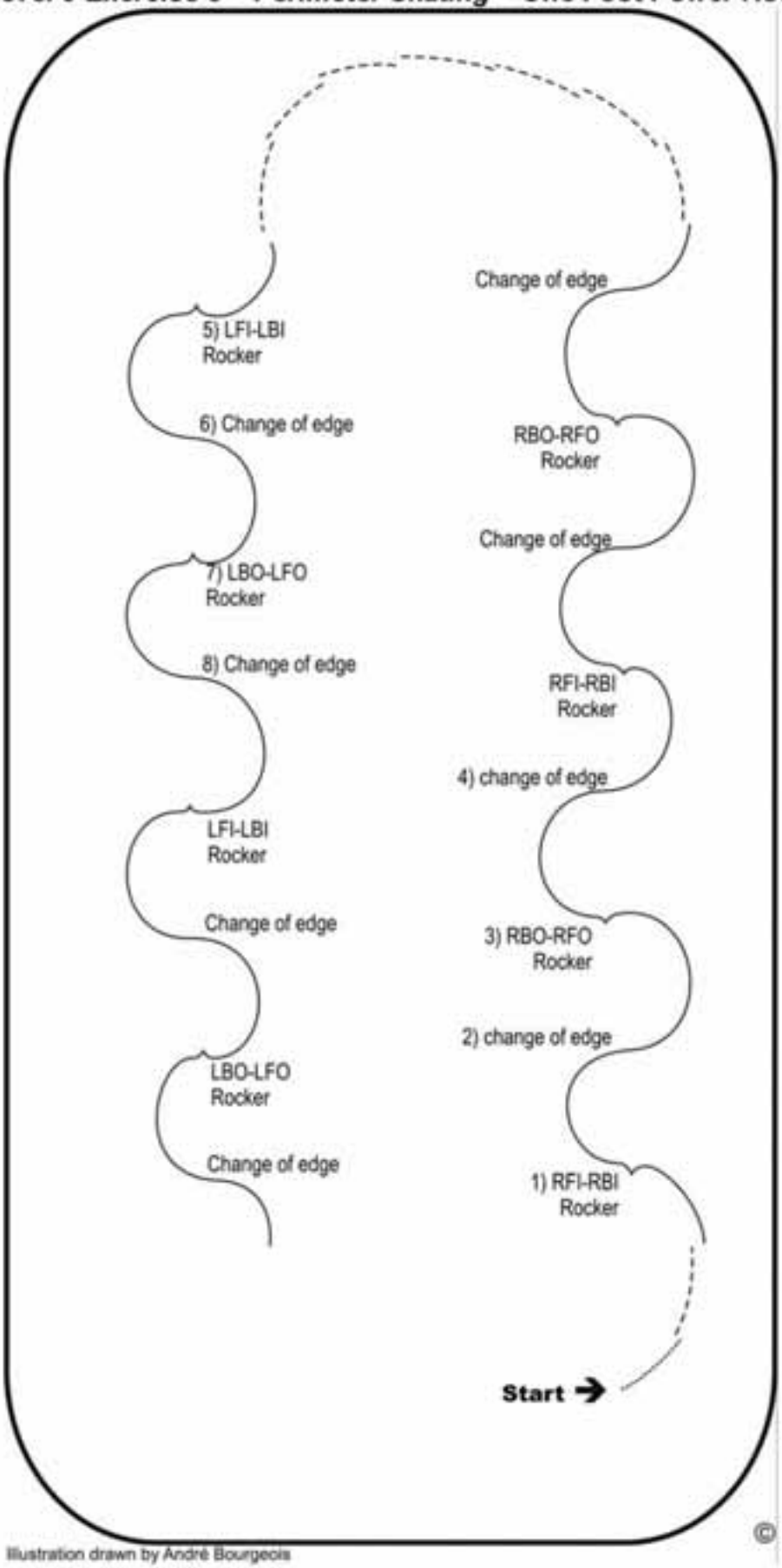


Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Power/Rhythm

DESCRIPTION

The skater begins the exercise by skating optional steps and pushes onto

1) RFI/RBI Rocker
2) Change edge onto
3) RBO/RFO Rocker
4) Change edge

Steps 1 to 4 are then repeated down the side of the rink. The skater then performs optional crosscuts across the end of the rink and pushes onto

5) LFI/LBI Rocker
6) Change edge onto
7) LBO/LFO Rocker
8) Change edge

Steps 5 to 8 are then repeated down the side of the rink to complete the exercise.

Level 9 Exercise 4 – Inside Double Threes and Twizzle

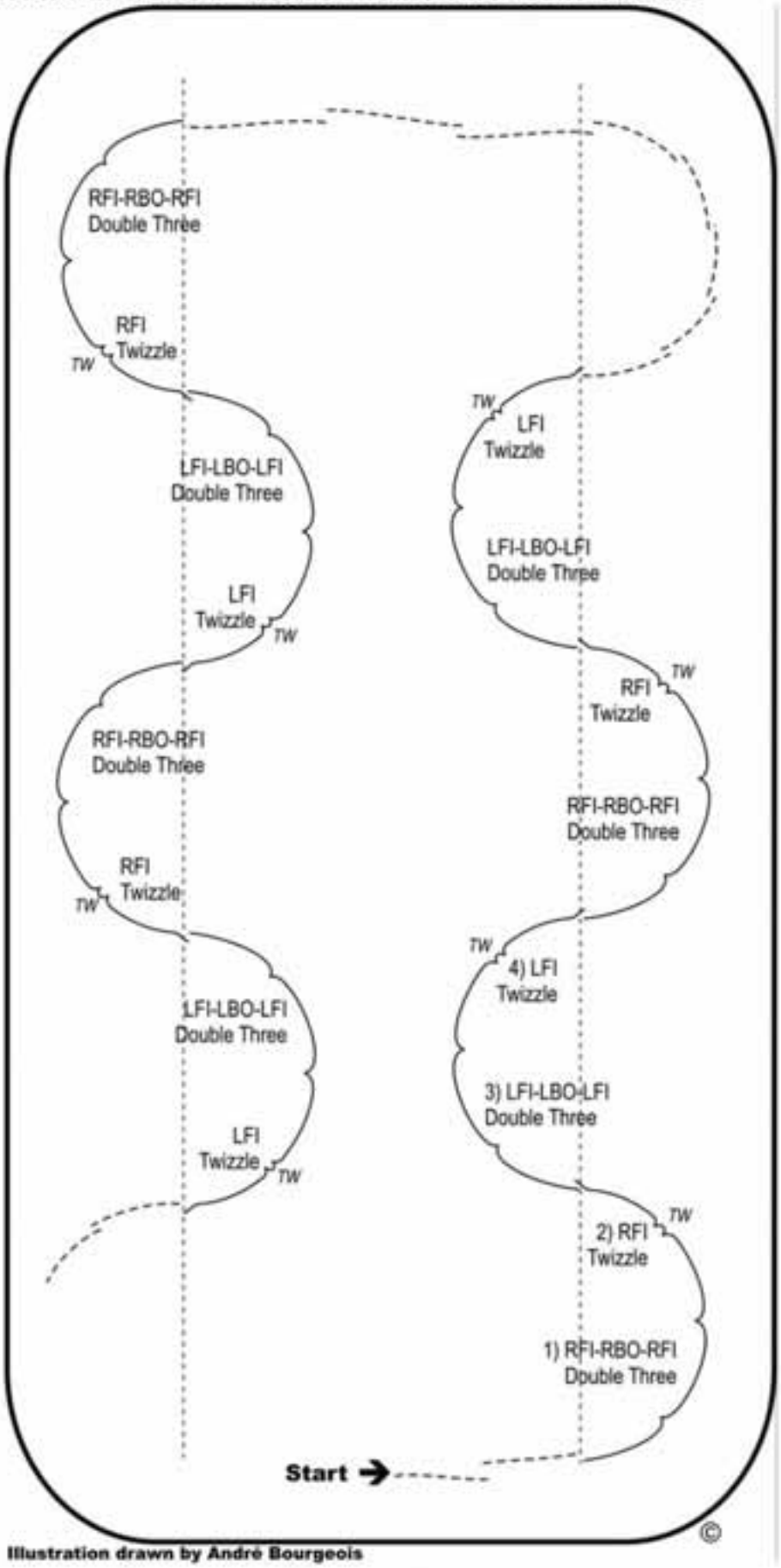


Illustration drawn by André Bourgeois

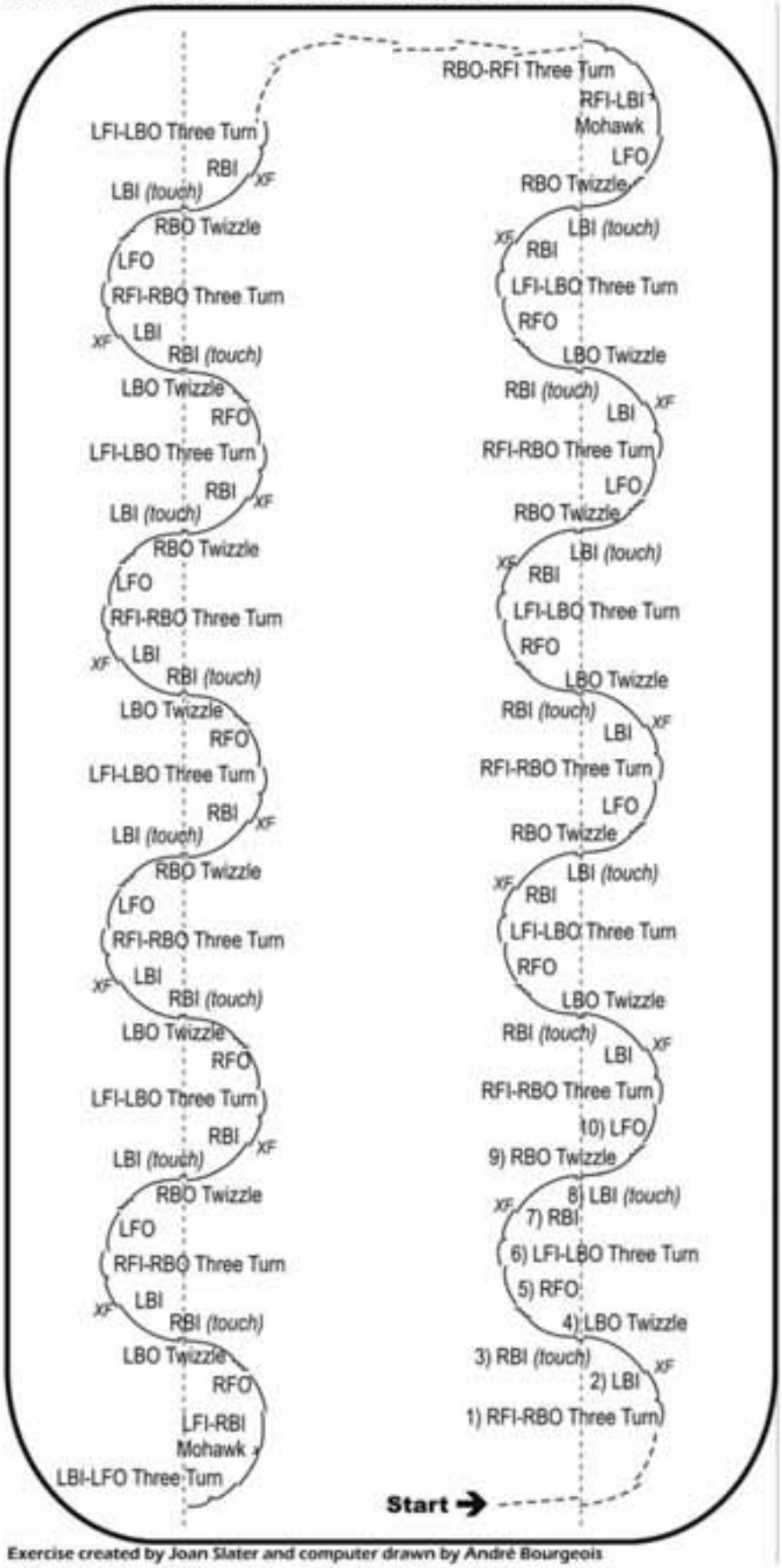
FOCUS
Edge Quality

DESCRIPTION
The skater begins the exercise by performing an optional number of forward crosscuts to step onto

1) RFI/RBO/RFI double three turn
2) The skater rises on the knee and turns a quick RFI Twizzle (1 rev), finishing this by holding the RFI edge with the free leg extended in front
3) Step onto LFI/LBO/LFI double three turn
4) The skater rises on the knee and turns a quick LFI Twizzle (1 rev), finishing this by holding the LFI edge with the free leg extended in front

Steps 1 to 4 are then repeated down the side of the rink. The skater then performs crosscuts across the end of the rink and repeats the exercise down the opposite side of the rink.

Level 9 Exercise 5 – Backward Outside Twizzles



Exercise created by Joan Slater and computer drawn by André Bourgeois

FOCUS

Edge Control
Neatness & Agility

DESCRIPTION

The skater begins the exercise by skating an optional number of crosscuts to commence the exercise down the long axis of the rink

1) Skate a RFI/RBO three turn
2) Cross left foot in front onto LBI
3) Touch down briefly onto RBI and push from this edge onto
4) LBO (1 revolution) twizzle with the free foot crossed over the ankle of the left foot
5) Skate forwards on a RFO
6) Skate a LFI/LBO three turn
7) Cross right foot in front onto RBI
8) Touch down briefly onto LBI and push from this edge onto
9) RBO (1 revolution) twizzle with the free foot crossed over the ankle of the right foot
10) Skate forwards on a LFO

Repeat steps 1 to 10, skating between 1 & 2 repetitions down the side of the rink, finishing on LFO edge.

Turn a RFI/LBI Mohawk (optional)
Turn a RBO/RFI three turn (optional) and skate optional steps across the end of the rink. Repeat the exercise down the opposite side of the rink, commencing with LFI/LBO three turn.

Level 9 Exercise 6 – Closed Choctaws

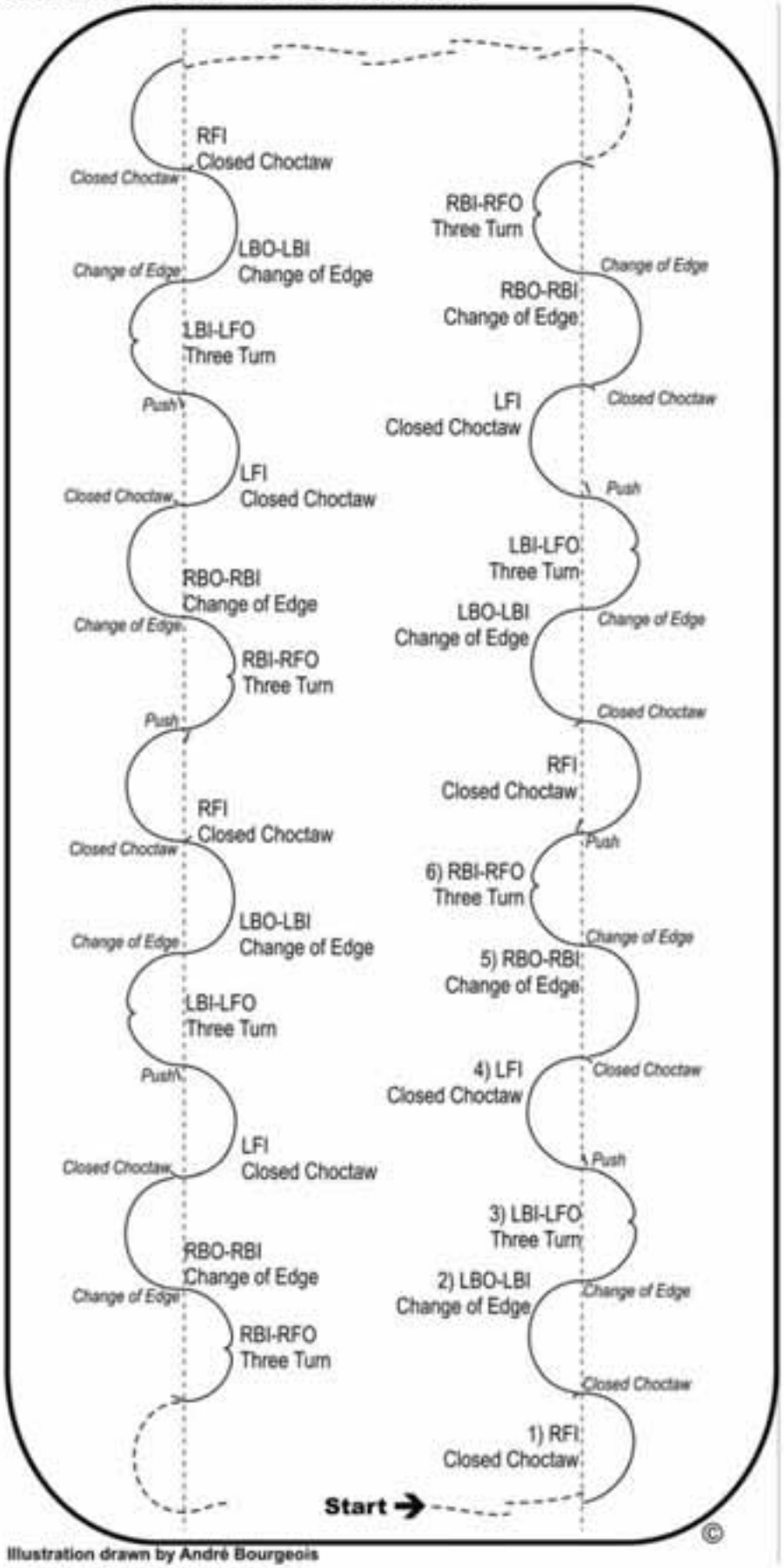


Illustration drawn by André Bourgeois

FOCUS

Flow/
Edge Quality/
Rhythm

DESCRIPTION

The skater begins the exercise by skating an optional number of crosscuts and pushes onto a

1) RFI closed Choctaw
2) Remain on LBO edge, swinging the free leg back to perform a BO-BI change of edge, returning the free leg to the front following the change
3) Turn a LBI-LFO three turn, exiting on a strong FO edge

While remaining on the left foot, the free leg will become the pushing foot for the next Choctaw

4) LFI closed Choctaw
5) Remain on RBO edge, swinging the free leg back to perform a BO-BI change of edge, returning the free leg to the front following the change
6) Turn a RBI three turn, exiting on a strong FO edge

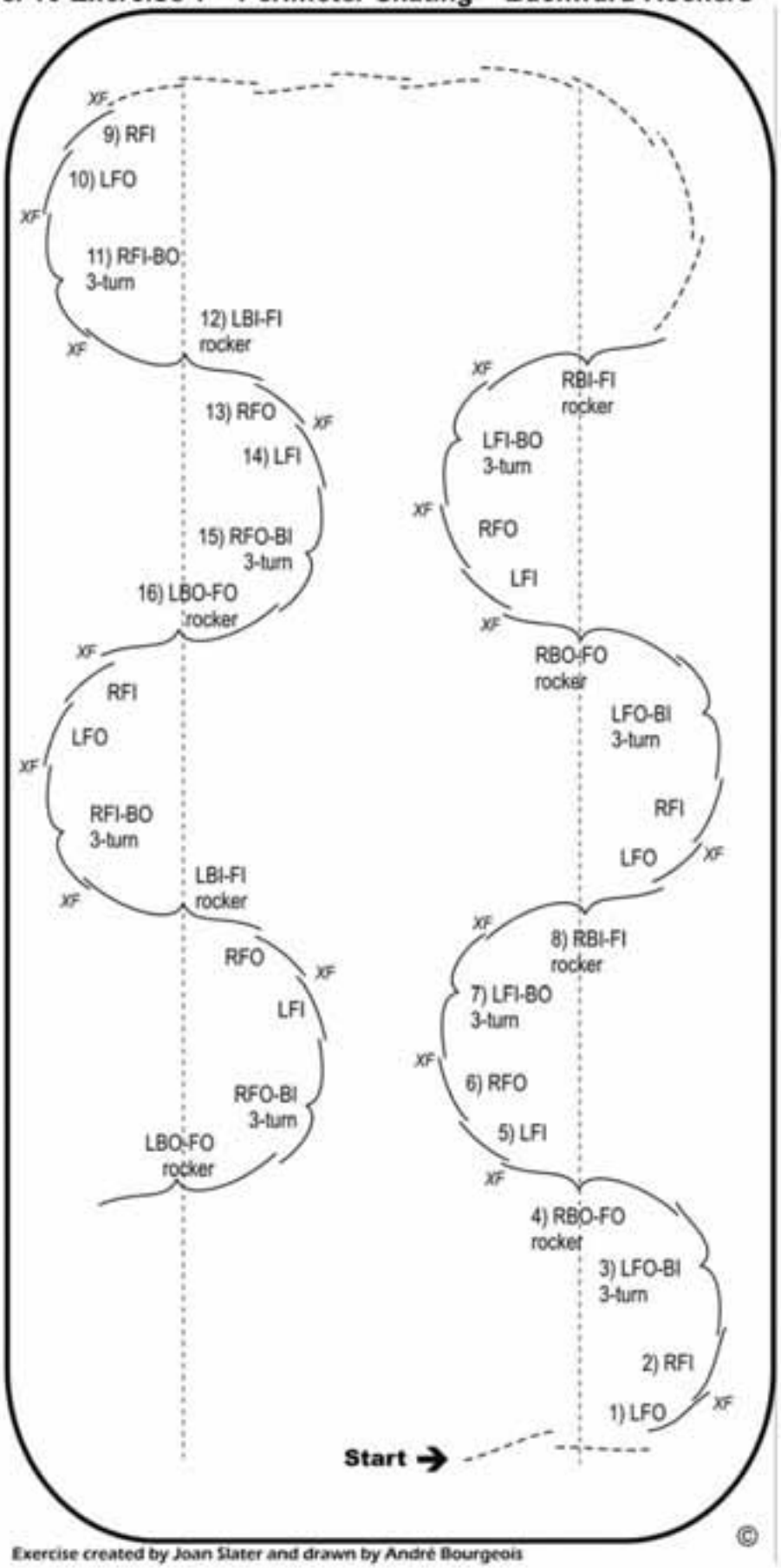
While remaining on the right foot, the free leg will become the pushing foot for the next Choctaw

Repeat steps 1 to 6, then skate optional crosscuts round the end of the rink and repeat along the other side of the rink, again commencing with the RFI Choctaw

LEVEL 10 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.8
Passing Total	15.2
Minimum Pass Mark for each exercise (after any re-skate)	3.3

Level 10 Exercise 1 – Perimeter Skating – Backward Rockers



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION
The skater can begin the exercise by performing optional steps.

1) LFO
2) RFI (The shoulders will be rotated facing outside the circle.)
3) LFO-BI three turn
4) RBO-FO Rocker (The skater will push onto a strong outside edge with the shoulders rotating in order to prepare for the rocker turn. The free leg position is optional. As the skater exits the turn the free side will lead and the free leg with move in front of skating leg.)
5) LFI
6) RFO
7) LFI-BO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross over for the next step.)
8) RBI-FI Rocker (The skater must push onto a strong backward inside edge. The shoulders will rotate to prepare for the turn. The free leg position is optional. The rocker must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second part of the exercise.

9) RFI
10) LFO
11) RFI-BO three turn
12) LBI-FI Rocker
13) RFO
14) LFI
15) RFO-BI three turn
16) LBO-FO Rocker

Steps 9 to16 are then repeated once along the same side of the skating rink.

Level 10 Exercise 2 – Perimeter Backward Loops and Quick Bracket Three Turn

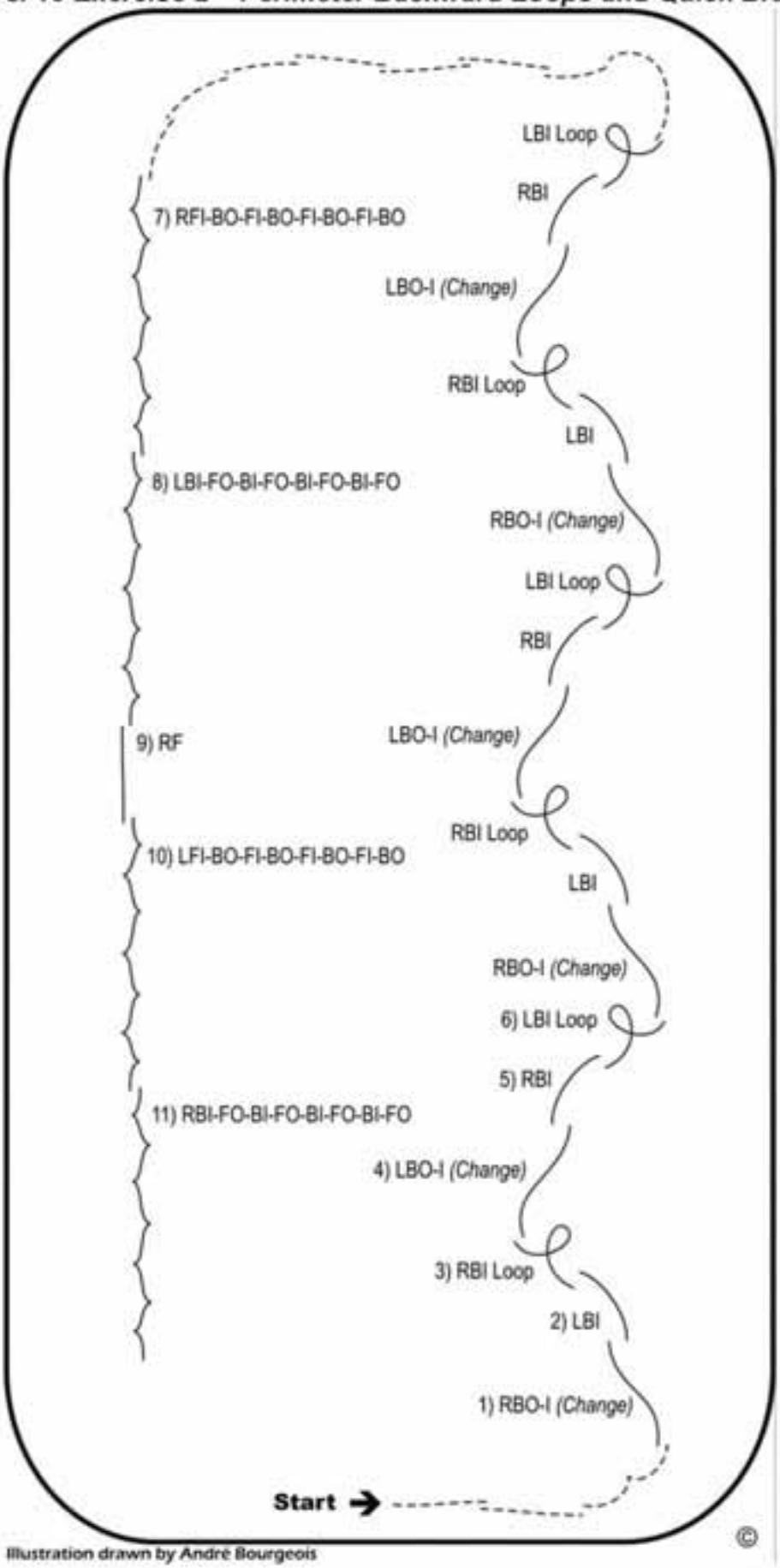


Illustration drawn by André Bourgeois

FOCUS

Edge Quality (Loops)
Quickness/Agility (Brackets)

DESCRIPTION

The skater begins the exercise by skating optional steps towards the end of the rink and turns an optional turn to backwards

1) RBO-I change (the free leg should remain behind)
2) LBI (the skater can hop to the BI)
3) RBI loop (the skater should enter the loop with the free leg in front of the skating foot, over the tracing. The free leg will move behind as the loop is created. The exit of the loop will be shorter than the entrance)
4) LBO-I change (the free leg should remain behind)
5) RBI (the skater can hop to the BI)
6) LBI loop

Repeat steps 1 to 6 twice and then skate optional steps across the end of the rink to commence the second part of the exercise.

7) RFI-BO-FI-BO-FI-BO-FI-BO (the skater performs a series of brackets and three turns. There should be minimum movement of the free leg during the turns. The upper body must remain relatively still and facing the outside of the skating rink)
8) LBI-FO-BI-FO-BI-FO-BI-FO (description as in 7)
9) RF
10) LFI-BO-FI-BO-FI-BO-FI-BO (description as in 7)
11) RBI-FO-BI-FO-BI-FO-BI-FO (description as in 7) to complete the exercise

Level 10 Exercise 3 – Ina Bauer Exercise

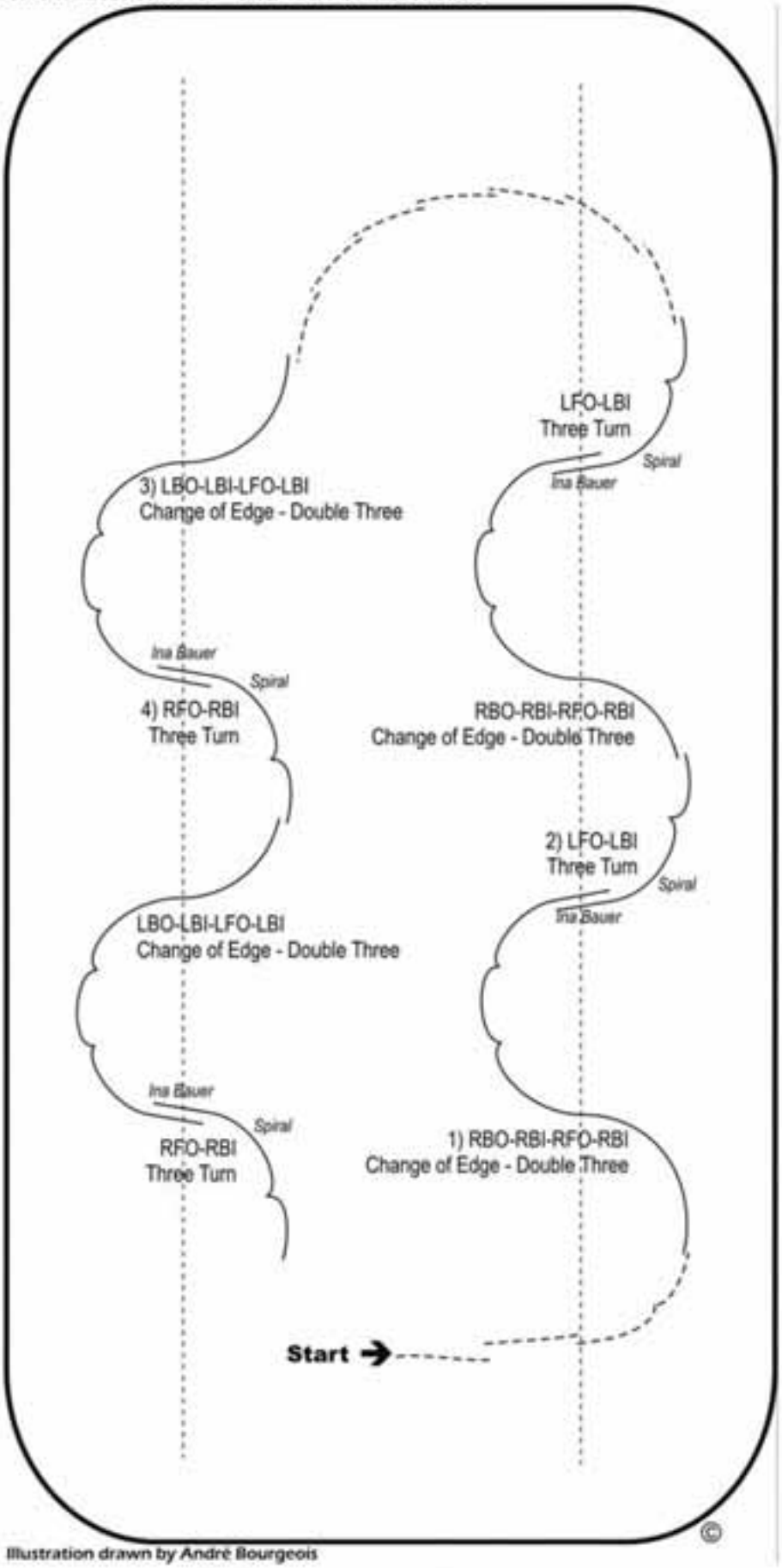


Illustration drawn by André Bourgeois

FOCUS

Edge Quality/
Control/Balance

DESCRIPTION

The skater begins the exercise by performing an optional number of crosscuts and prepares to begin the exercise by transferring the body weight onto

1) RBO edge, with a strong knee bend, change edge to RBI edge and then performs a double three turn (RBI/RFO/RBI)

Then perform an Ina Bauer. Lift the right foot off the ice into a spiral position and then turn a

2) LFO/LBI three turn. Push onto RBO as in step 1 and repeat the exercise

4 lobes should be skated

The skater then skates optional backward crosscuts across the end of the skating rink to repeat the exercise down the opposite side of the rink, commencing with

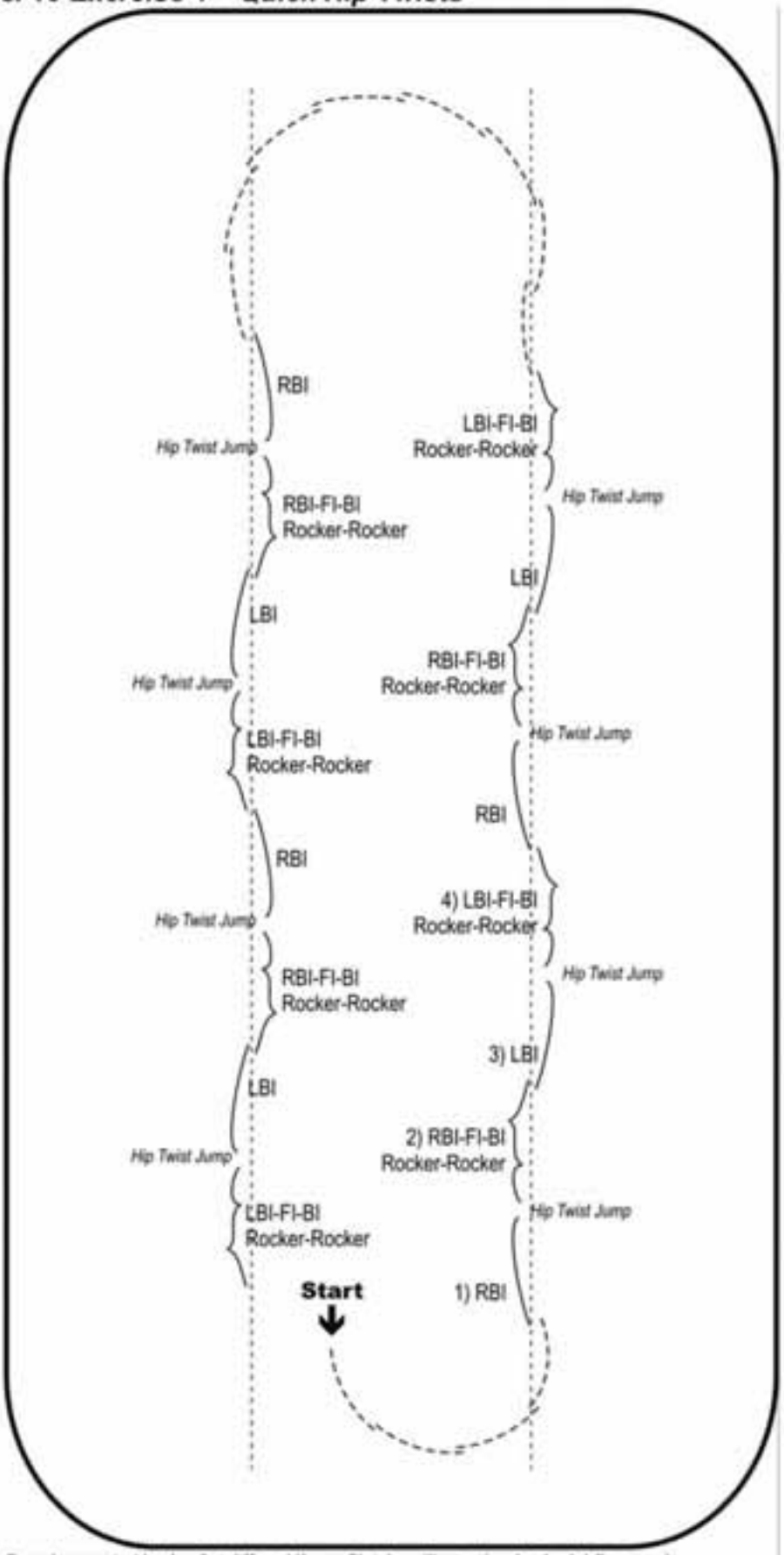
3) LBO edge with a strong knee bend, change edge to LBI edge and then performs a double three turn (LBI/LFO/LBI)

Then perform an Ina Bauer. Lift the left foot off the ice into a spiral position and then turn a

4) RFO/RBI three turn. Push onto LBO as in step 3 and repeat the exercise.

4 lobes should be skated to complete the exercise.

Level 10 Exercise 4 – Quick Hip Twists



Exercise created by Joy Sutcliff and Karen Fletcher, illustration by André Bourgeois

FOCUS

Control/Balance/Agility

DESCRIPTION

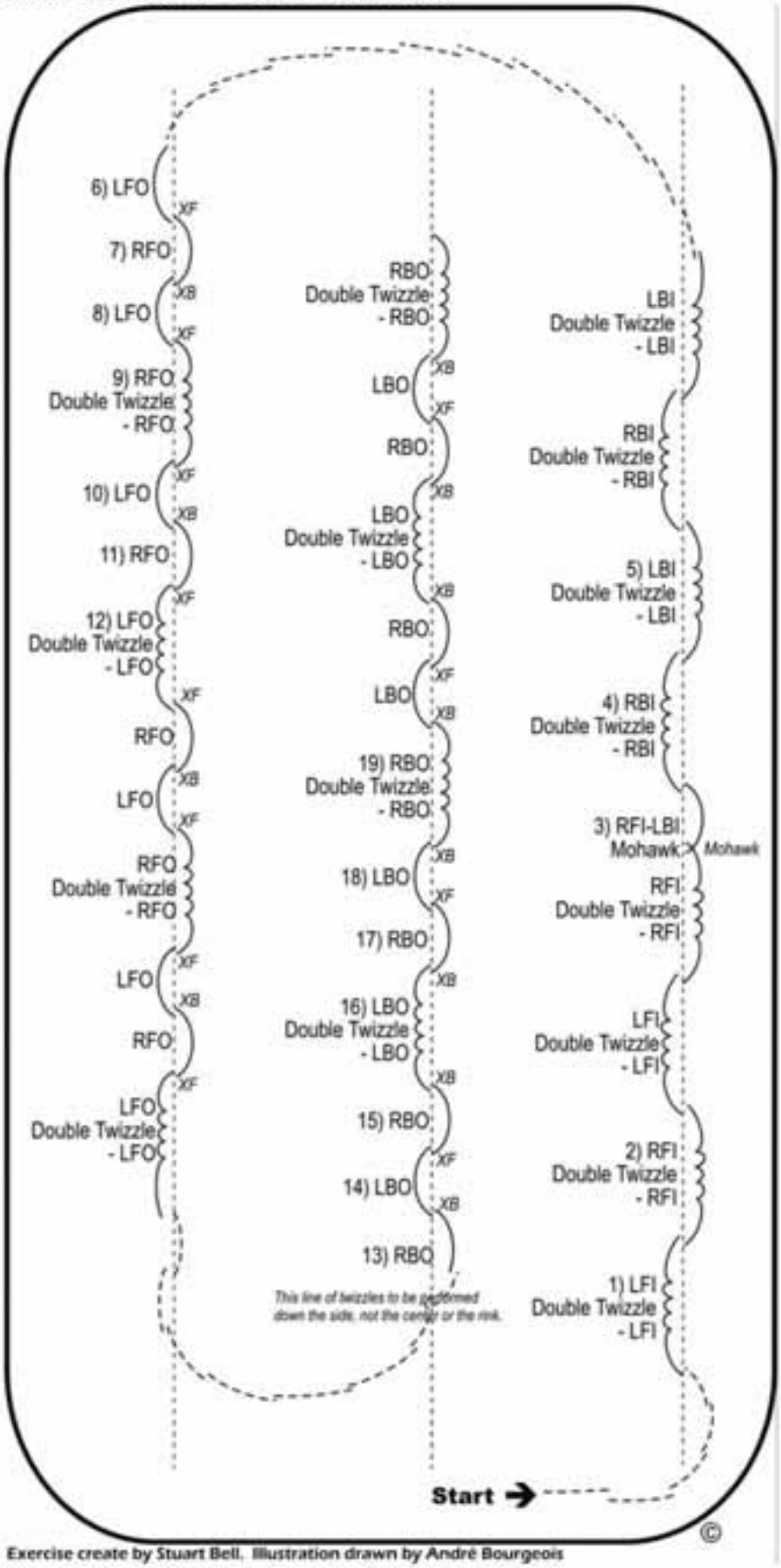
The skater begins the exercise by performing an optional number of back crosscuts

1) RBI (left shoulder checked forward) The skater then presses down in the right ankle to perform a small jump whilst rotating through the waist (hip twist), returning to the original RBI edge and performs a
2) Double rocker (RBI-FI-BI)

Then steps slightly to the side, onto
3) LBI (right shoulder checked forward) The skater then presses down in the left ankle to perform a small jump whilst rotating through the waist (hip twist) returning to the original LBI edge and performs a
4) Double rocker (LBI-FI-BI)

Steps 1 to 4 are then repeated to complete a minimum of four hip twists. The skater then skates optional back crosscuts to repeat the exercise down the opposite side of the rink

Level 10 Exercise 5 – Double Twizzles



Exercise create by Stuart Bell. Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Control

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the rink and then skating on two feet, slightly apart, with the right arm slightly forward and the left arm extended in an open position.

1) Press the weight completely from the RFI onto LFI, bringing the right skate to the inside of the left skating leg and performing a LFI double twizzle.

2) Press the weight completely from the LFI onto RFI, bringing the left skate to the inside of the right skating leg and performing a RFI double twizzle.

Repeat steps 1 and 2 to the midway point along the side of the rink, finishing on RFI edge

3) Turn a RFI/LBI Mohawk and place the right free foot on the ice.

4) Press the weight completely from the LBI onto RBI, bringing the left skate to the inside of the right skating leg and performing a RBI double twizzle return to two footed stance, with the body square to the axis.

5) Press the weight completely from the RBI onto LBI, bringing the right skate to the inside of the left skating leg and performing a LBI double twizzle.

Repeat steps 4 & 5 to the end of the rink and then skate backward crosscuts across the end of the rink, stepping forward onto

6) LFO, cross in front to
7) RFO, cross behind to
8) LFO – transfer the weight to
9) RFO double twizzle, cross in front to
10) LFO, cross behind to
11) RFO, transfer weight to
12) LFO double twizzle

Repeat steps 7 to 12 along the side of the rink, then perform optional steps across the end of the rink to perform the third line of twizzles down the side, not the centre, of the rink, stepping onto

13) RBO, cross behind to
14) LBO, cross in front to
15) RBO, transfer weight to
16) LBO double twizzle, cross behind to
17) RBO, cross in front to
18) LBO, transfer the weight to
19) RBO double twizzle

Cross behind to LBO and repeat steps 14 to 19 to the end of the rink to complete the exercise.

October 2010
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National Ice Skating Association of Great Britain & N.I.

RULES AND REGULATIONS

2010

October 2010

Please be aware that the details contained within this manual are subject to change at any given time.
For updates, refer to NISA and ISU Communications published via their respective websites

National Ice Skating Association of UK Ltd

NEW TEST STRUCTURE
For
NATIONAL TESTS

Rules and Regulations

CONDITIONS

1. All National Tests will be organised and conducted locally after application to NISA, (unless chosen venue is a NISA accredited self organised test centre)

2. Only NISA members are entitled to apply to be candidates for NISA tests and all candidates must be fully paid up members of NISA at the time the application is submitted and the test skated. For Dance/Pairs tests, all partners of candidates taking NISA Dance/Pairs tests must also be fully paid up members of NISA at the time of the test.

3. The candidate should apply on the official NISA test application form. The candidate should have forwarded with the application his/her subscription if not already paid, plus the appropriate test fee.

4. Both the applicant and his/her coach should sign the test application. PLEASE NOTE: APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. NOTE: No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.

5. No test may be taken unless the application has been submitted and accepted and the applicable test fee paid.

6. Applications for a test must be made a minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink and on different days to that which was originally indicated on the application form. If a holiday or school examination date is known, the candidate should indicate when he/she is definitely not available.

7. Transfer of tests between rinks should be arranged between test organisers or with NISA office staff and not by parents or coaches.

8. All successful candidates of NISA tests shall receive a certificate appropriate to the level of test passed.

9. NISA test medals may be purchased for each discipline by successful candidates, appropriate to the level of tests passed, on completion of all individual tests within each level. e.g. Field Moves, Elements and Free. Field moves, CD, OD, VD, FD, and including Field moves for Synchro and Pair tests.

10. One NISA judge will judge National Tests Levels 1 – 6 inclusive. Levels 7 – 10 inclusive require two NISA judges. However, under exceptional circumstances, all National Tests may be judged by one NISA appointed judge, who is presently qualified to judge at an ISU International or ISU Championship level. Approval for this must be given by the Judges/ Officials Director.

11. Judges have complete control during the tests, with full responsibility for ensuring that the tests run efficiently.

12. A candidate who is given a retry for a test cannot retake this test until after the expiration of 4 weeks i.e. 28 days.

13. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests.

14. Failure to attend or skate on the day and at the time arranged will result in the cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a Doctors' Certificate or a letter from the school to the NISA office and the test may then be held in credit.

15. Unless otherwise deemed by the NISA office, a test application is null and void one year after its receipt. The fees for void tests are forfeited.

16. The recording of videos during test sessions is NOT PERMITTED

17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

All Judges of Single/Dance/Pair /Synchronized skating tests shall be appointed by and at the discretion of NISA and must be eligible persons and current members of NISA.

NISA NATIONAL SKATING TESTS

GENERAL REGULATIONS

1. Skaters may progress up any vertical channel of the National Test Structure separately. e.g. Level 1 Elements to Level 10 Elements without holding Field Moves or Free Skating Tests. Level 1 Elements Test must be passed before taking Level 2 Elements etc.

2. Music must not be played during Field moves and singles/pairs elements tests. Background music may be played during all test warm ups if desired. Other than compulsory dance, variation dance tests, no programme music should be played during warm ups.

3. It is the responsibility of the candidate to arrange for the music to be played for all Dance/Free tests.

4. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.

5. Candidates must not waste undue time between the completion of one field move, compulsory dance or single/pair skating element and the commencement of the next.

6. All candidates will receive a comments sheet relating to their test from the judges.

Field Move Tests

7. All tests must be skated on a clean ice surface and wherever possible at the beginning of a test session. In test levels 1-7 all field moves are compulsory. In test levels 8-10 the skater may select any 4 of the 6 Field Moves listed, and the judges must be informed of which are to be skated before the commencement of the test.

8. Crosscuts and/or gliding steps are acceptable as a means of progressing from one part of a Field Move exercise to another, but two footed skating will not be allowed at this point.

9. The minimum number of lobes and/or repetitions stipulated in the Field Moves Exercises must be completed using the full ice surface where possible. For ice surfaces less than 40 metres in length, the exercises

may be split along both sides of the rink. However the minimum number of lobes and/or repetitions must still be skated in one continuous exercise without loss of speed and still to the required standard. Levels 7 – 10 will only be permitted on ice surfaces of 40 metres and more in length.

10. During a Field Move test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment, or due to serious external influence, then the candidate will re-start the field move in question in order to demonstrate the flow of the exercise. This will not be classed as a re-skate. N.B. This restart rule only applies to Field Move tests.

11. A maximum of two re-skates will be permitted on two **separate** Field Moves and a short warm up may be given.

Single/Pairs Elements Test

12. Elements may be skated in any order. Two attempts at each separate element are permitted and the higher mark attained for each separate element will be used in the calculation of the final total before re-skates. A maximum of two re-skates on two **separate** elements will be permitted and a short warm up may be given, but this will be at the discretion of the judges. In free choice elements, the element originally selected by the candidate must be re-skated. The highest mark from the two attempts and the re-skate of an element will be used to determine the final total mark for the test. All step and spiral sequences in Levels 7 – 10 must be in accordance with current ISU Single's regulations. Small Rinks (less than 40 metres): - All Elements tests may be taken on small rinks, provided the step sequences and jumps can be performed to the required standard with speed consistent with that standard.

Single/Pairs Free Skating Tests

13. Only music without lyrics will be allowed for all free skating tests.
Up to two minor errors will be permitted on different types of elements i.e. jumps or spins or spirals/steps. Failed elements would count as major errors and only one such major error will be permitted and will necessitate a re-skate in isolation with no warm-up/practice. A test may not pass if a major error remains on any required element following a re-skate. A re-skate is not allowed for an omission of a required element and the test would automatically qualify for a re-try.

Refer to Minor/Major Chart in Free Test Booklet for guidelines

In the case of minor errors, the presentation mark must be of sufficiently high standard to enable the test to pass.

Should the set elements be performed to a very high standard, with no errors, but the presentation mark was not of such a high standard, the test could still pass if the total amount of marks is equal to the passing total.

14. Small Rinks: - Free Test Levels 7 – 10 will only be allowed on rinks of 40 metres and larger.

15. During a single/pair free skating test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

Dance Tests

16. During a Compulsory/Original/Variation/Free Dance test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardise his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

17. No re-skates are permitted in a compulsory dance, variation/original dance or free dance test.

18. Small Rinks: Ice Dance Tests Levels 4-10 will only be allowed on rinks of 40 metres and larger.

Compulsory Dances Levels 1 to 3 on smaller rinks: all the dances are forward skating and use only one side of a full size rink for one sequence therefore it will take a full circuit on smaller rinks to complete one sequence and as all the dances require two sequences two circuit of a smaller rink will be required.

Note: - Further information for tests in all disciplines is available in the test organizer manual.

TABLE OF TIMINGS

TEST	WARM-UP TIME	TIME ALLOWED FOR EACH TEST (After Group Warm-Up)	MAXIMUM NO. OF SKATERS ON ICE FOR WARM-UP	TOTAL TIME FOR EACH GROUP OF TESTS
Field Moves 1 & 2	5 mins	10 mins	4	45 mins
Field Moves 3 - 6	5 mins	12 mins	3	41 mins
Field Moves 7-10	6 mins	12 mins	3	42 mins
Singles Elements 1-6	6 mins	10 mins	4	46 mins
Singles Elements 7-10	6 mins	12 mins	3	42 mins
Free Levels 1-3	3 mins	5 mins	6	33 mins
Free Levels 4-7	4 mins	7 mins	5	39 mins
Free Levels 8-10	6 mins	8 mins	4	38 mins
Pattern Dance 1-7	A minimum of 4 minutes. *Further time (1 minute per dance) may be added to ensure all pattern dance music is included*	5 mins	5 Solo Candidates Or 4 Couples	Approx. 30 mins
Pattern Dance 8-10				
		6 mins		
		Approx. 35 Mins		
Variation 1-2	4 mins	4 mins	5 Solo Candidates or 4 Couples	Approx. 25 mins
Original Dance 3-6		4 mins		4 mins
		Approx. 25 mins		
Original Dance 7-10		5 mins		5 mins
		Approx. 30 mins		
Free Dance 1-6	4 mins	4 mins	5 Solo Candidates Or 4 Couples	Approx. 25 mins
Free Dance 7-10		5 mins		5 mins
		Approx. 30 mins		
Pairs Tests 1 -6	6 mins	15 mins	2 pairs	36 mins

If any skaters are kept waiting an unacceptable length of time due to any delays for whatever reason then the judges may offer an additional 1 minute warm up, or length of time they deem appropriate.

COMPETITIVE / IJS TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007 any skater holding a complete Competitive/ IJS (i.e. 3 parts Dance, 2 parts Pairs, 2 parts Singles) tests will be given equivalency as in the chart below.

Complete Competitive/ IJS Test Held in any Discipline	New Field Moves Equivalent
NISA Primary (ISU Novice)	Level 9
Junior	Level10
Senior	Level10

This means that a skater with a complete Primary Competitive/ IJS test will receive equivalency for Level 9 Field Moves and the next Field Moves test to be taken will be Level 10 Field Moves. Taking further Competitive/ IJS tests after 1st January 2007 will not give additional Field Move Test equivalencies. These tests must be taken at local test sessions

(NATIONAL) STANDARD TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007, any skater holding old Field Moves/Dance Moves Tests, and skaters holding complete tests, Levels 9 and 10 (* see clarification below), will be given equivalency as in the chart below.

Old Singles Field Moves	Old Dance Moves	Complete Test Held	New Field Moves Equivalent
Novice	Level 1	N/A	Level 1
Prelim	Level 2	N/A	Level 2
N/A	Level 3	N/A	Level 3
Inter Bronze	Level 4	N/A	Level 4
N/A	Level 5	N/A	Level 5
Bronze	Level 6	N/A	Level 6
N/A	Level 7	N/A	Level 7
Inter Silver	Level 8	N/A	Level 8
N/A	Level 9	*Level 9	Level 9
N/A	Level 10	*Level 10	Level 10

Example:- If a skater holds the old Prelim Field Moves Test, they will receive the new Level 2 equivalency, therefore the next test level to be taken will be the new Level 3 Field Moves test

*Complete Dance Moves levels 9 (9a,9b) or 10 (10a,10b)
*Complete Standard (National) Dance Tests Levels 9 or 10 (CD,OD,FD)
*Complete Standard (National) Singles tests Levels 9 or 10 (Elements & Free)

COMPETITIVE/NATIONAL (STANDARD) TEST EQUIVALENCIES

As from 1st January, 2006 individual parts of Competitive Tests (and now IJS Competitive Tests) will receive National (Standard) Test equivalencies.

Field Moves and Dance Moves are not considered as part of these equivalencies.

SINGLES

Competitive Test (Now IJS)	Standard (Now National)Test
Pre-Novice	Level 7 Free
Novice SP	Level 8 Elements
Novice FP	Level 8 Free
Primary (ISU Novice) SP	Level 9 Elements
Primary (ISU Novice) FP	Level 9 Free
Junior SP	Level 10 Elements
Junior FP	Level 10 Free
Senior SP	Level 10 Elements
Senior FP	Level 10 Free

DANCE

Competitive Test (Now IJS)	Standard (Now National) Test
NISA Novice CD	Level 8 Parts 1 & 2 CD
NISA Novice FD	Level 8 OD & FD
Primary (ISU Novice) CD	Level 9 Parts 1 & 2 CD
Primary (ISU Novice) FD	Level 9 FD
Junior CD	Level 10 Parts 1 & 2 CD
Junior OD	Level 10 OD
Junior FD	Level 10 FD
Senior CD	Level 10 Parts 1 & 2 CD
Senior OD	Level 10 OD
Senior FD	Level 10 FD

NISA FIELD MOVES
DVD NOTES

2010

October 2010
National Ice Skating Association (uk) LTD, Grains Building, High Cross Street, Nottingham, NG1 3AX

NISA FIELD MOVES 07

Further Clarification of DVD and Drawings

This document is to be used in conjunction with the DVD and the commentary, and gives the assessed marks for the demonstrations shown.

The DVD examples are NOT necessarily skated to the Pass standard. They demonstrate various examples of errors, and explain how these errors are assessed in addition to showing how the successful points of the exercise are rewarded.

The patterns shown on the drawings are not Compulsory Dances or School Figures and therefore not always as exact when the pattern is skated. The outline of the rink is shown purely as a guideline and some exercises may not occupy the whole rink space as drawn. The descriptions specify numbers of lobes and repeats and as long as these are completed satisfactorily the size of the pattern will be accepted.

Variations of arm and free leg positions are generally acceptable, as these Field Moves are generic and not specific to Singles or Dance, as long as these do not cause any overbalancing or awkward positions during the exercises.

Shallow turns and edges are acceptable if executed correctly. Depth of edges and depth of turns will increase the mark given for improved quality.

Points to consider on every Field Move in addition to the focus points given at the top of each page for each exercise:

- Carriage and Style
- Body Lean
- Flow (speed)
- Knee Bend
- Edges
- Clean Turns
- Correct Push Off
- Pattern
- Understanding of the concept! I.e. does the skater understand what he/she is trying to achieve when skating the exercise?

Marks: If the mark given for a re-skate is lower than the original mark given, then the judge will use the higher mark.

All exercises have a minimum mark, after re-skates, of 0.5 below the average pass mark. If this minimum mark is not reached after a re-skate, then the test will automatically be given a re-try.

October 2010
National Ice Skating Association (uk) LTD, Grains Building, High Cross Street, Nottingham, NG1 3AX

Level 2: Average Pass Mark 2.2

Exercise 1:
Mark given: 2.8 Backward Outside Edges, 2.0 Backward Inside Edges, giving a final mark of 2.4. The free leg should pass through, rather than the swing demonstrated on the Back Outside Edges. The skater must stop between each part of the exercise and not join up the two parts as shown on the DVD. The pattern shown on the Back Inside Edges is too small in relation to the Backward Outside and the skater has a big swing through of the free leg which throws her off balance.

Exercise 2:
Mark given: 2.4 for the Forward Cross Rolls and 2.1 for the Backward Cross Rolls, making a final mark of 2.3 for the exercise (round up marks)

Exercise 3:
Mark given: 3.2 for the first part and 3.1 for the second, giving a final mark of 3.2 for the exercise.

Exercise 4:
Mark given: 2.5

Level 3: Average Pass Mark 2.4

Exercise 1: Mark given 2.6. This is an exercise which may demonstrate different free leg positions

Exercise 2: Mark given 2.6 for the first skater. Even though many of the turns are early, the basic quality of the exercise would allow this to pass. The second skater would be given 2.1 as there are fundamental errors.

Exercise 3: Mark given 2.8. If a deeper inside edge is skated, then the quality of the exercise will increase and the mark will be higher. It is not necessary for the pattern to cover the entire rink as shown. The quality of the extended edges is more important.

Exercise 4: Mark given 2.9. The toe push must be very light throughout this exercise and NOT a heavy push with most of the blade on the ice in order to assist balance and the transfer of weight.

Level 4: Average Pass Mark 2.6

Exercise 1: Mark given 3.0.

Exercise 2: Mark given 3.0

Exercise 3: Mark given 2.6 for the first part and 2.1 for the second, giving a final mark of 2.4

Exercise 4: Mark given 3.0. It is not necessary for the pattern to cover the entire rink as shown. The quality of the extended edges is more important.

Level 5: Average Pass Mark 2.8

Exercise 1: Mark given 3.2

Exercise 2 Mark given 3.2 for the forward slalom and 3.0 for the backward. This exercise is used in synchronised skating to stop the skaters' shoulders rotating too much when skating in line and is also used as a dance exercise.

Exercise 3: Mark given 3.6. The free leg could be tucked closer to the skating leg during the turns. There should be no excessive balancing on two feet after the double three. This movement is a sway of the body to transfer the weight into the next circle. Some skaters may prefer to lift the free leg on the back edge at this point, when moving into the next circle. However this would not be the recommended method.

Exercise 4: Mark given 3.2

Level 6: Average Pass Mark 3.0

Exercise 1: Mark given 3.6

Exercise 2: Mark given 3.3 for the first side and 3.4 for the second part of the exercise, giving a final total of 3.4. The rocker turn could be deeper to increase the quality. The free leg may be in front after the rocker. If this is the case, and the rocker turns are clean, then this is acceptable.

Exercise 3: Mark given 3.4 for the first skater and 3.5 for the second. A deep knee bend is necessary to perform this exercise with quality. A slight "jump" as shown here will be acceptable and more body movement would also be acceptable.

Exercise 4: Mark given 3.0. The position of the bracket turn as required on the pattern is not always correct but good control is shown.

Level 7: Average Pass Mark 3.2

Exercise 1: Mark given 3.8

Exercise 2: Mark given 3.6

Exercise 3: Mark given 3.5

Exercise 4: Mark given 2.9. The free foot may cross behind or in front of the skating foot before the bracket turn

Level 8: Average Pass Mark 3.4

Exercise 1: Mark given 3.2

Exercise 2: Mark given 3.4

Exercise 3: Mark given 3.5 for the first demonstration and 3.9 for the second.

Exercise 4: Mark given 3.7 for the first side and 3.5 for the second, giving a total mark of 3.6 for the exercise.

Exercise 5: Mark given 3.6. Not all Choctaws have the required cross behind before the turn

Exercise 6: Mark given 3.4 for the first part and 3.0 for the second, making a final total of 3.2 for the exercise. On the first part of the exercise, during the swing counter rotation twizzle, the body will turn through a full rotation, however the skating foot will only turn slightly more than a half rotation, enabling the skater to give a strong push on the forward outside edge.

Level 9: Average Pass Mark 3.6

Exercise 1: Mark given 3.8 for both circles, therefore the total mark for the exercise is 3.8. The focus points are rhythm and flow, which are both demonstrated.

Exercise 2: Mark given 3.6. Judges need to be sure how many changes of edge either before or after the turn are seen. In paragraph 8) in the description, the free leg position is optional.

Exercise 3: Mark given 3.6

Exercise 4: Mark given 3.4

Exercise 5: Mark given 4.4

Exercise 6: Mark given 3.8. Some Choctaws not clean and some balancing on the RFI edge before the Choctaw lowers the quality

Level 10: Average Pass Mark 3.8

Exercise 1: Mark given 4.1

Exercise 2: Mark given 4.0 for the loops and 3.9 for the quick bracket three turn, giving a final mark of 3.9/4.0

Exercise 3: Mark given 3.9

Exercise 4: Mark given 4.2. This exercise is included for body balance and core stability

Exercise 5: Mark given 3.8 for the first skater and 3.8 for the second skater

Exercise 6: Mark given 4.1. The swing shown on the drawing and description before the quick chasse is optional and is not shown on the DVD.

National Ice Skating Association of UK Ltd.

Field Moves

National Ice Skating Association of Great Britain & N.I.

PASSING MARKS FOR FIELD MOVES 07 TESTS

Test Level	Average Pass Mark	Passing Total	Minimum Pass Mark (*see below)
Level 1	2.0	8.0	1.5
Level 2	2.2	8.8	1.7
Level 3	2.4	9.6	1.9
Level 4	2.6	10.4	2.1
Level 5	2.8	11.2	2.3
Level 6	3.0	12.0	2.5
Level 7	3.2	12.8	2.7
Level 8 (select 4 from 6)	3.4	13.6	2.9
Level 9 (select 4 from 6)	3.6	14.4	3.1
Level 10 (select 4 from 6)	3.8	15.2	3.3

***The minimum pass mark is relevant to each separate Field Move (after any re-skates)**

Should one Field Move mark be below the minimum pass mark, the test will result in a re-try, even if the passing total is achieved.

KEYS

Steps

LFO

Foot Direction Edge

Foot:	L = Left R = Right
Direction	F= Forward B = Backward
Edge:	O = Outside I = Inside

LFI Required Step

Optional Step

Change of Edge

XF Cross in Front

XB Cross Behind

Turns

Three Turn

Bracket

Counter

Rocker

Mohawks

Choctaw

Loop

Double Three Turns

RHS

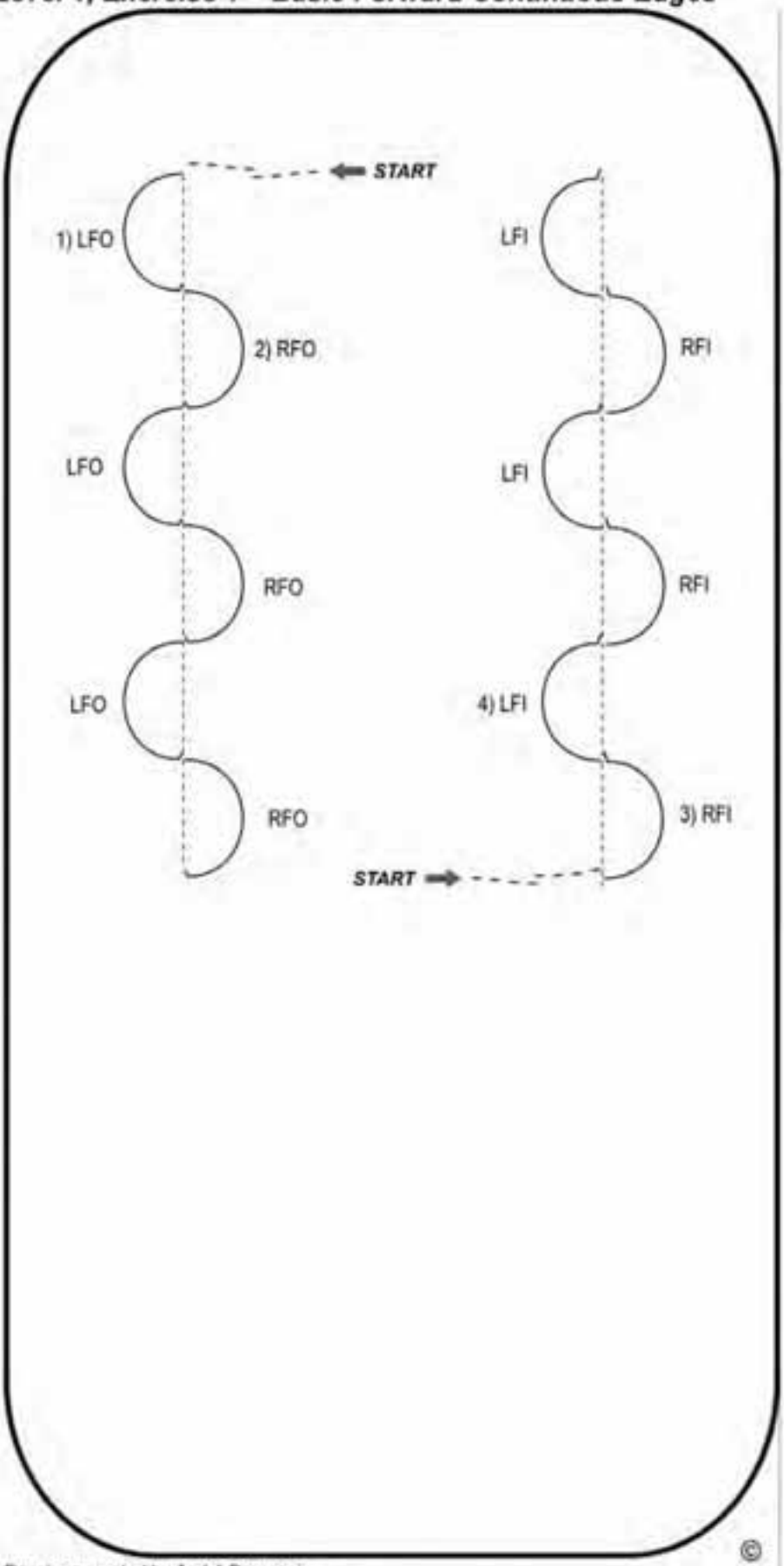
Terminology

The term "crosscut"is the equivalent of a crossover

LEVEL 1

Average Pass Mark	2.0
Passing Total	8.0
Minimum Pass Mark for each exercise (after any re-skate)	1.5

Level 1, Exercise 1 – Basic Forward Continuous Edges



Drawings created by André Bourgeois

FOCUS
Edge Quality

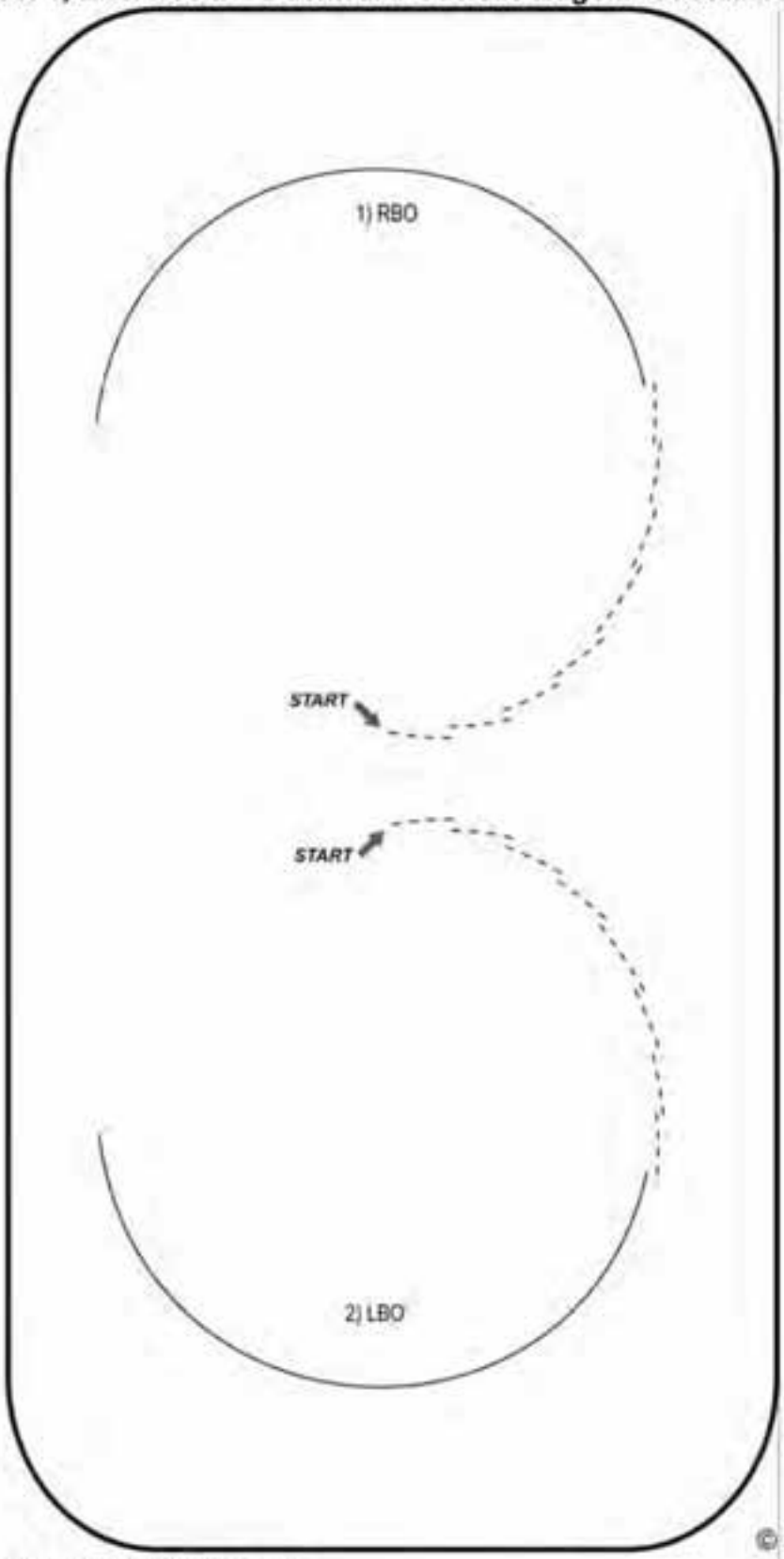
DESCRIPTION
The skater begins each exercise by performing a maximum of two optional steps before pushing onto the first edge.

Forward outside Edges
1) LFO (free leg can lightly swing from back to front)
2) RFO (free leg can lightly swing from back to front)
Steps 1 & 2 are then repeated.

Forward Inside Edges
3) RFI (free leg can lightly swing from back to front)
4) LFI (free leg can lightly swing from back to front)
Steps 3 & 4 are then repeated.

The skater will perform basic edges in a free skating position with an upright upper body, arm just below shoulder height. There should be allowance for the free foot to be close to the skating leg. The skater must perform between 4 to 8 consecutive edges. The number of consecutive edges performed will vary according to the age, strength and development of each skater.

Level 1, Exercise 2 – Backward Outside Edge in Sustained Position



Drawings created by André Bourgeois

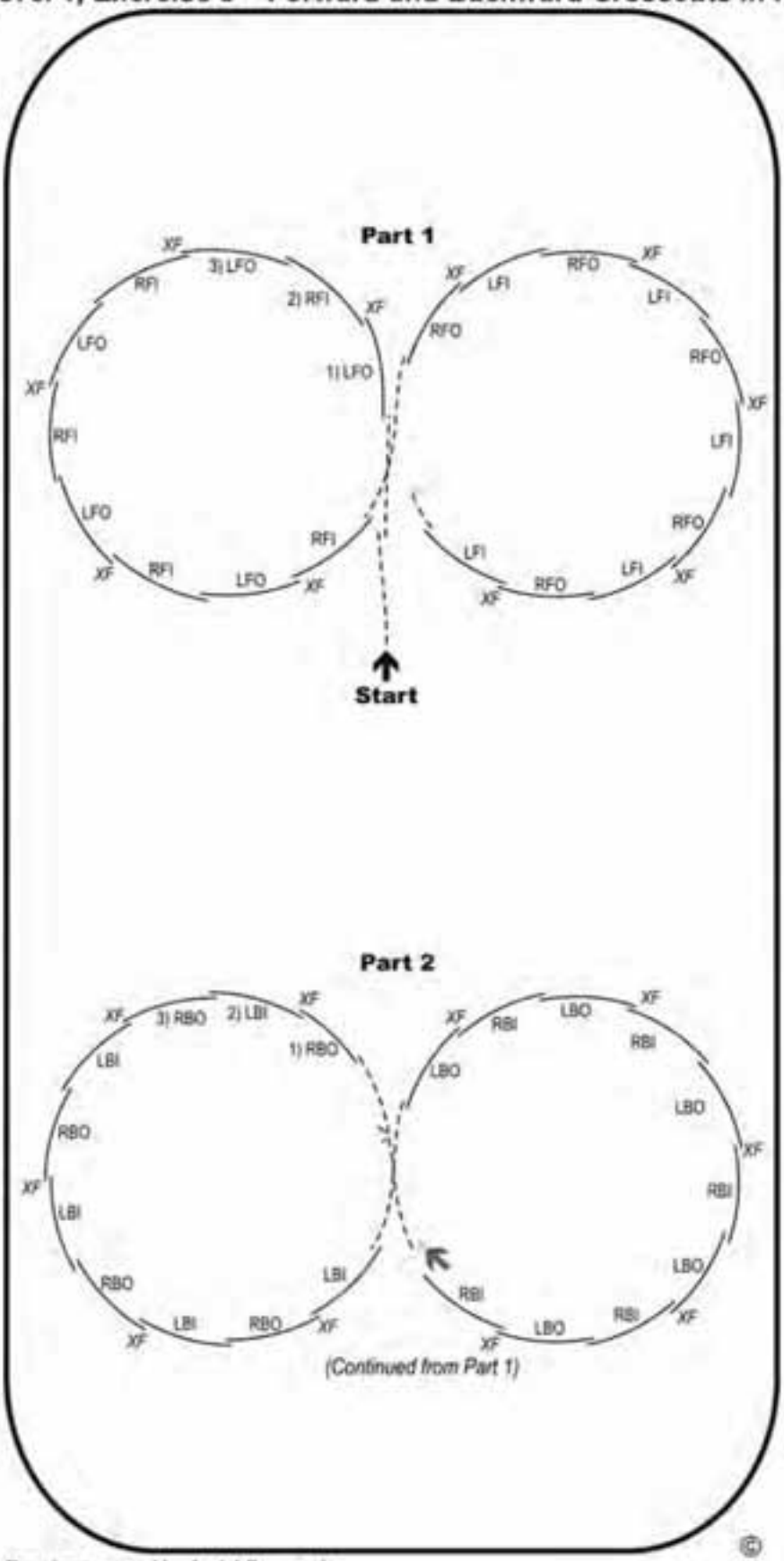
FOCUS
Extension

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive backward crossouts in a circular pattern. The skater will then perform a BO edge in a landing position.

1) RBO (The skater will push onto a backward outside edge with the free leg extended behind, with the free foot turned out and pointed. The arms should be just below shoulder height to the side of the body. The upper body must be extended with head held high.)
2) LBO (The skater will push onto a backward outside edge with the free leg extended behind, with the free foot turned out and pointed. The arms should be just below shoulder height to the side of the body. The upper body must be extended with head held high.)

The circles should measure approximately 10 metres in diameter. The circles may be linked together.

Level 1, Exercise 3 – Forward and Backward Crosscuts in Figure of Eight Pattern



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

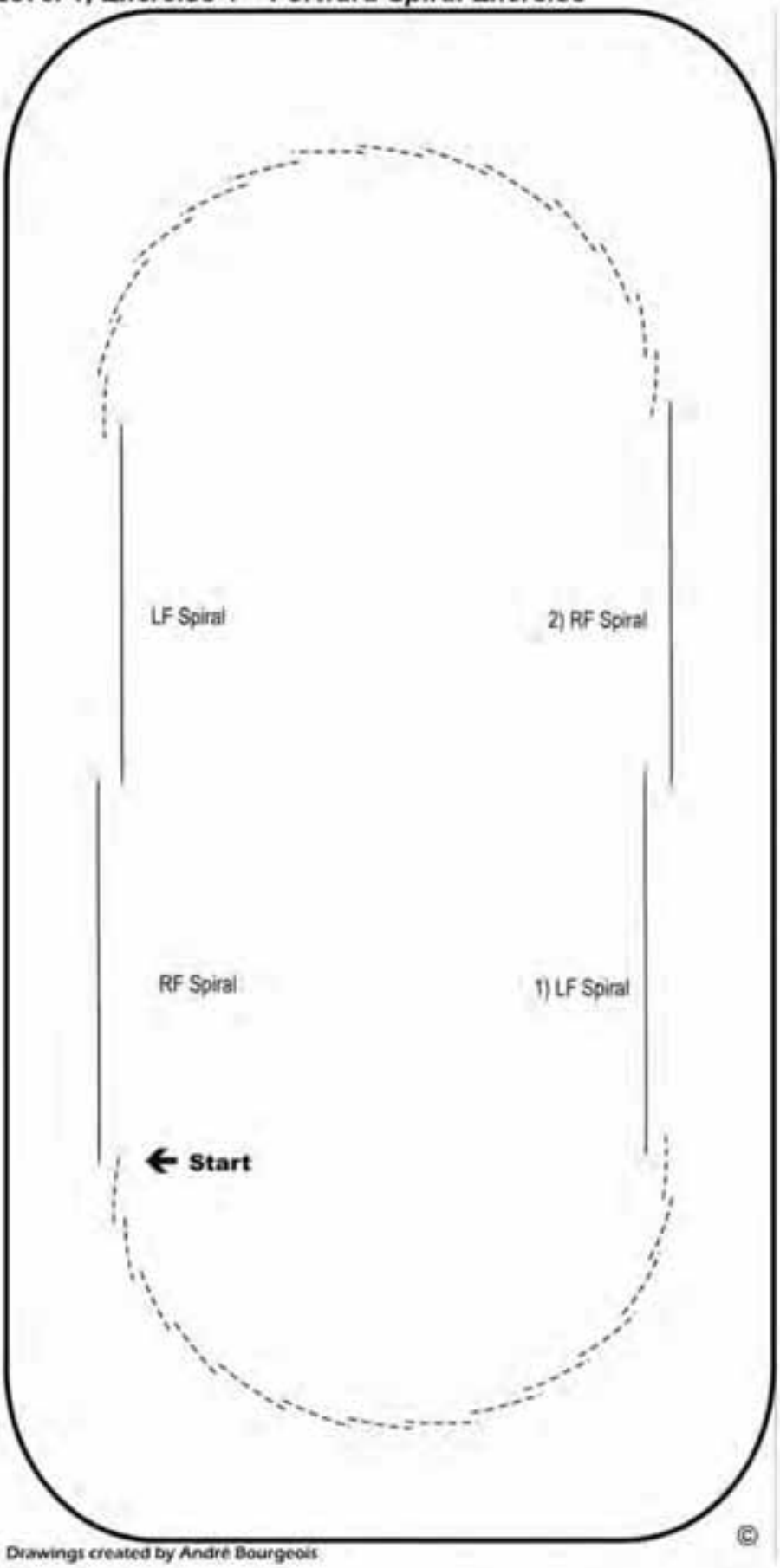
Part 1
From a moving start

1) LFO crosscut to
2) RFI to
3) LFO – continue to complete a figure of eight with a minimum of 5 consecutive crosscuts in an anti-clockwise direction. To link onto the second circle, use a transfer of weight and continue the exercise in the opposite (clockwise) direction, using a minimum of 5 consecutive crosscuts.

Part 2
At the completion of the forward figure eight, continue the exercise by turning to backwards (using an optional turn) and continue backwards in an anti-clockwise direction, commencing with
1)RBO crosscut
2)LBI
3) RBO – Continue to complete are figure of eight with a minimum of 5 consecutive crosscuts. To link onto the second circle, use a transfer of weight and continue the exercise in the opposite (clockwise) direction, using a minimum of 5 consecutive crosscuts.

This exercise can be skated with the axis either lengthwise or width wise on the rink. The size of the circles will vary according to the age, strength and development of the skater.

Level 1, Exercise 4 – Forward Spiral Exercise



Drawings created by André Bourgeois

©

FOCUS
Extension

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink. The skater will then perform a spiral.

1) LF Spiral (The skater will push onto a forward spiral with the upper body quickly leaning forwards and the free leg extended behind at a level even or higher than the hip. The free leg and foot must be turned out.)
2) RF Spiral (The skater will push onto a forward spiral with the upper body quickly leaning forwards and the free leg extended behind at a level even or higher than the hip. The free leg and foot must be turned out.)

Steps 1 & 2 are then repeated following optional forward crosscuts.

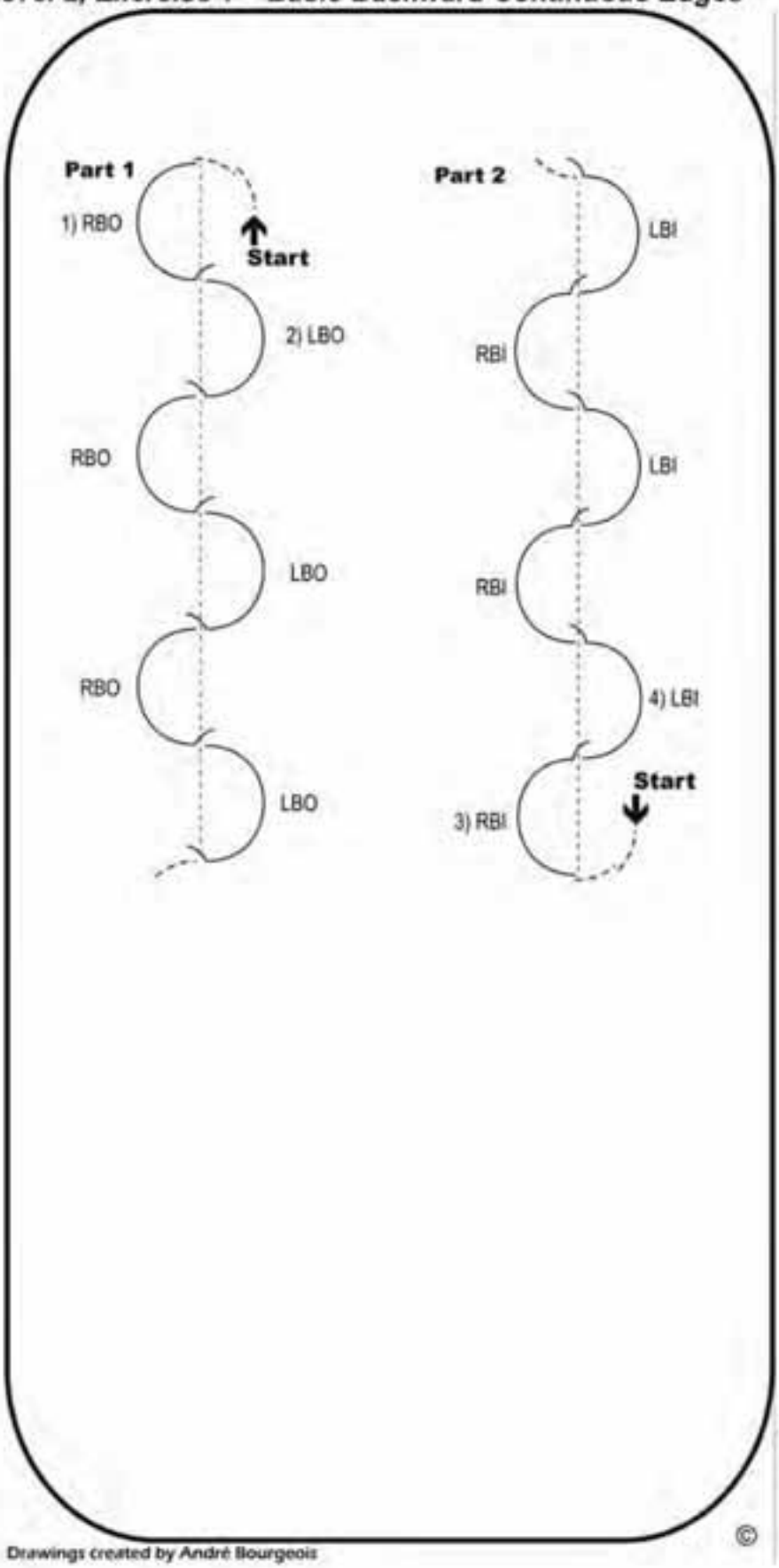
The skater must perform 2 consecutive spirals on each foot along the side of the skating rink measuring approximately 56 to 60 meters in length. The spiral should measure about 15 meters in length.

The skater will skate one full round of the skating rink.

LEVEL 2

Average Pass Mark	2.2
Passing Total	8.8
Minimum Pass Mark for each exercise (after any re-skate)	1.7

Level 2, Exercise 1 – Basic Backward Continuous Edges



Drawings created by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION
In order to maintain edge quality, the free leg position throughout this exercise is optional.

PART 1:
Backward Outside Edges.

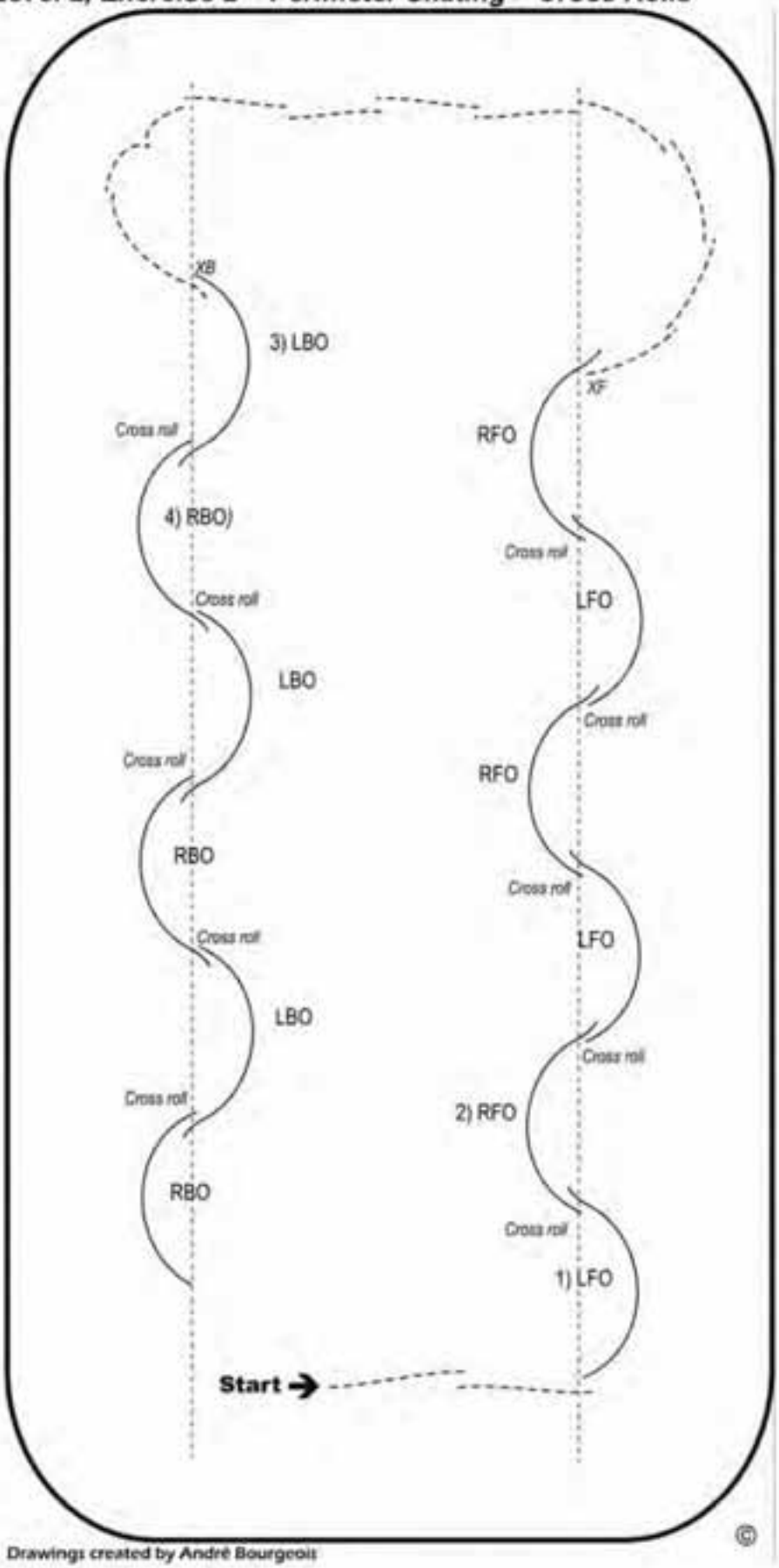
The skater commences the exercise by skating a few optional crosscuts before pushing onto the first edge.

1) RBO
2) LBO
These edges are then repeated down one side of the rink.

PART 2
Backward Inside Edges.

The skater commences the exercise by skating a few optional crosscuts before pushing onto the first edge
3) RBI
4) LBI
These edges are then repeated down the other side of the rink.
The skater will perform all four basic edges in a free skating position with an upright upper body, arms positioned just below shoulder height. The skater must perform between 4 to 8 consecutive edges. The number of consecutive edges performed will vary according to the age, strength and development of each skater.

Level 2, Exercise 2 – Perimeter Skating – Cross Rolls



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing two optional steps towards the corner of the skating rink and then pushes into the first step.

1) LFO (The skater performs a forward outside cross roll with the free leg extended behind the skating leg. The free leg will pass in front of the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)
2) RFO (The skater performs a forward outside cross roll with the free leg extended behind the skating leg. The free leg will pass in front of the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

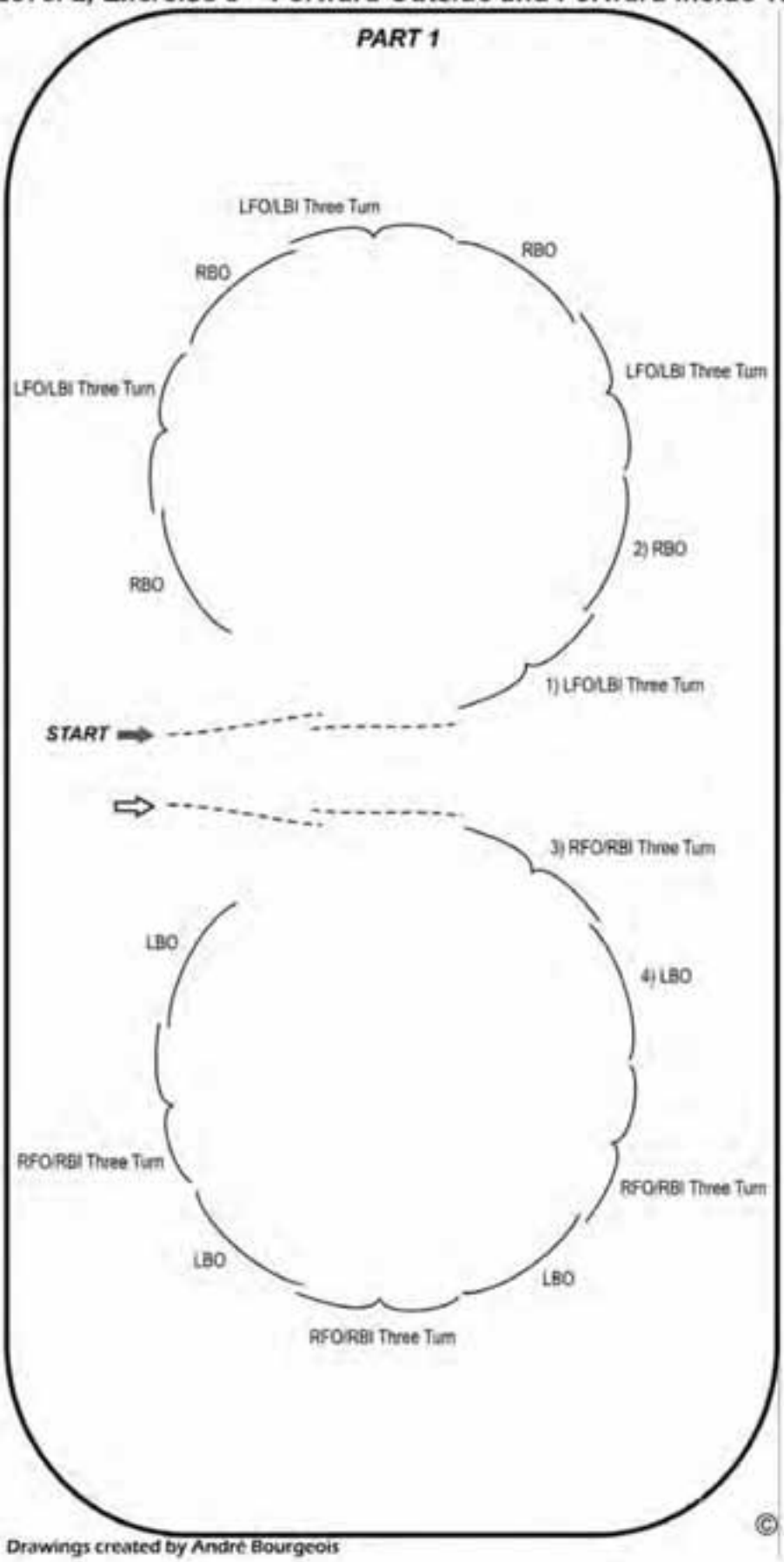
Steps 1 and 2 are then each repeated twice on the same side of the skating rink. The skater then skates optional steps into position at the opposite end of the skating rink on a right backward outside edge to begin the second required part of the exercise. The skater must cross the free leg behind to begin step 3).

3) LBO (The skater performs a backward outside cross roll with the free leg extended in front of the skating leg. The free leg will pass behind the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

4) RBO (The skater performs a backward outside cross roll with the free leg extended in front of the skating leg. The free leg will pass behind the skating foot and cross the tracing to prepare for the next step. The skating foot will thrust towards the inside of the new lobe as the free foot steps into the new lobe.)

Steps 4 & 5 are then repeated twice on the same side of the skating rink.

Level 2, Exercise 3 – Forward Outside and Forward Inside Three Turn Exercises



Drawings created by André Bourgeois

FOCUS

Power/Strength
Rhythm/Flow

DESCRIPTION

PART 1

Forward Outside Threes

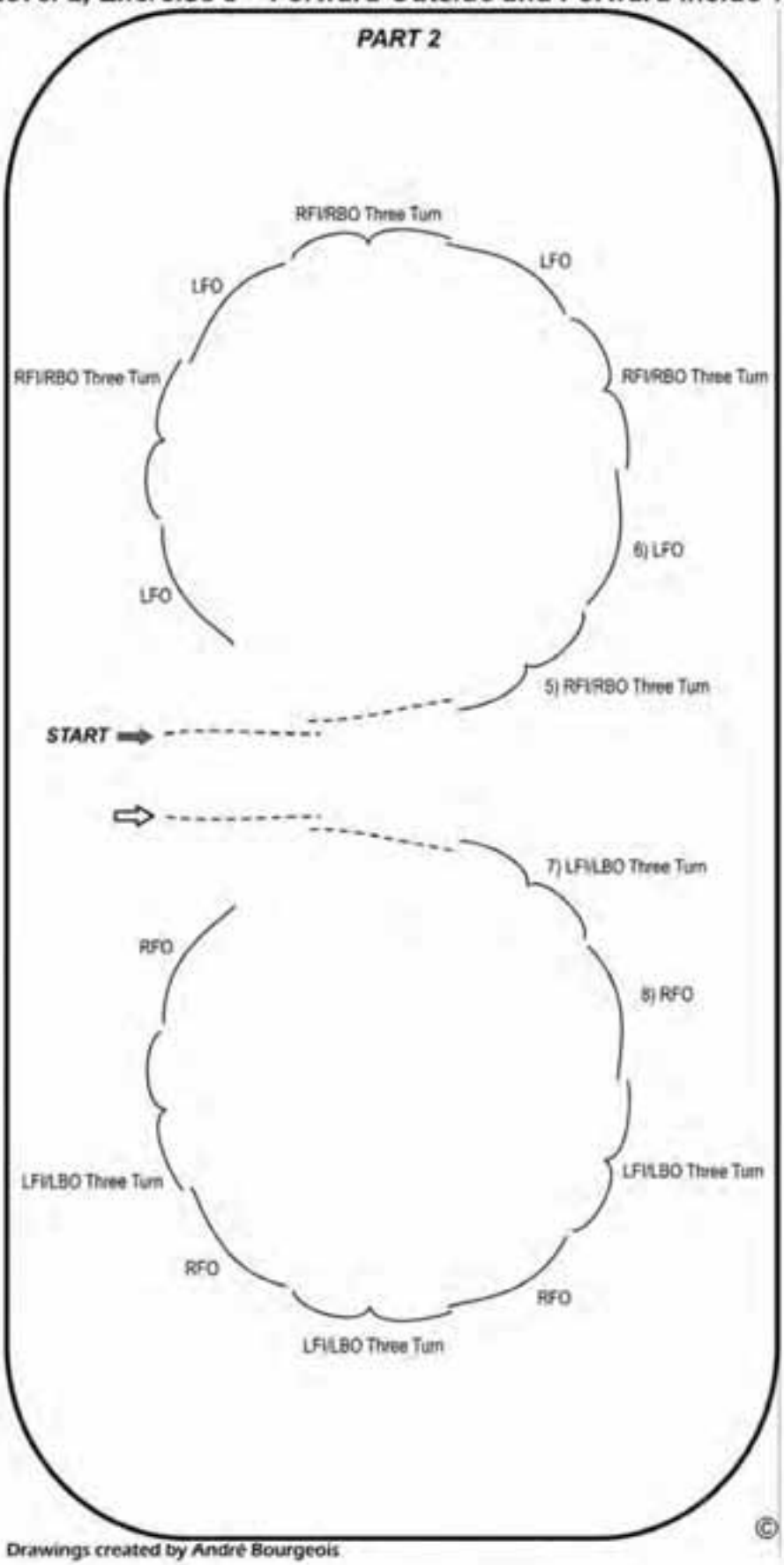
From a moving start, the skater turns a
1) LFO/LBI three turn (free leg position optional), change feet onto
2) RBO (free leg position optional), step forward to LFO/LBI three turn and continue the exercise until a full circle has been completed, using a minimum of 4 three turns. This exercise should then be repeated in the opposite direction, commencing with a
3) RFO/RBI three turn (free leg position optional).

Stronger skaters may require to skate two circles to complete each part of the exercise.

The size of the circles will vary depending on the age, strength and development of the skater

The two circles may be linked together.

Level 2, Exercise 3 – Forward Outside and Forward Inside Three Turn Exercises



Drawings created by André Bourgeois

FOCUS

Power/Strength
Rhythm/Flow

DESCRIPTION

PART 2

Forward Inside Threes

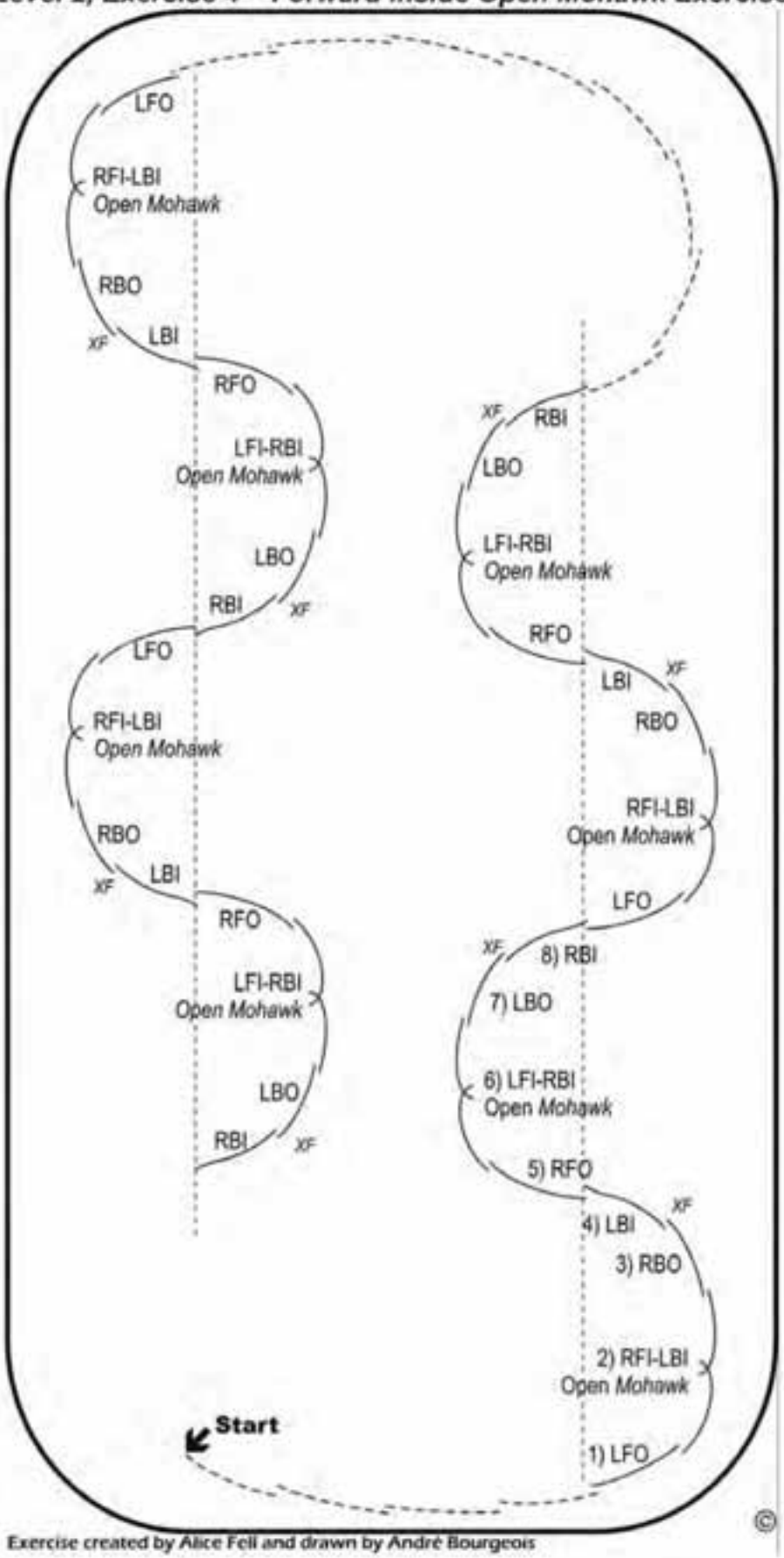
From a moving start, the skater turns a
5) RFI/ RBO three turn, steps forward onto
6) LFO edge and swings the free leg forward to allow a slight transfer of weight onto a shallow LFI edge before stepping onto RFI/RBO three turn to continue the exercise until a full circle has been completed, using a minimum of 4 three turns.
This exercise should then be repeated in the opposite direction commencing with a
7) LFI/LBO three turn.

Stronger skaters may require to skate two circles to complete each part of the exercise.

The size of the circles will vary depending on the age, strength and development of the skater

The two circles may be linked together.

Level 2, Exercise 4 – Forward Inside Open Mohawk Exercises



Exercise created by Alice Fell and drawn by André Bourgeois

FOCUS

Rhythm/Flow

DESCRIPTION

From a moving start, the skater commences at the end of the rink.

1) LFO
2) RFI/LBI open mohawk.
3) RBO edge, crosscut to
4) LBI edge
This completes a half circle and the exercise is then continued on a new lobe.

5) RFO
6) LFI-RBI open Mohawk
7) LBO edge, crosscut to
8) RBI
This completes a half circle and the exercise is then continued on a new lobe.

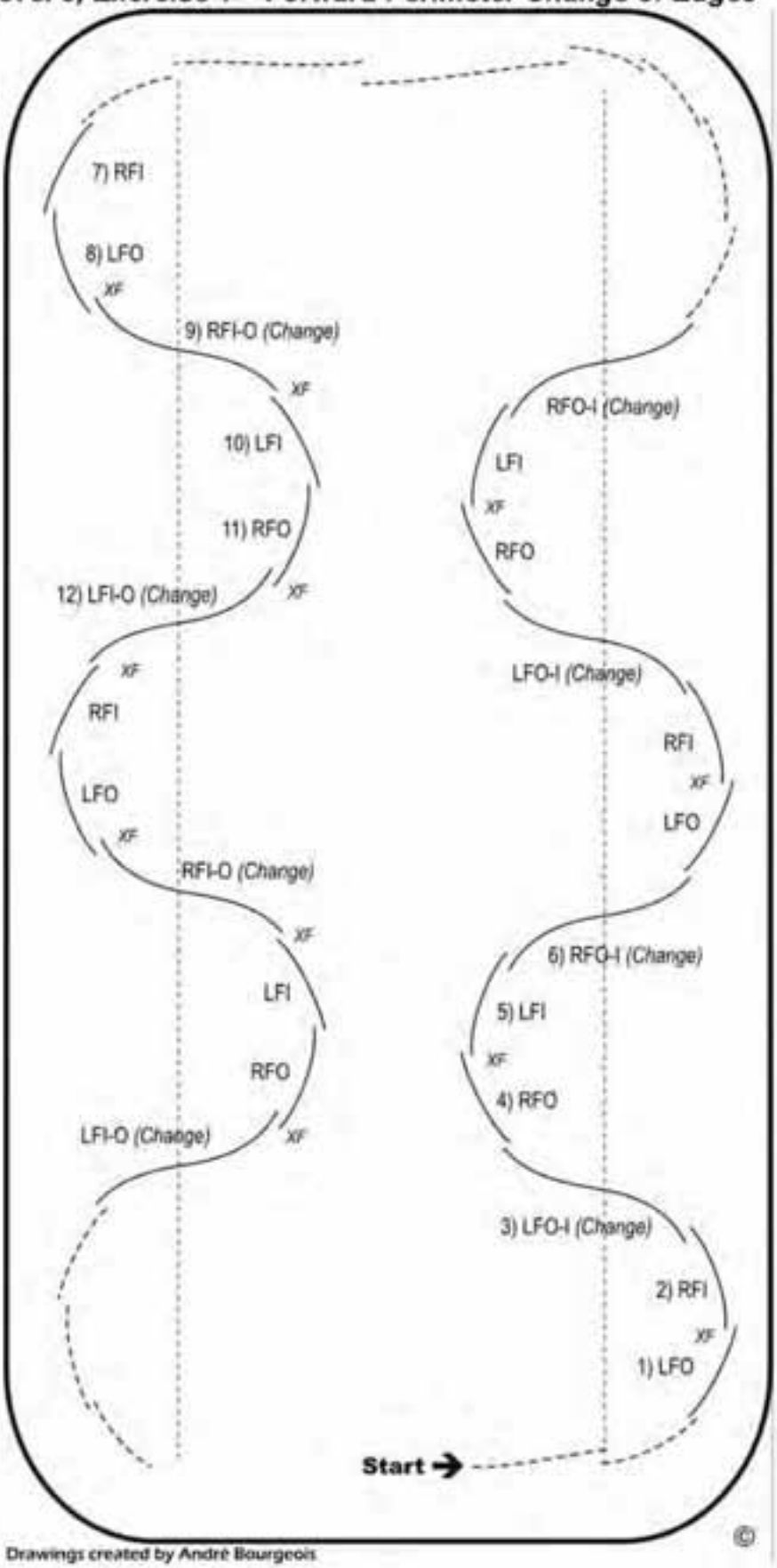
The exercise is repeated using a minimum of 4 lobes along one side of the rink. The skater will then perform an optional number of crosscuts at the end of the skating rink and repeat the exercise along the opposite side of the rink.

A strong check is required after the FI / BI Mohawk with an extended free leg before and after the mohawk.

LEVEL 3

Average Pass Mark	2.4
Passing Total	9.6
Minimum Pass Mark for each exercise (after any re-skate)	1.9

Level 3, Exercise 1 – Forward Perimeter Change of Edges



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink and pushes onto the first step

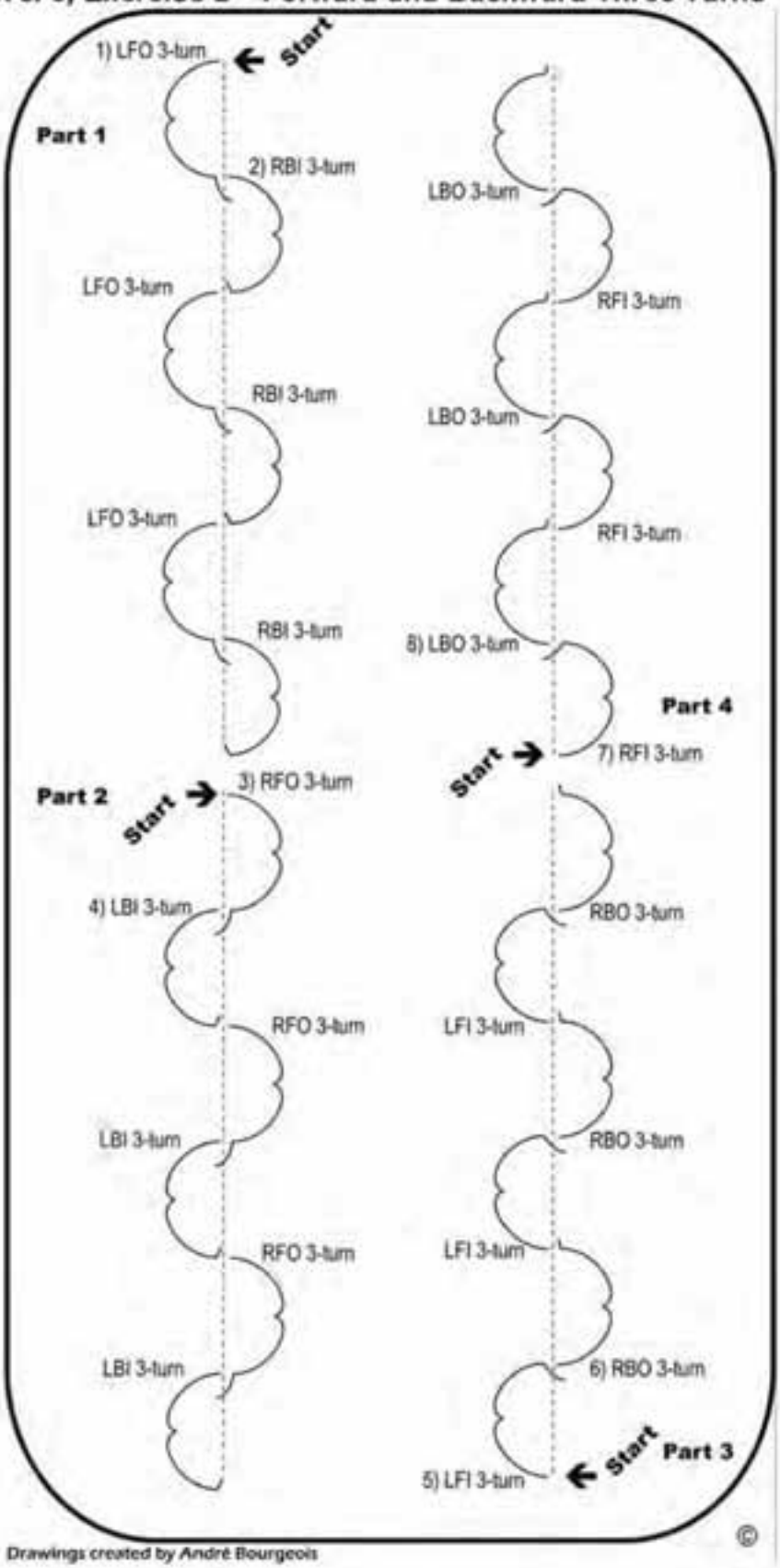
1) LFO
2) RFI (Crosscut)
3) LFO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)
4) RFO
5) LFI (Crosscut)
6) RFO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)

Steps 1 to 6 are then repeated once again on the same side of skating rink. The skater then skates optional steps across the end of the rink and pushes onto

7) RFI
8) LFO
9) RFI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)
10) LFI
11) RFO
12) LFI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)

Steps 7 to 12 are then repeated once again on the same side of the skating rink.

Level 3, Exercise 2 – Forward and Backward Three Turns



Drawings created by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION

PART 1 and 2
Forward Outside & Backward Inside three turns (starting foot optional)

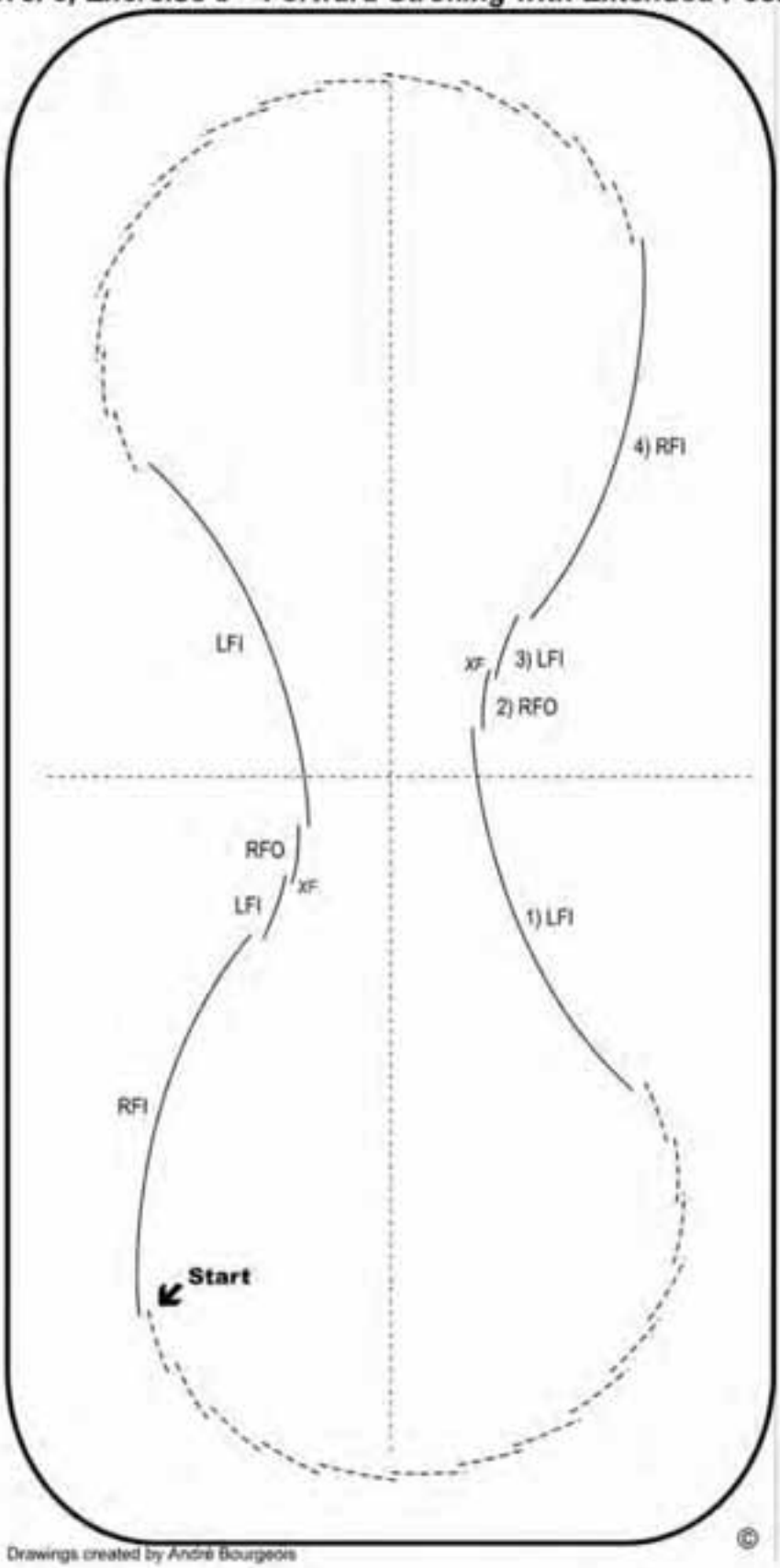
The skater begins each exercise from a standstill position towards the edge of the skating barrier.

1) & 3) FO three turn (The free leg must stay behind the skating foot at all times. The arms can pass along the body in preparation for the turn. The three turn should be executed at the midway point of the half circle.)
2) & 4) BI three turn (The free leg must stay in front of the skating foot at all times. The arms can pass along the body following the turn. The three turn should be executed at the midway point of the half circle.)
These steps are then repeated.

PART 3 & 4
Forward Inside & Backward Outside three turns (starting foot optional)
5) & 7) FI three turn (The free leg must stay behind the skating foot at all times. The arms can pass along the body after the turn. The three turn should be executed at the midway point of the half circle.)
6) & 8) BO three turn (The free leg must stay in front of the skating foot at all times. The arms can pass along the body before the turn. The three turn should be executed at the midway point of the half circle.)
These steps are then repeated.

The skater will perform the three turns in a free skating position with an upright upper body. There should be allowance for the free foot to be close to the skating leg. The skater must perform between 4 to 8 consecutive three turns. The number of consecutive three turns performed will vary according to the age, strength and development of each skater.

Level 3, Exercise 3 – Forward Stroking with Extended Positions



Drawings created by André Bourgeois

FOCUS

Power and Extension

DESCRIPTION

The skater begins the exercise by performing an optional number of forward consecutive crosscuts at the end of the skating rink until he/she is situated at the opposite side of the rink.

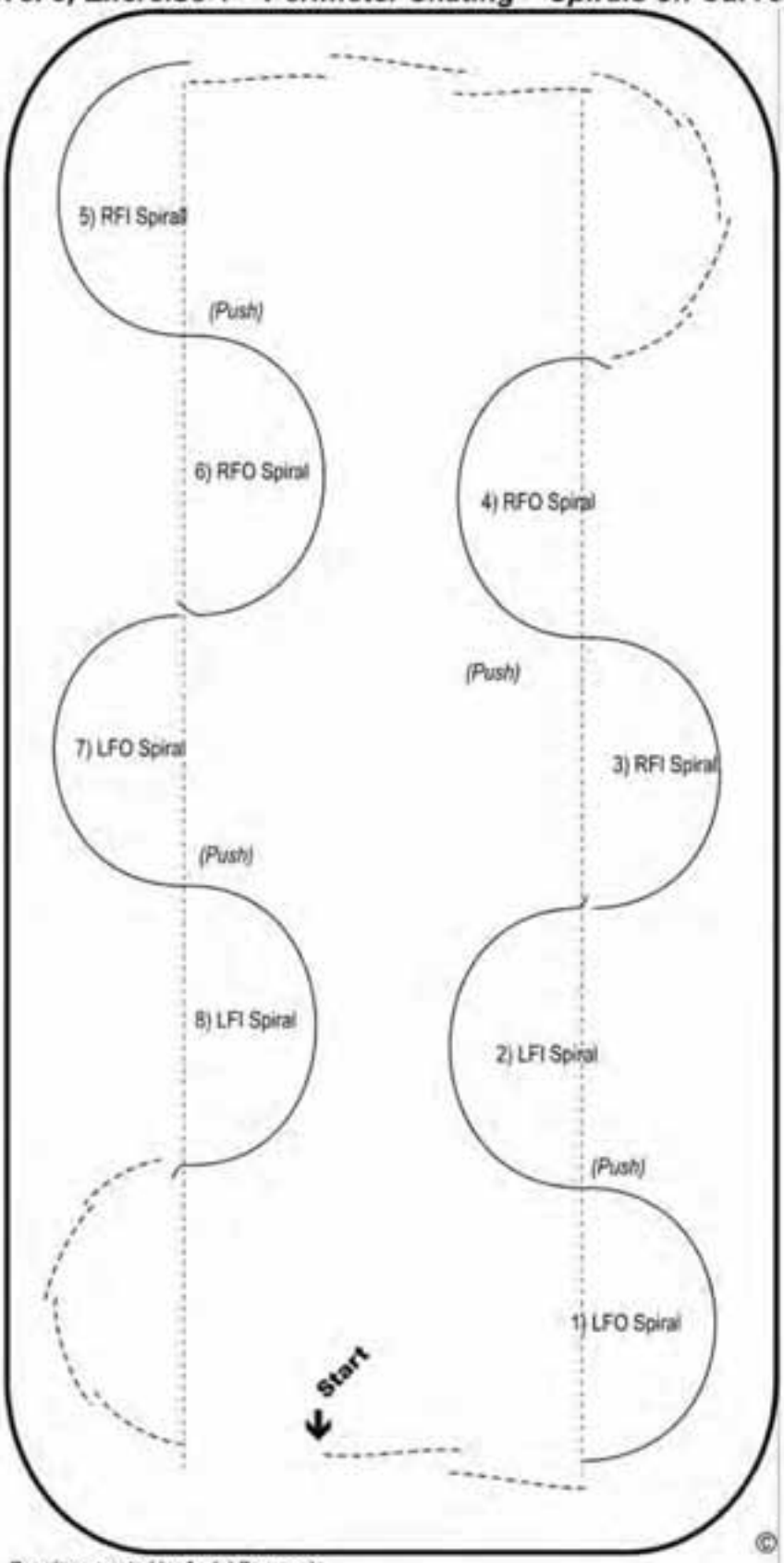
1) LFI (the skater will push onto a forward inside edge going towards the centre of the rink with the free leg extended behind)
2) RFO
3) LFI (Crosscut)
4) RFI The skater will push onto a forward inside edge going towards the end barrier of the rink.

The skater skates consecutive crosscuts across the end of the rink and then repeats steps 1 to 4.

The skater will skate two full rounds of the skating rink.

The size of the pattern will depend on the strength and development of the skater.

Level 3, Exercise 4 – Perimeter Skating – Spirals on Curves



Drawings created by André Bourgeois

FOCUS

Extension
Edge Quality

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes onto the first spiral.

1) LFO Spiral (The skater will push onto forward outside spiral.)
2) LFI Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)
3) RFI Spiral (The skater will push onto forward inside spiral.)
4) RFO Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)

The skater will perform optional steps from step 4 to 5 across the end of the Rink.

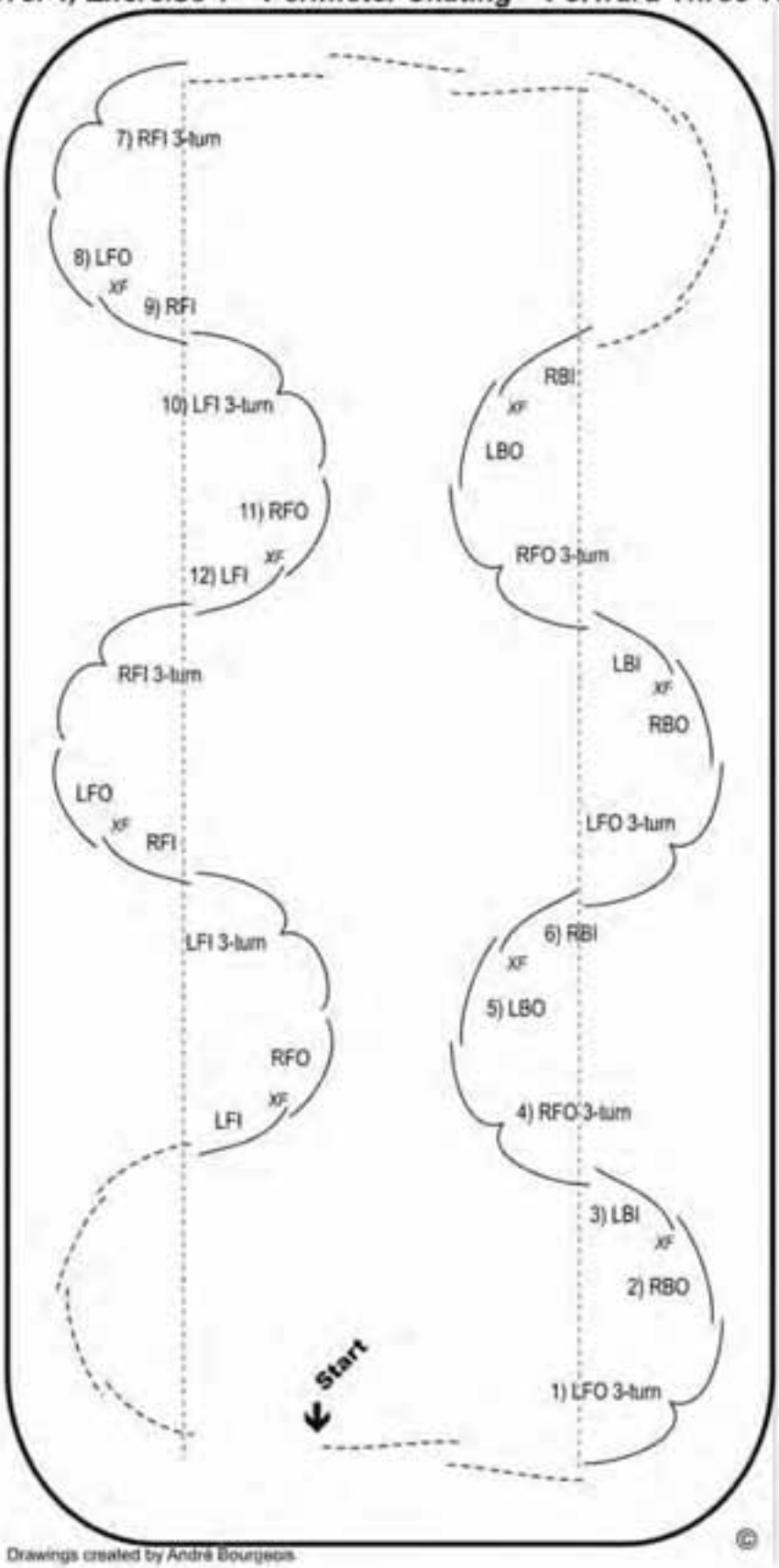
5) RFI Spiral (The skater will push onto forward inside spiral.)
6) RFO Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)
7) LFO Spiral (The skater will push onto forward inside spiral.)
8) LFI Spiral (The skater will push lightly with the toe pick to assist the transfer to the other forward edge in a spiral position.)

On all spirals, the upper body will quickly lean forwards and the free leg extended at a level higher than the hip. The free leg and foot must be turned out. The skater must perform the spiral for a complete half circle.

LEVEL 4

Average Pass Mark	2.6
Passing Total	10.4
Minimum Pass Mark for each exercise (after any re-skate)	2.1

Level 4, Exercise 1 – Perimeter Skating – Forward Three Turns



Drawings created by André Bourgeois

FOCUS

Power
Extension

DESCRIPTION

The skater begins the exercise by performing an optional number of steps towards the corner of the skating rink.

1) LFO three turn (The skater performs a three turn with flowing movement and extension of free leg.)
2) RBO (The skater prepares to crossover onto LBI.)
3) LBI (The skater must keep the free side open to prepare to step forward onto a new lobe.)
4) RFO three turn (The skater performs a three turn with flowing movement and extension of free leg.)
5) LBO (The skater prepares to crossover onto LBI.)
6) RBI (The skater performs a three turn with flowing movement and extension of free leg.)

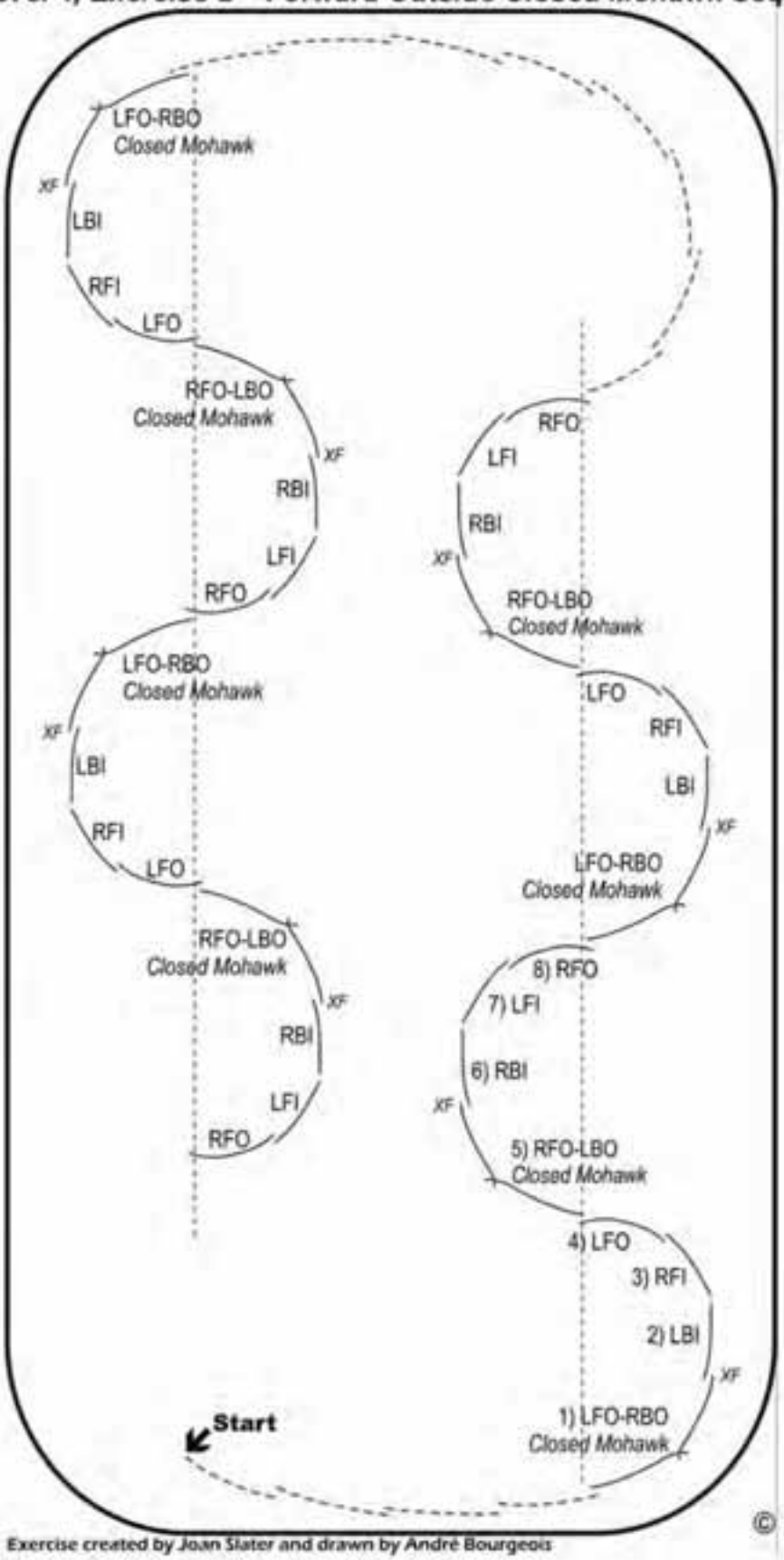
Steps 1 to 6 are then repeated. The skater then skates optional crosscuts across the end of the rink and steps onto.

7) RFI three turn (The skater performs a three turn with flowing movement and extension of free leg on the backward outside edge following the three turn. The skater prepares to do a forward crosscut, steps 8 & 9.)
8) LFO
9) RFI
10) LFI three turn (The skater performs a three turn with flowing movement and extension of free leg on the backward outside edge following the three turn. The skater prepares to do a forward crosscut, steps 11 & 12.)
11) RFO
12) LFI

Steps 7 to 12 are then repeated.

The skater will skate one entire sequence. (one round of rink)

Level 4, Exercise 2 – Forward Outside Closed Mohawk Sequence



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS

Edge Quality
Carriage and Style

DESCRIPTION

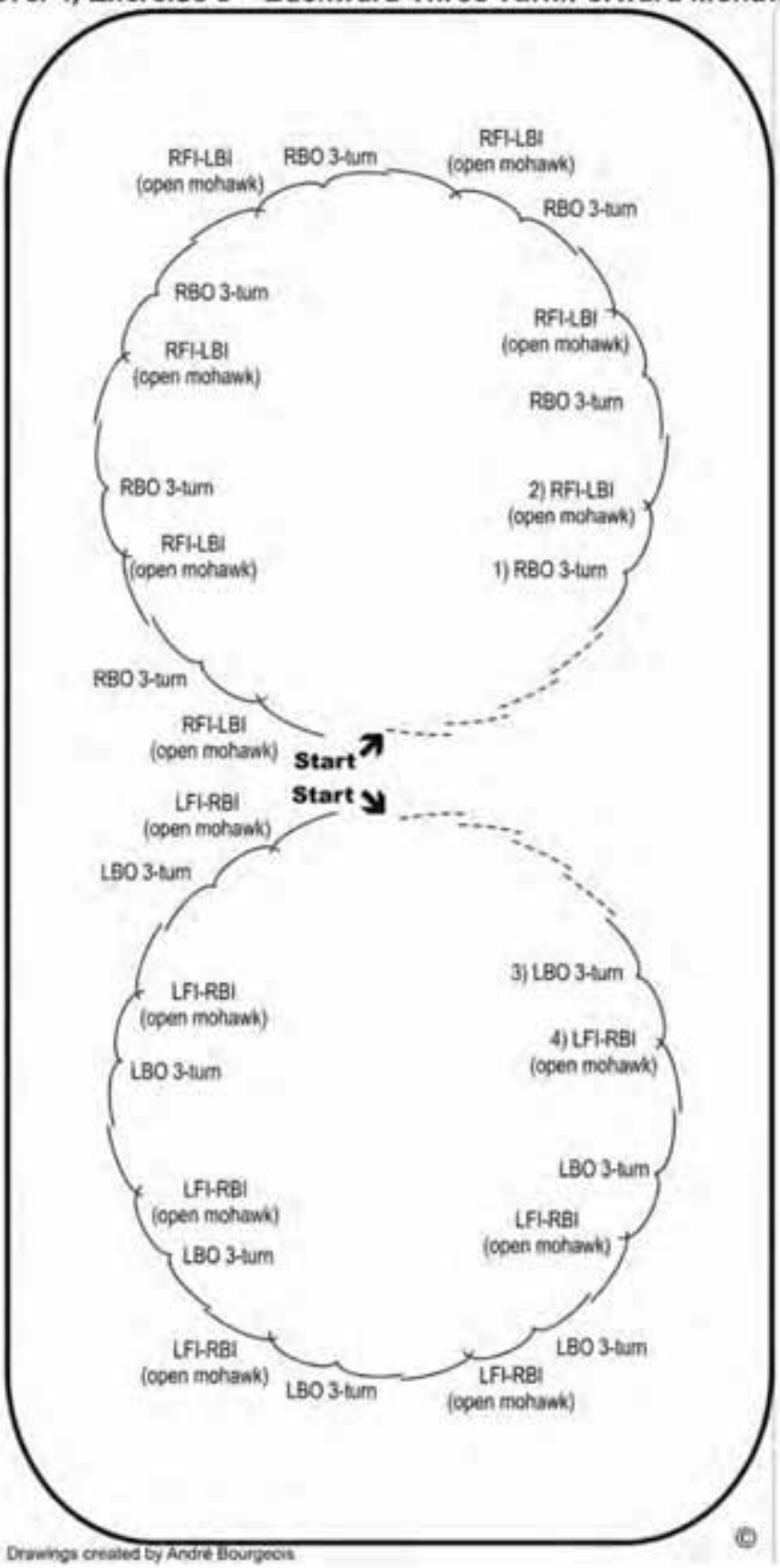
A good stretched position is required prior to the Mohawk turn during this exercise.
The skater begins the exercise with an optional number of crosscuts and steps onto

1) LFO/RBO closed Mohawk. The skater then prepares to cross in front onto
2) LBI. The skater then prepares to step forward onto
3) RFI. The skater then prepares to step forward onto
4) LFO. stretch free leg forward in preparation to change onto
5) RFO/LBO closed Mohawk.

The skater should perform a minimum of four closed mohawk sequences down one side of the rink with optional crosscuts across the end of the rink.

The exercise is then repeated down the other side of the rink.

Level 4, Exercise 3 – Backward Three Turn/Forward Mohawk Step



Drawings created by André Bourgeois

FOCUS
Power

DESCRIPTION
The skater begins the exercise by performing an optional number of consecutive backward crossouts in a circular pattern.

1) RBO three turn (The skater will push into a backward outside three turn with the free leg extended in front of the skating leg as the three turn is performed. The skater then prepares to perform the mohawk.)
2) RFI-LBI (Open Mohawk) (The skater will perform an open mohawk stepping onto a back inside edge with the free leg extended behind the skating leg.)

The skater will repeat steps 1 and 2 numerous times until a full circle is performed. The skater must accelerate and develop a rhythm as the exercise is performed. The size of the circle will vary according to the edge strength and development of each skater.

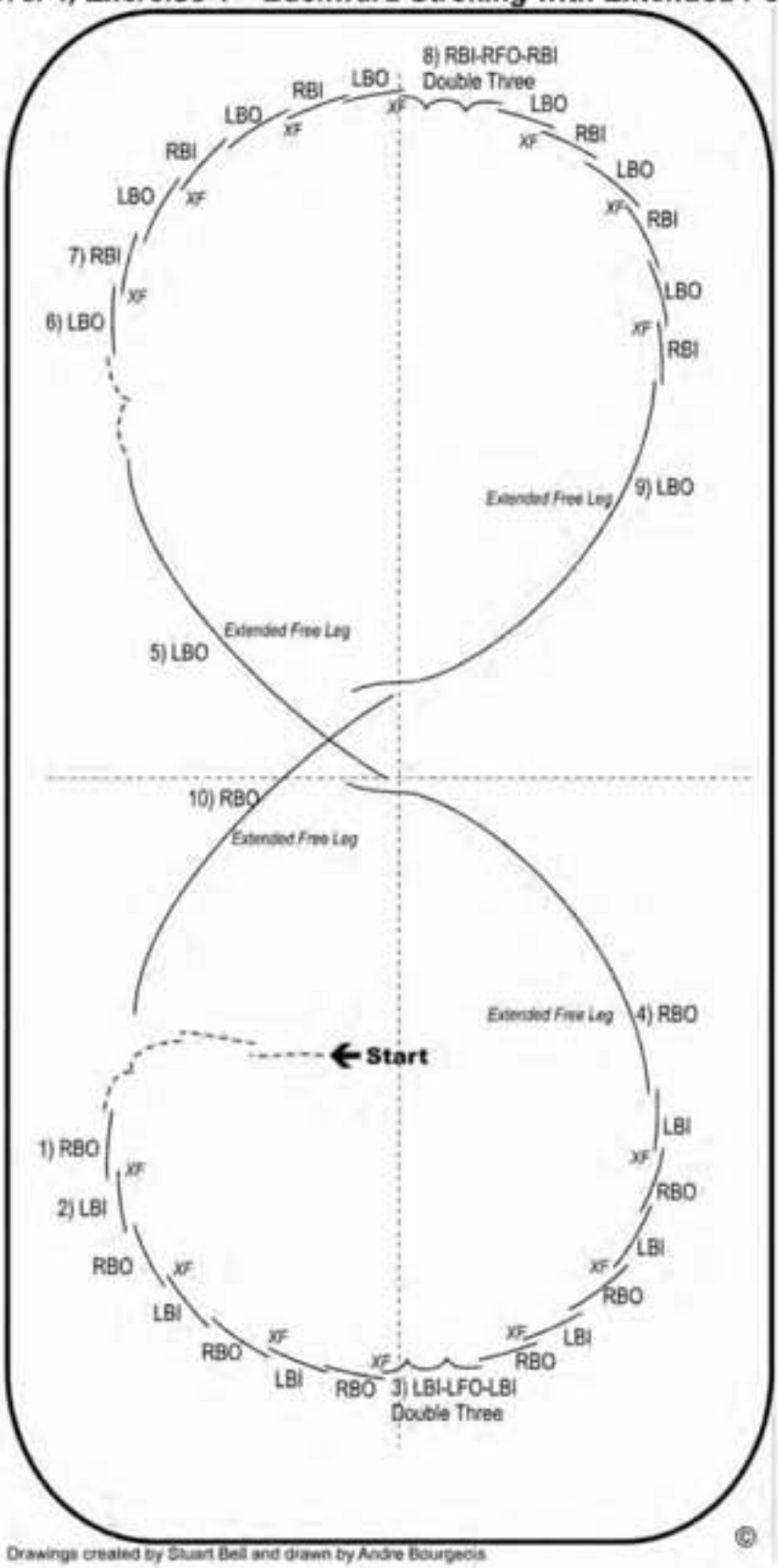
The exercise is then performed in the other direction, commencing with an optional number of consecutive backward crossouts in a circular pattern.

3) LBO three turn (The skater will push into a backward outside three turn with the free leg extended in front of the skating leg as the three turn is performed. The skater then prepares to perform the mohawk.)
4) LFI-RBI (Open Mohawk) (The skater will perform an open mohawk stepping onto a back inside edge with the free leg extended behind the skating leg.)

The skater will repeat steps 3 and 4 numerous times until a full circle is performed. The skater must accelerate and develop a rhythm as the exercise is performed. The size of the circle will vary according to the edge strength and development of each skater.

The two circles may be linked together.

Level 4, Exercise 4 – Backward Stroking with Extended Positions



Drawings created by Stuart Bell and drawn by Andre Bourgeois

©

FOCUS

Power
Extension

DESCRIPTION

The skater begins the exercise by performing crosscuts and an optional turn to backwards towards the end of the rink

1) RBO, crossing over to
2) LBI, creating a crossover, which are repeated two more times, with an additional RBO
3) LBI double three turn
Three further consecutive backward crosscuts
4) RBO (the skater will push onto a backward outside edge going towards the centre of the rink with the free leg extended behind)
5) LBO (the skater will push onto a backward outside edge going towards the corner of the rink with the free leg extended behind)
Step forward onto RFO
Optional turn to backwards (RFO three turn or LFI Mohawk)
6) LBO, crossing over to
7) RBI creating a crossover, which are repeated two more times, with an additional LBO
8) RBI double three turn
Three further consecutive backward crosscuts
9) LBO (the skater will push onto a backward outside edge going towards the centre of the rink with the free leg extended behind)
10) RBO (the skater will push onto a backward outside edge going towards the corner of the rink with the free leg extended behind)

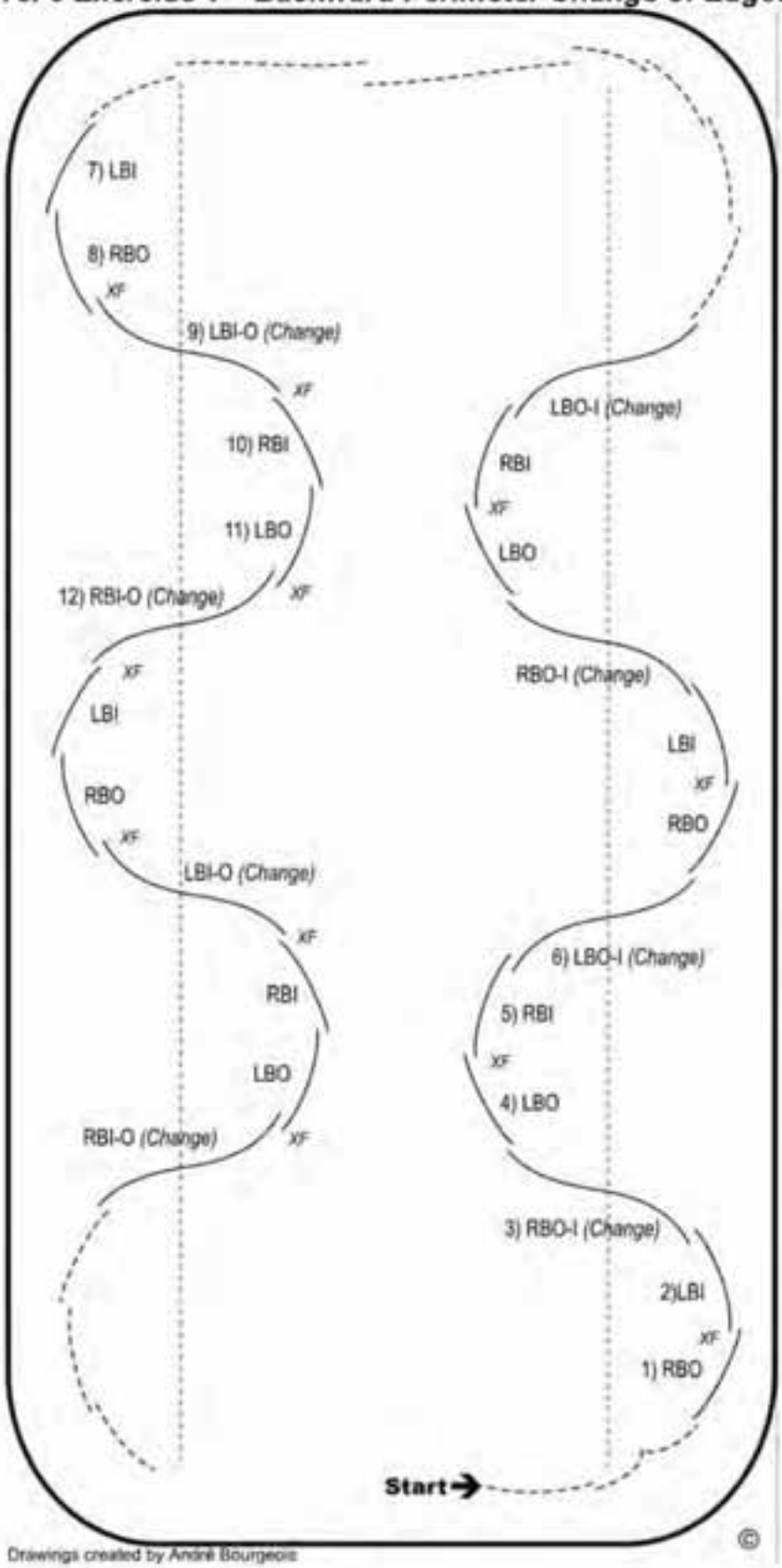
The skater will skate two full rounds of the skating rink.

The size of the pattern will depend on the strength and development of the skater.

LEVEL 5

Average Pass Mark	2.8
Passing Total	11.2
Minimum Pass Mark for each exercise (after any re-skate)	2.3

Level 5 Exercise 1 – Backward Perimeter Change of Edges



Drawings created by André Bourgeois

FOCUS

Power
Edge Quality

DESCRIPTION

The skater begins the exercise by performing an optional number of steps toward the corner of the rink and then steps onto

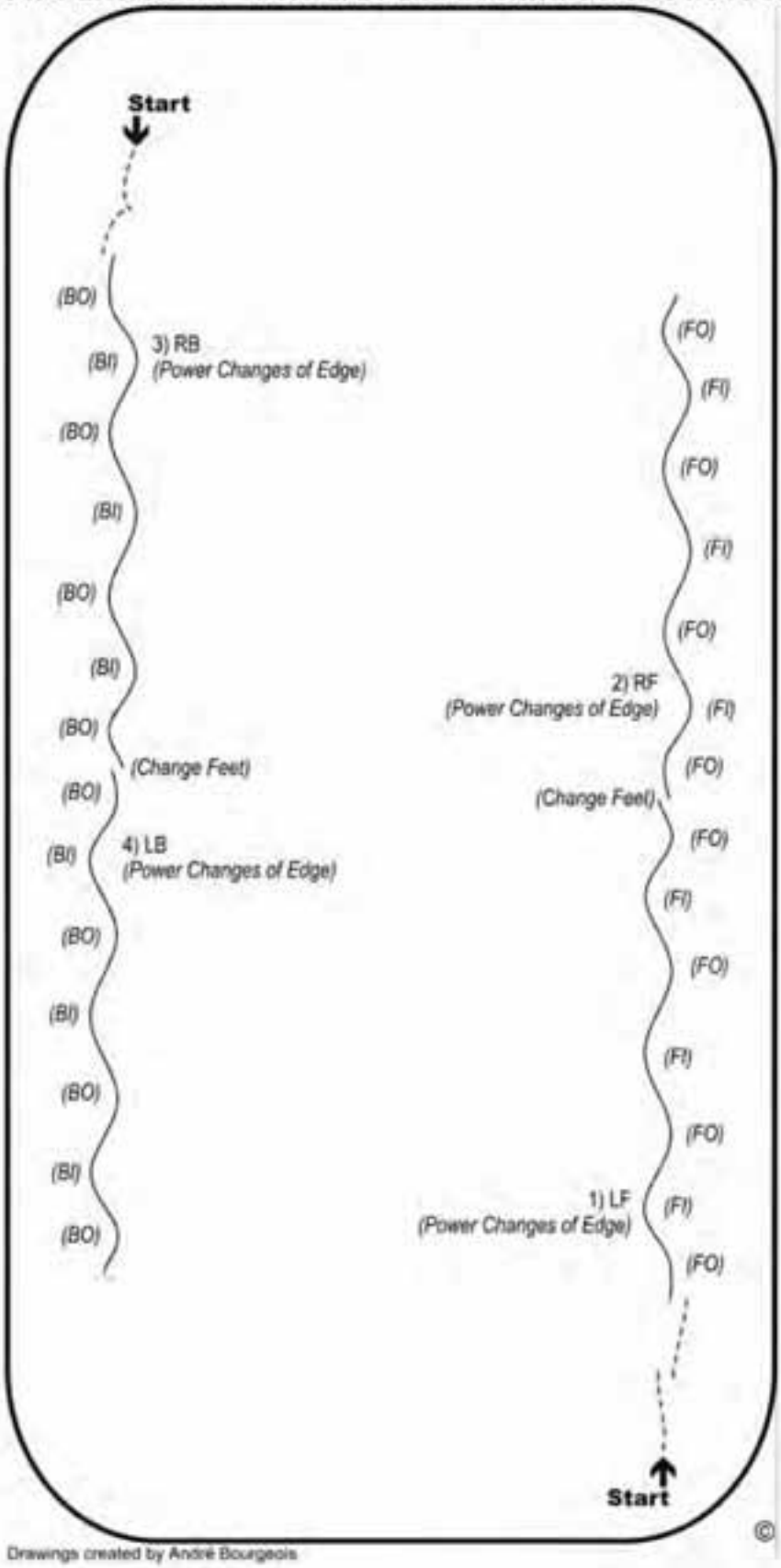
1) RBO
2) LBI (Crosscut)
3) RBO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)
4) LBO
5) RBI (Crosscut)
6) LBO-I (Change) (The skater will perform the change of edge along an imaginary long axis. The skater should use the arms, free leg, knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.)

Steps 1 to 6 are then repeated once again on the same side of the skating rink, the skater then performs optional crosscuts across the end of the rink and then steps onto

7) LBI
8) RBO
9) LBI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater may use the arms, free leg and should use knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)
10) RBI
11) LBO
12) RBI-O (Change) (The skater will perform the change of edge along an imaginary long axis. The skater may use the arms, free leg and should use knee action and body lean to execute the change of edge. The skater must show control of edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.)

Steps 7 to 12 are then repeated once again on the same side of the skating rink.

Level 5 Exercise 2 – Forwards and Backwards One Foot Slalom



Drawings created by André Bourgeois

FOCUS

Power

DESCRIPTION

The skater begins the exercise from a standstill and then performs two optional steps towards the corner of the skating rink and then pushes into the first step.

1) LF

The skater performs consecutive power changes of edge, transferring from one edge to the other until the mid-section of the skating rink is reached and then changes to.

2) RF

The skater must generate power from the knee action and the controlled rotation of the hips against the shoulders. The free leg should remain in front of the skating foot at all times and move in the same direction as the skating foot. The skater performs consecutive power changes of edge, transferring from one edge to the other until the end of the skating rink is reached.

The skater then skates optional steps across the end of the rink to begin the second required part of the exercise from a standstill. The skater must turn backwards by performing a three turn or mohawk.

3) RB

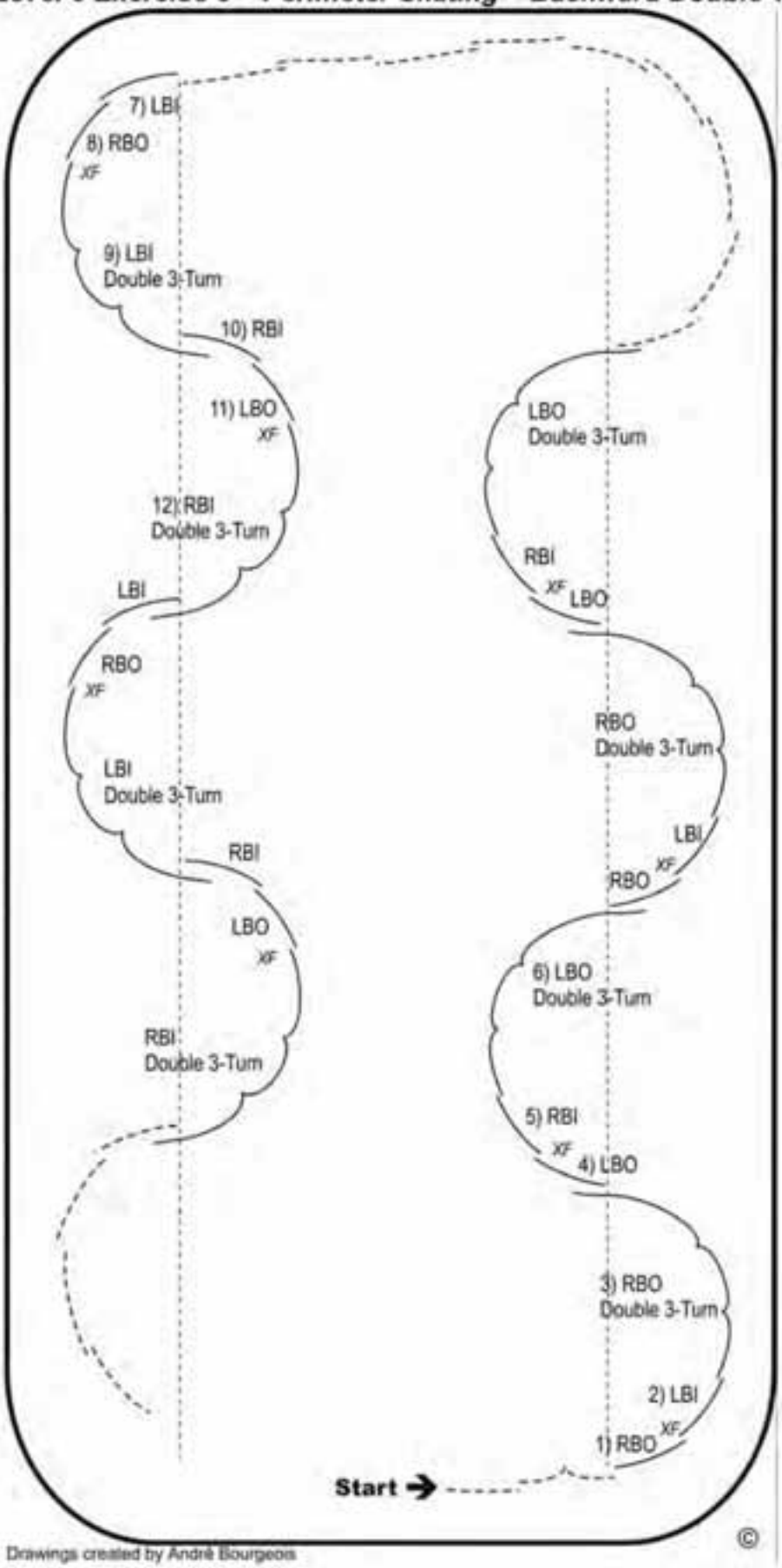
The skater performs consecutive power changes of edge, transferring from one edge to the other until the mid-section of the skating rink is reached and then changes to. The skater performs consecutive power changes of edge, transferring from one edge to the other until the end of the skating rink is reached.

4) LB

The skater must generate power from the knee action and the controlled rotation of the hips against the shoulders. The free leg should remain behind the skating foot at all times and move in the same direction as the skating foot.

The skater will skate one full round of the skating rink.

Level 5 Exercise 3 – Perimeter Skating – Backward Double Threes



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and uses an optional turn to backwards to commence the exercise.

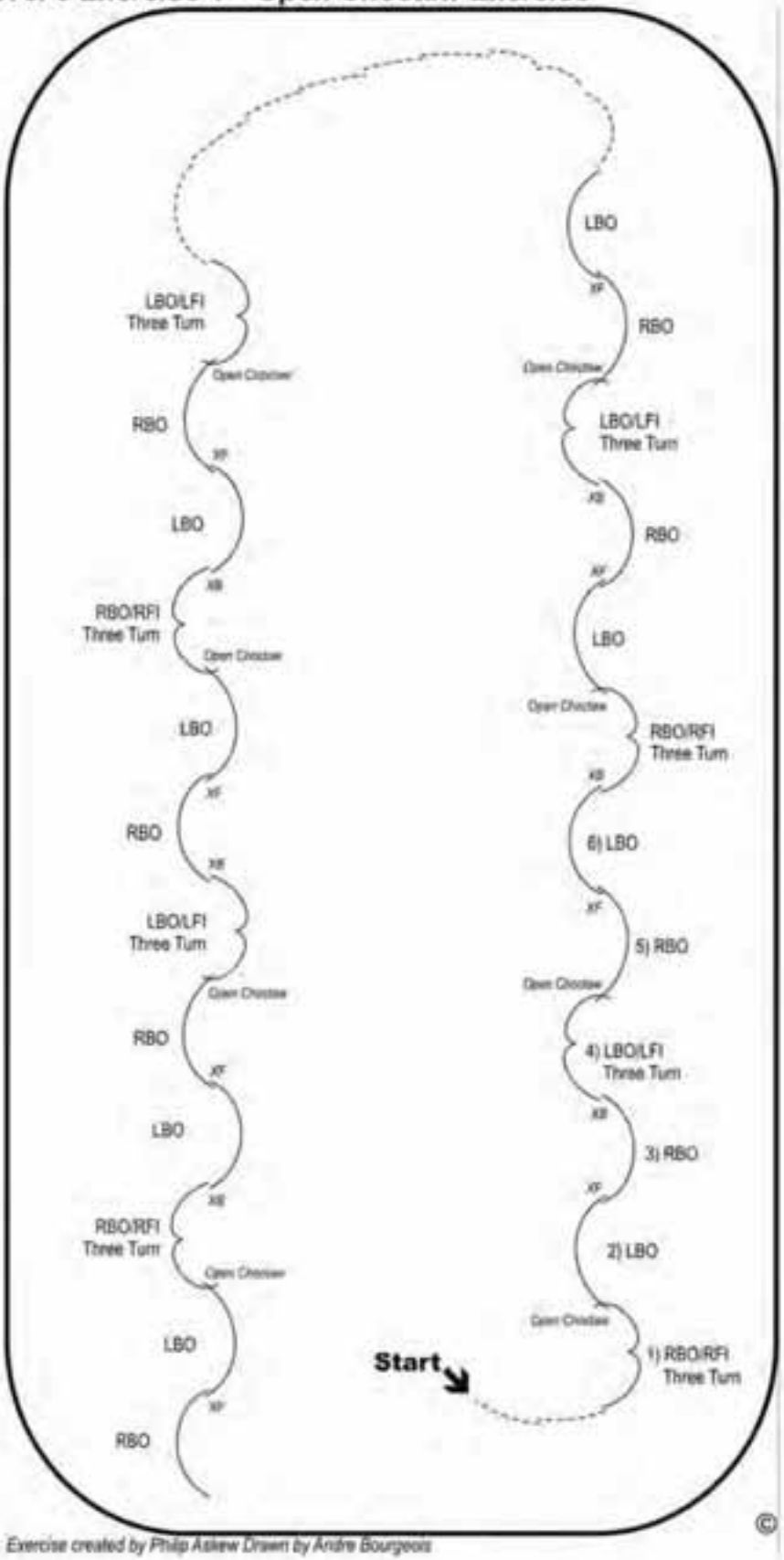
1) RBO
2) LBI
3) RBO Double three turn (The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The free leg will move behind the skating leg as the skater performs the forward inside three turn.)
4) LBO
5) RBI
6) LBO Double three turn (The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The free leg will move behind the skating leg as the skater performs the forward inside three turn.)

Steps 1 to 6 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink and pushes onto

7) LBI
8) RBO (The skater must have the weight over the skating side)
9) LBI Double three turn (The skater performs a backward inside three turn with the free leg close to the skating foot. The free foot should be behind the skating leg as the forward outside three turn is completed.)
10) RBI
11) LBO (The skater must have the weight over the skating side)
12) RBI Double three turn (The skater performs a backward inside three turn with the free leg close to the skating foot. The free foot should be behind the skating leg as they complete the forward outside three turn is completed.)

Steps 7 to 12 are then repeated once along the same side of the skating rink.

Level 5 Exercise 4 – Open Choctaw Exercise



Exercise created by Philip Askew Drawn by Andre Bourgeois

FOCUS

Edge Quality
Rhythm/Flow

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive backward crosscuts and then pushes onto the first step.

1) RBO/RFI three turn
2) The skater turns on open Choctaw onto LBO, using the upper body to check the turn. The body weight is then transferred and the free foot crosses in front to prepare for the
3) RBO (the free leg position should be extended behind)
4) The skater then performs a backward cross roll onto LBO and turns a three turn to LFI. (This should be finished in a very strong checked position in preparation for the next Choctaw)
5) Open Choctaw onto a RBO edge and cross the free foot in front to
6) LBO (the free leg should be extended behind)
7) The skater then performs a backward cross roll onto RBO and turns a free turn to RFI (This should be finished in a strong checked position in preparation for the next Choctaw).

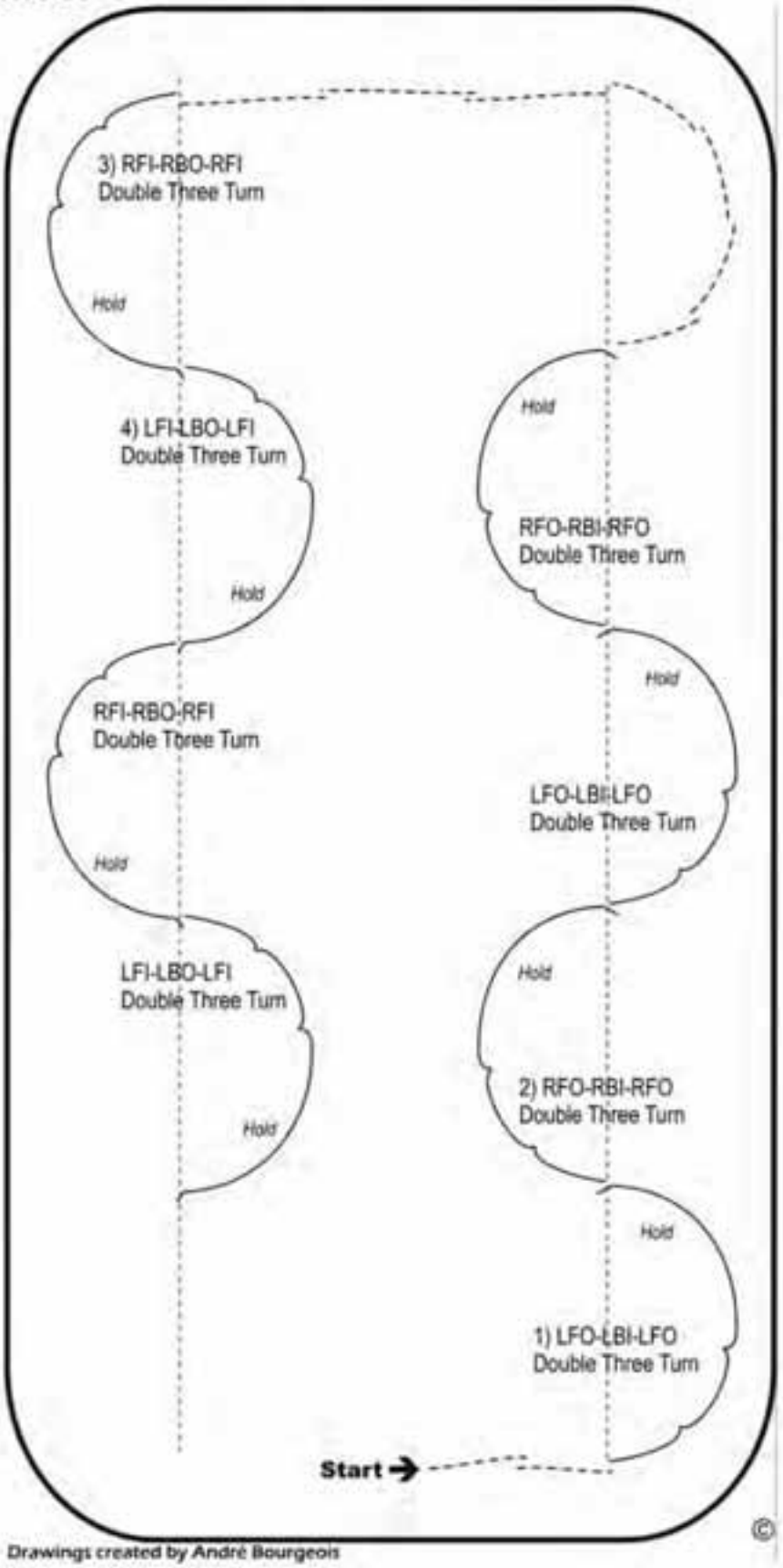
Steps 1 to 6 should then be repeated followed by an optional number of crosscuts across the end of the rink. The exercise is then repeated down the opposite side of the rink, commencing with a LBO/ LFI three turn.

The skater should attempt to keep a constant speed during the entire exercise.

LEVEL 6

Average Pass Mark	3.0
Passing Total	12.0
Minimum Pass Mark for each exercise (after any re-skate)	2.5

Level 6 Exercise 1 – Progressive Serpentine Forward Double Three Turns Exercise



Drawings created by André Bourgeois

FOCUS

Edge Quality/
Power

DESCRIPTION

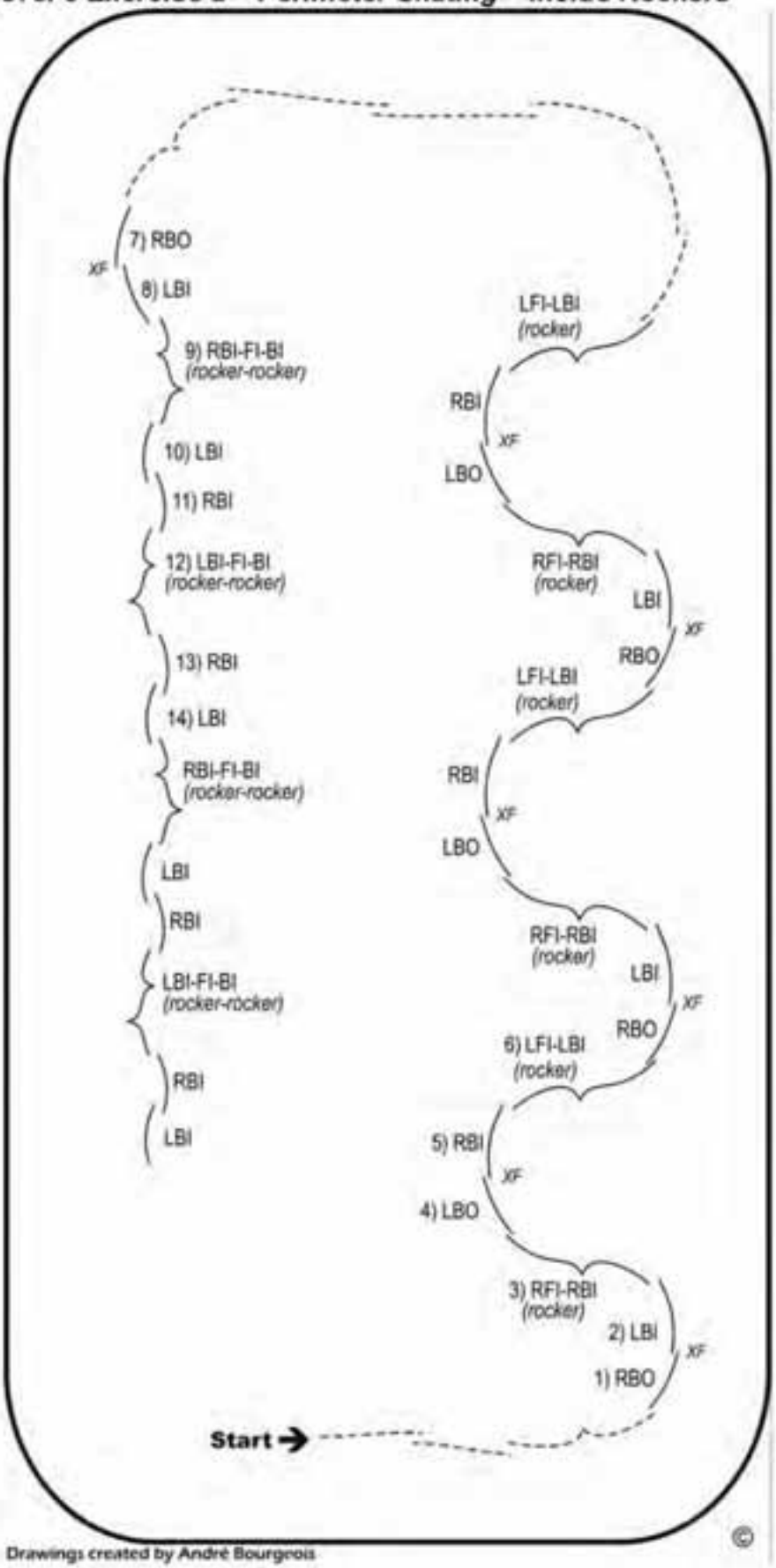
The skater will commence the exercise from a moving start

1) LFO/LBI/LFO double three
Hold the last LFO edge
2) Step onto RFO and turn a RFO/LBI/RFO double three
Hold the last RFO edge

Repeat steps 1 and 2 until a minimum of 4 lobes have been skated down one side of the rink. The skater then skates consecutive crosscuts at the end of the rink and commences the exercise down the opposite side of the rink, commencing with
3) RFI/RBO/RFI double three
Hold the last RFI edge
4)Step onto LFI and turn a LFI/LBO/LFI double three
Hold the last LFI edge
Repeat steps 3 and 4 until a minimum of 4 lobes have been skated.

Arm and free leg positions throughout this exercise are free choice

Level 6 Exercise 2 – Perimeter Skating – Inside Rockers



Drawings created by André Bourgeois

FOCUS

Quickness/Agility
Power

DESCRIPTION

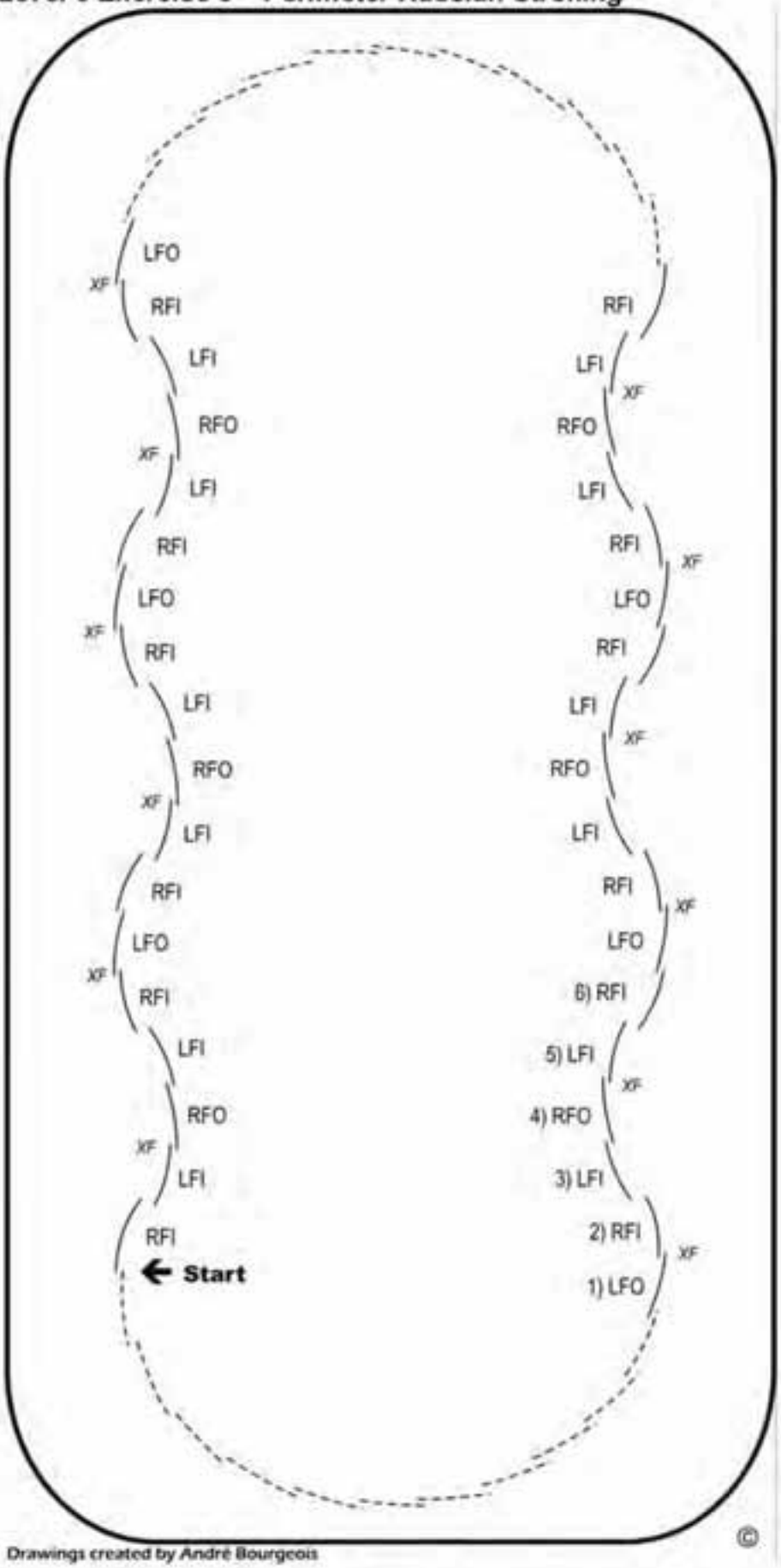
The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes onto the first step.

1) RBO
2) LBI
3) RFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is behind going into the turn and behind skating out of the turn. The rocker must be skated on a strong edge.)
4) LBO
5) RBI
6) LFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is behind going into the turn and behind going out of the turn. The rocker must be skated on a strong edge.)

Steps 1 to 6 are then repeated twice, followed by optional steps across the end of the rink, followed by an optional turn to backwards to commence the second part of the exercise
7) RBO
8) LBI
9) RBI-FI-BI Rocker-Rocker (The skater must push onto a strong back inside edge with the strong skating side leading and remaining strong through the rocker turns, with the free foot close to the skating foot.)
10) LBI
11) RBI
12) LBI-FI-BI Rocker-Rocker (The skater must push onto a strong back inside edge with the strong skating side leading and remaining strong through the rocker turns, with the free foot close to the skating foot.)
13) RBI
14) LBI

Steps 9 to 14 are repeated.

Level 6 Exercise 3 – Perimeter Russian Stroking



Drawings created by André Bourgeois

©

FOCUS

Power
Quickness/Agility
Upper Body Control

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts at the end of the skating rink. The skater will then perform shallow strokes.

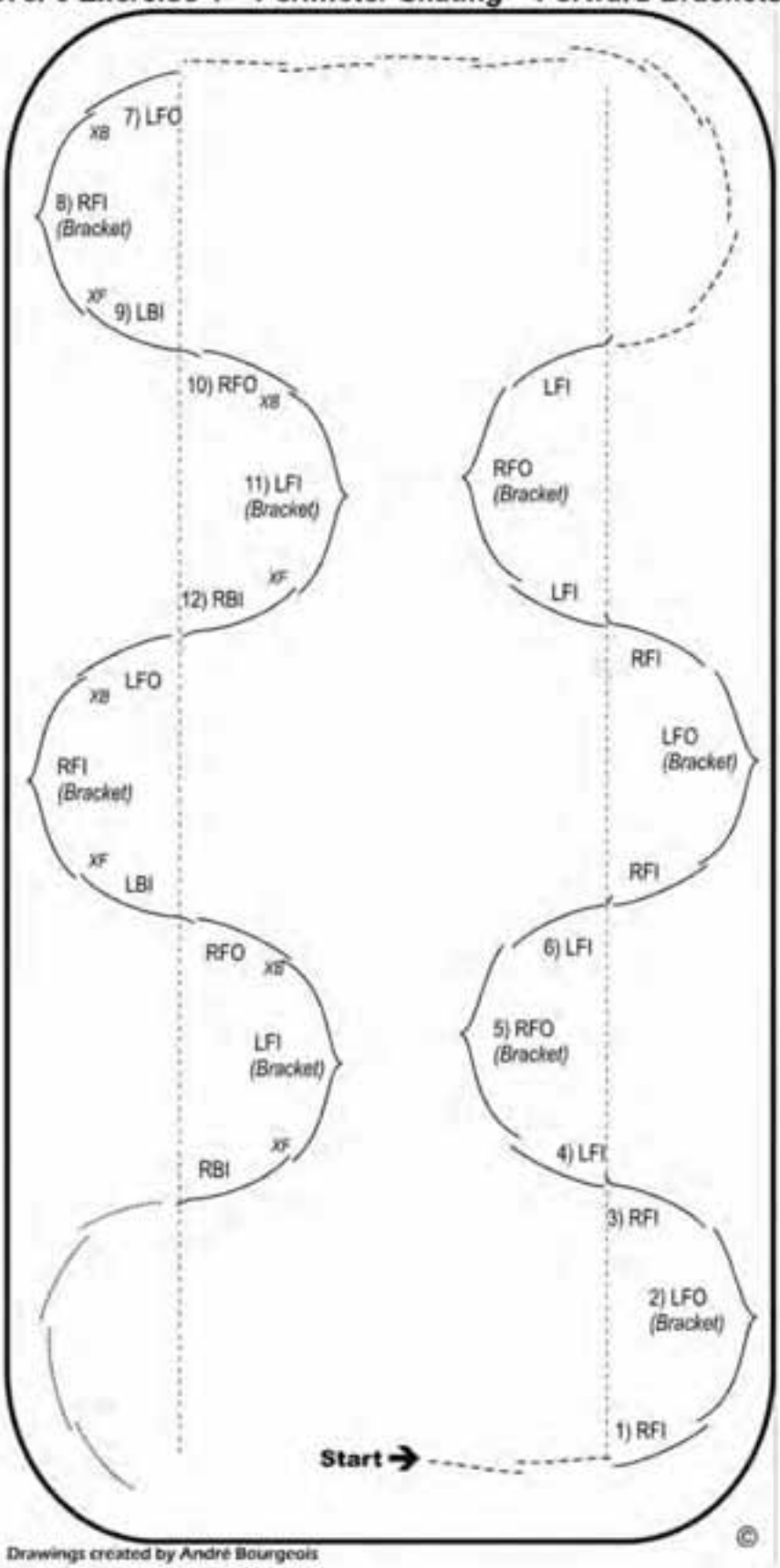
1) LFO
2) RFI
3) LFI
4) RFO
5) LFI
6) RFI

All steps must be performed quickly demonstrating lightness and agility. The edges will be shallow, as they should be relatively short.

The skater must perform between 2 to 3 consecutive step sequences (Steps 1 to 6) along the side of the skating rink. The number of step sequences performed will vary according to the age, strength and development of each skater.

The skater will skate at least one full round of the skating rink in one direction. The exercise must then be performed in the opposite direction.

Level 6 Exercise 4 – Perimeter Skating – Forward Brackets



Drawings created by André Bourgeois

FOCUS

Control
Edge Quality

DESCRIPTION

The skater can begin the exercise by performing optional steps or commence from a standstill.

1) RFI (The skater should step on a strong inside edge perpendicular to the long axis of the skating direction.)
2) LFO-BI Bracket (The skater steps on a strong outside edge with a strong skating side leading in order to prepare for the outside bracket. The free foot should remain behind the skating foot before the bracket and close to the skating foot during the entire bracket. The skater will slightly rotate their shoulders as they exit the bracket in preparation for the next step.)
3) RFI (The skater steps on a strong edge to return to the long axis of the skating direction.)
4) LFI (Same as step 1.)
5) RFO-BI Bracket (Same as step 2.)
6) LFI (Same as step 3.)

Steps 1 to 6 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

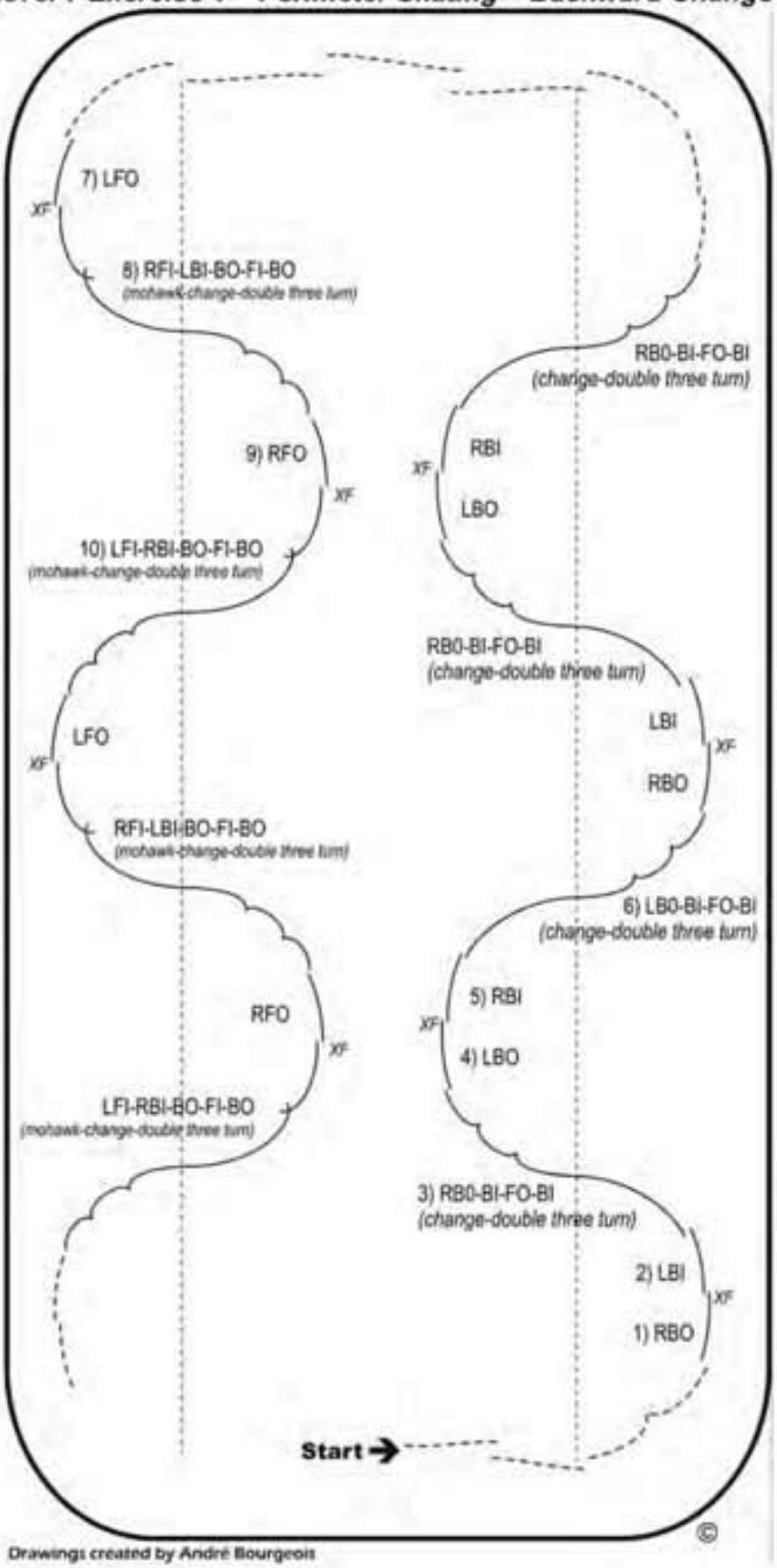
7) LFO (The skater should step on a strong outside edge perpendicular to the long axis of the skating direction.)
8) RFI-BO (The skater steps on a strong inside edge with a strong skating side and the freeside leading in order to prepare for the inside bracket. The free foot should remain behind the skating foot after the bracket. The skater will slightly rotate their shoulders as they exit the bracket in preparation for the next step.)
9) LBI (The skater steps on a strong edge to return to the long axis of the skating direction.)
10) RFO (Same as Step 7.)
11) RFI-BO (Same as Step 8.)
12) LBI (Same as Step 9.)

Steps 7 to 12 are then repeated once along the same side of the skating rink.

LEVEL 7

Average Pass Mark	3.2
Passing Total	12.8
Minimum Pass Mark for each exercise (after any re-skate)	2.7

Level 7 Exercise 1 – Perimeter Skating – Backward Change Double Three Turn



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps, then pushes onto

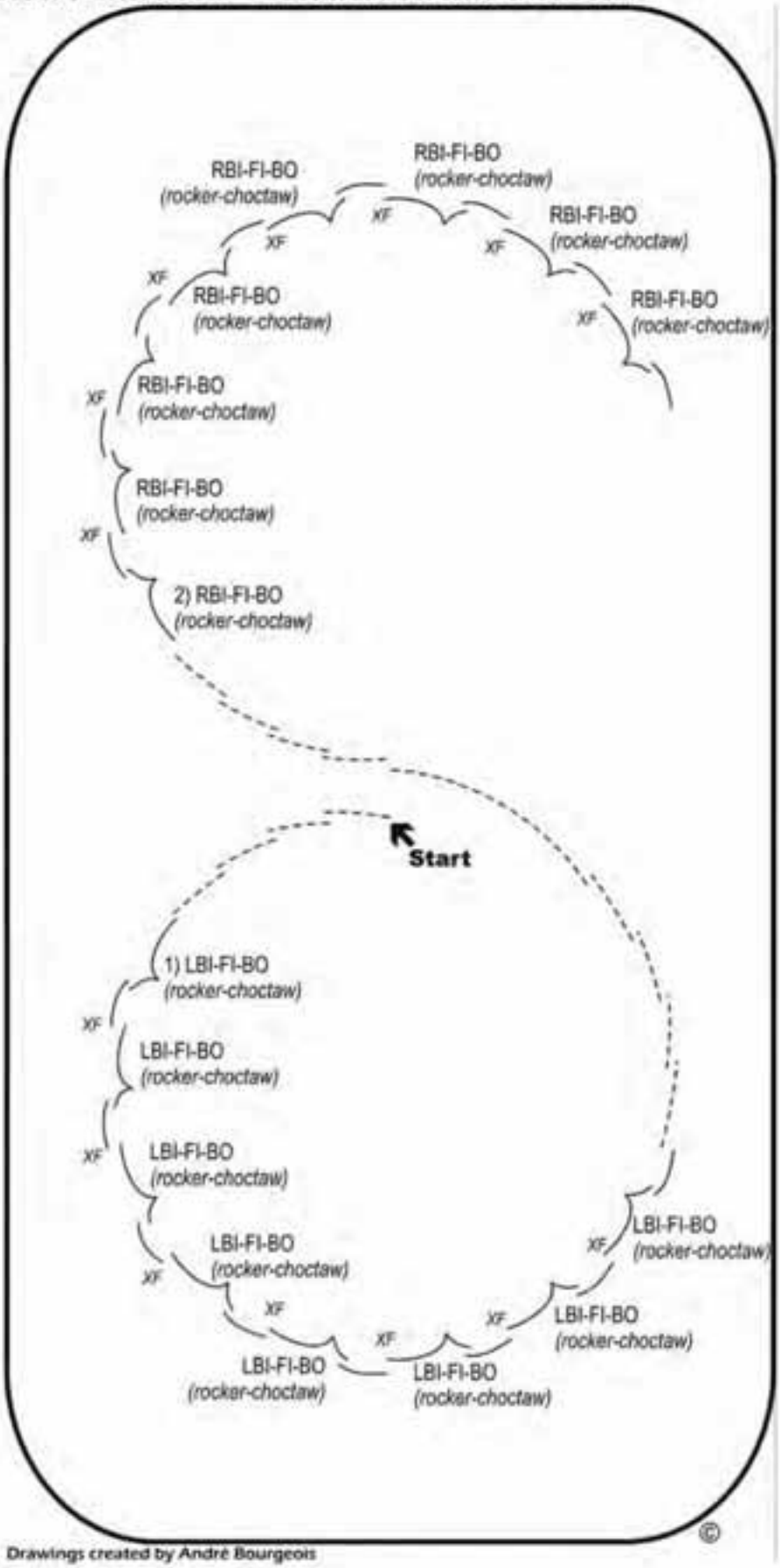
1) RBO, cross in front to
2) LBI, step onto
3) RBO/ RBI/FO/BI change-double three turn, step onto
4) LBO, cross in front to
5) RBI, step onto
6) LBO/ LBI/FO/BI change-double three turn

Steps 1 to 6 are then repeated down one side of the rink. The skater then skates optional steps at the end of the rink to push onto

7) LFO, cross in front to
8) RFI to LBI/ BO/FI/BO Mohawk-change-double three turn, step onto
9) RFO, cross in front to
10) LFI to RBI/ BO/FI/BO Mohawk-change-double three turn

Steps 7 to 10 are then repeated down the side of the rink

Level 7 Exercise 2 – Backward Rocker & Choctaw



Drawings created by André Bourgeois

FOCUS

Quickness/Agility
Power

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive backward crosscuts in a circular pattern.

1) LBI-FI-BO Rocker-Choctaw (The skater rotates shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit of the rocker is very short as the skater must immediately push onto a back outside edge to generate some power.)

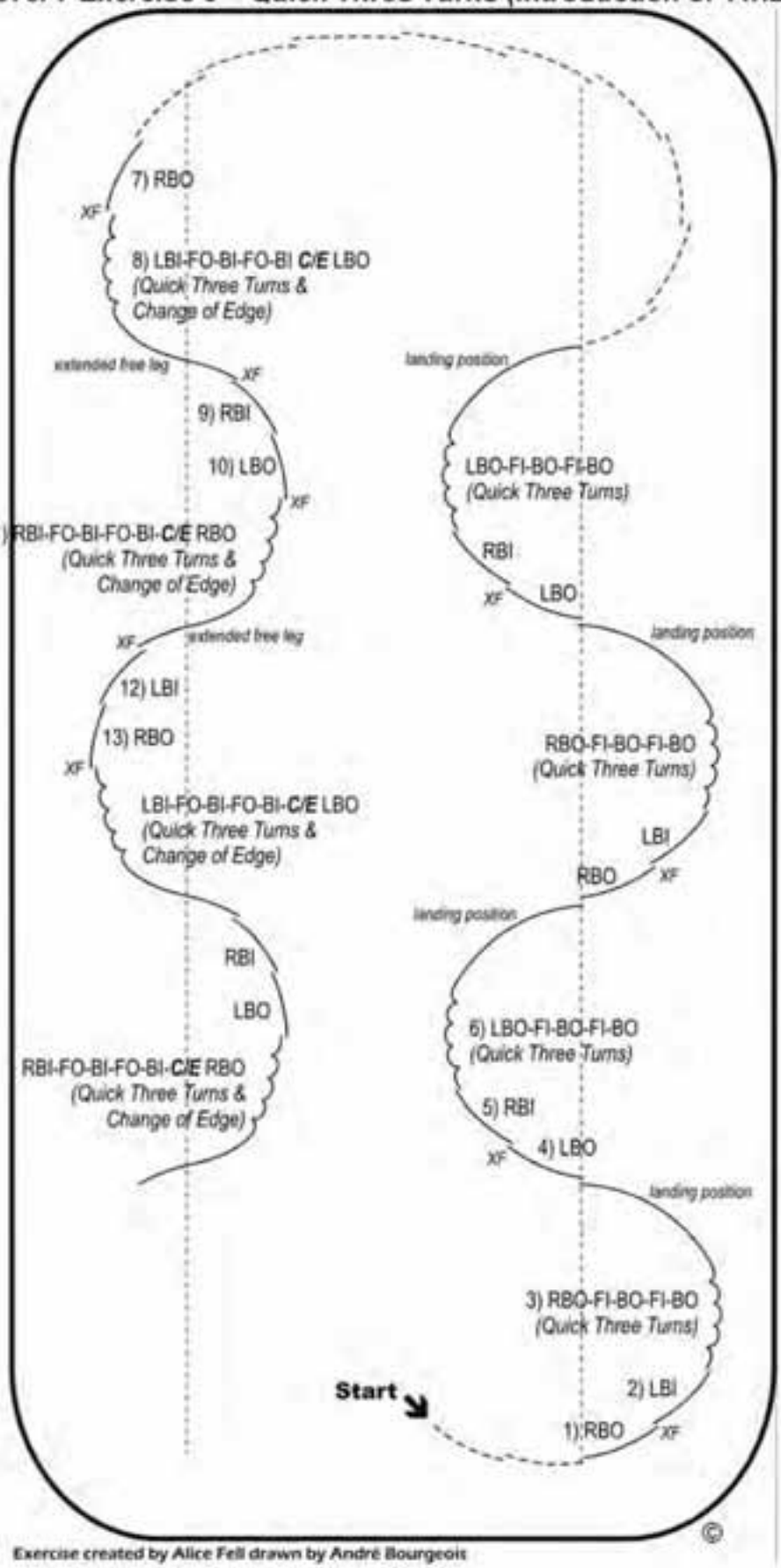
The skater will repeat step 1 numerous times until ¾ of a full circle is skated. The skater must maintain speed and develop a rhythm as they perform the exercise. The size of the ¾ circle may vary according to the age strength and development of each skater.

The skater will then skate optional steps into a new circle.

2) RBI-FI-BO Rocker-Choctaw (The skater rotates shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit of the rocker is very short as the skater must immediately push onto a back outside edge to generate some power.)

The skater will repeat step 1 numerous times until ¾ of a full circle is skated. The skater must maintain speed and develop a rhythm as the exercise is performed. The size of the ¾ circle may vary according to the age strength and development of each skater.

Level 7 Exercise 3 – Quick Three Turns (Introduction of Twizzle Steps)



Exercise created by Alice Fell drawn by André Bourgeois

FOCUS
Agility

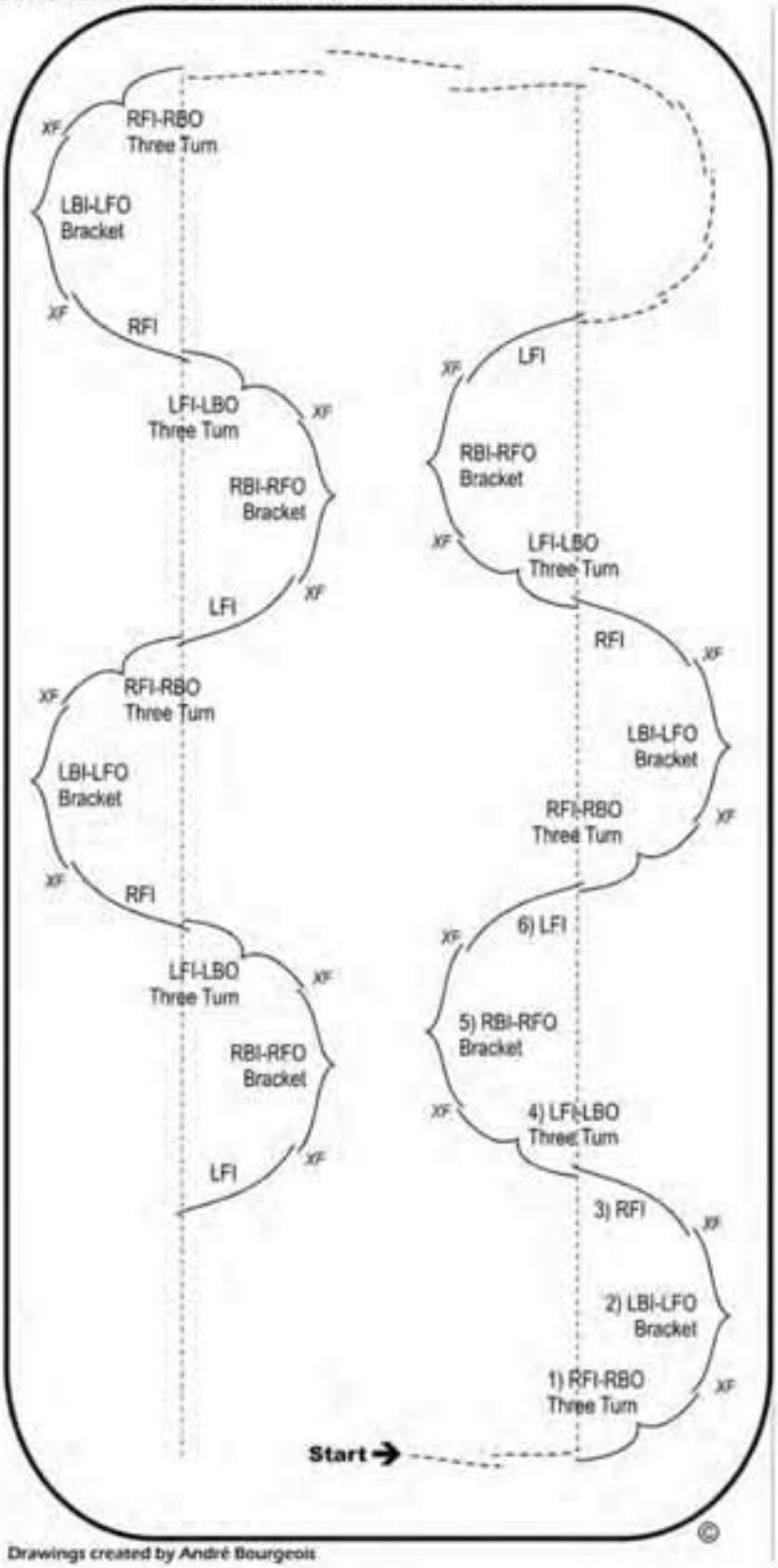
DESCRIPTION
The skater begins the exercise by performing optional backward crosscuts and pushes onto

1) RBO
2) LBI
3) RBO – quick three turns. The skater performs four quick right back outside and forward inside three turns (RBO/FI/BO/FI/BO), finishing with a landing position (free leg extended behind)
4) LBO
5) RBI
6) LBO – quick three turns. The skater performs four quick left back outside and forward inside three turns (LBO/FI/BO/FI/BO), finishing with a landing position

The skater repeats steps 1 to 6 down one side of the rink.
At the end of the rink, the skater skates optional crosscuts across the end of the rink and pushes onto
7) RBO
8) LBI – quick three turns. The skater performs four quick left back inside and forward outside three turns (LBI/FO/BI/FO/BI), change of edge to LBO with an extended free leg, cross in front to
9) RBI, crosscut to
10) LBO, cross in front to
11) RBI – quick three turns. The skater performs four quick right back inside and forward outside three turns (RBI/FO/BI/FO/BI), change of edge to RBO with an extended free leg.

The skater repeats steps 7 to 12 down the side of the rink to complete the exercise

Level 7 Exercise 4 –Back Inside Brackets



Drawings created by André Bourgeois

FOCUS
Control
Edge Quality

DESCRIPTION
The skater begins the exercise by performing optional steps.

1) The skater commences the exercise by turning a RFI/RBO three turn
2) The skater crosses in front or behind to perform a LBI/LFO bracket (the free foot should remain behind the skating foot and close to the skating foot during the entire bracket)
3) Cross the right foot in front onto RFI, step onto
4) LFI/LBO three turn
5) The skater crosses in front or behind to perform a RBI/RFO bracket
6) Cross in front to LFI

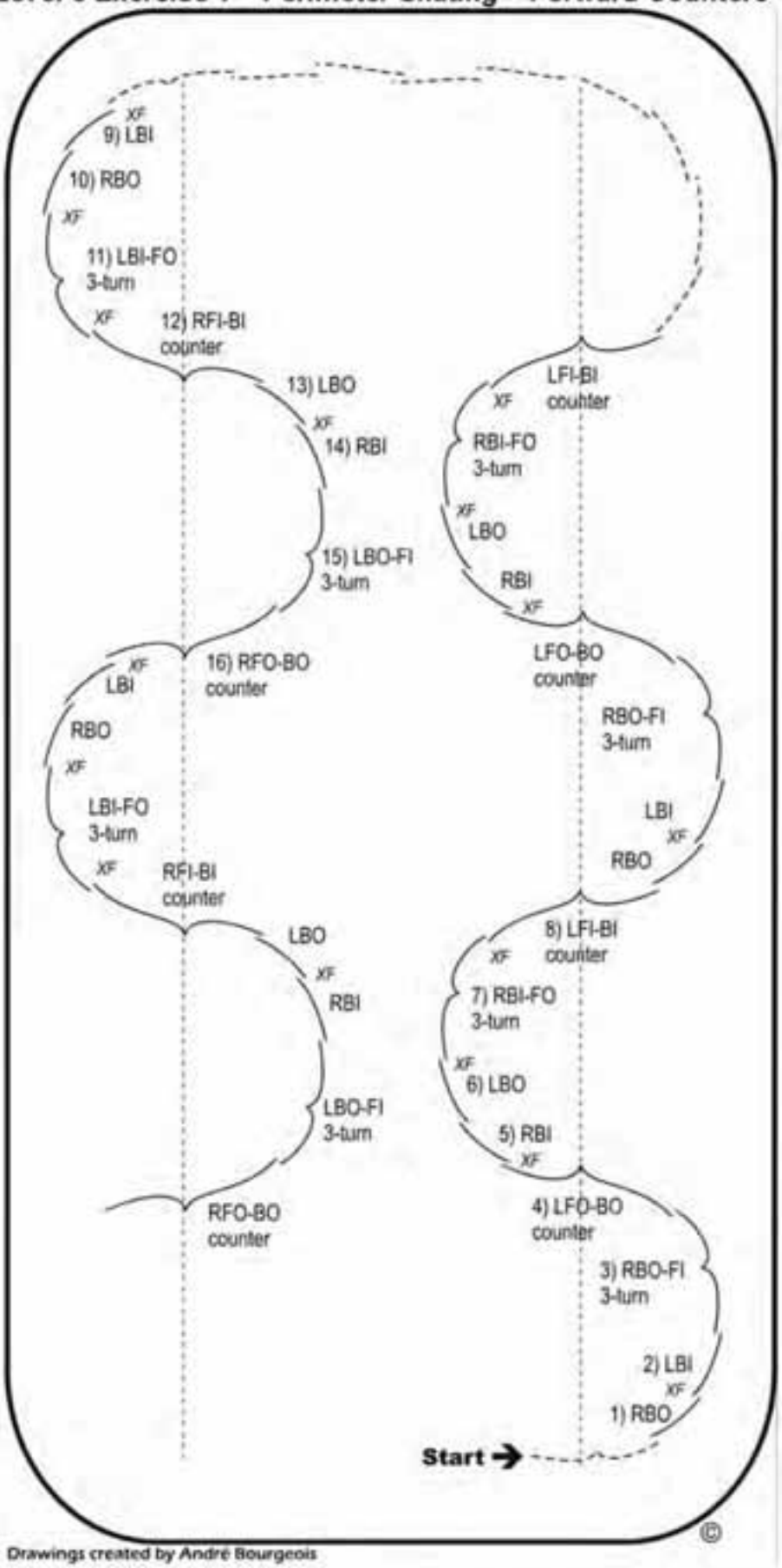
Steps 1 to 6 are then repeated along the same side of the skating rink. A minimum of 4 lobes must be skated. The skater then skates optional steps across the end of the rink to repeat the exercise down the opposite side of the rink, commencing with a RFI three turn

NB. The drawing at 2) and 5) and at the same points throughout the exercise, shows cross in front, but cross behind will also be acceptable as per the description above"

LEVEL 8 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.4
Passing Total	13.6
Minimum Pass Mark for each exercise	2.9

Level 8 Exercise 1 – Perimeter Skating – Forward Counters



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps.

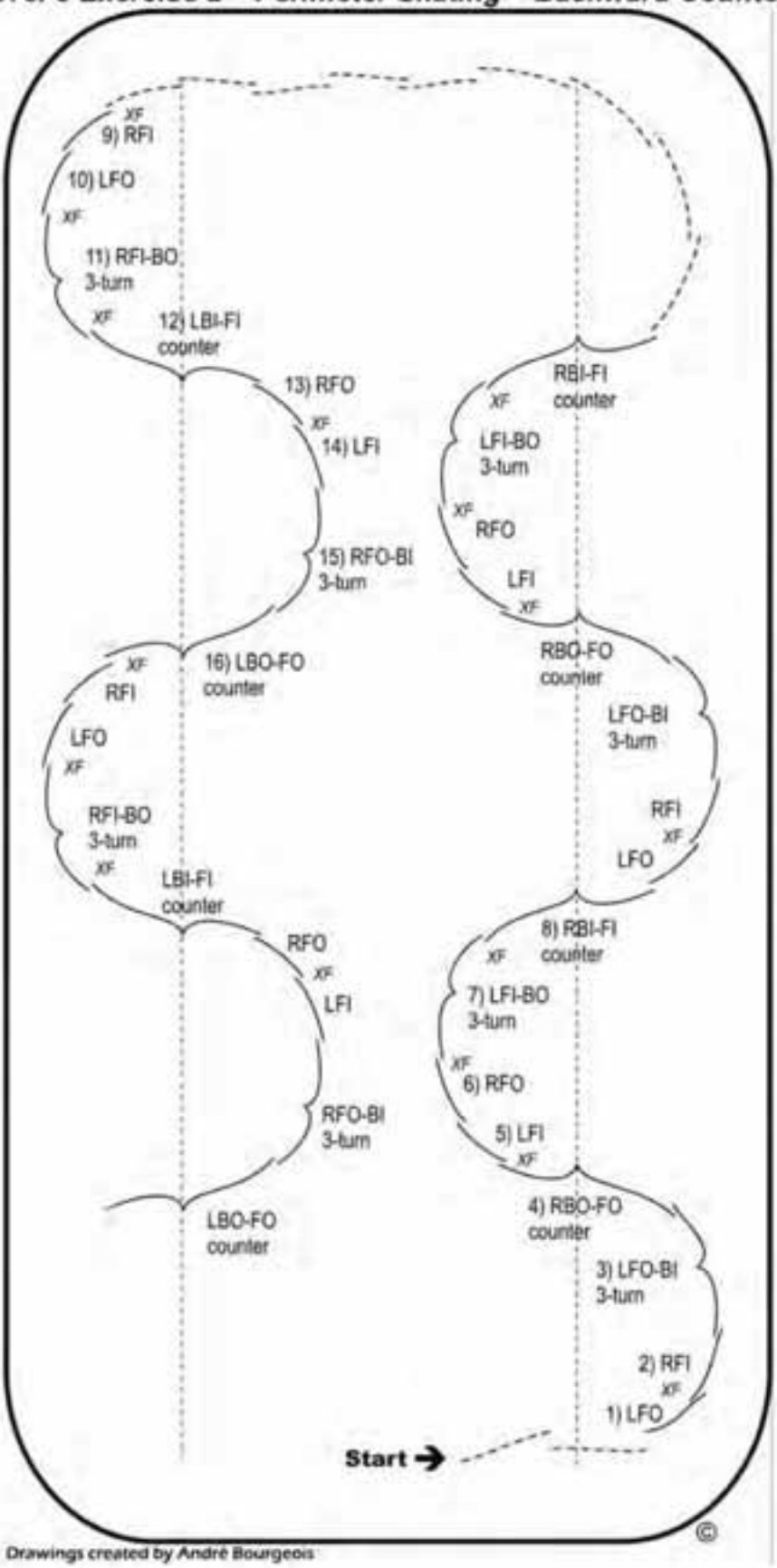
1) RBO
2) LBI (The shoulders can begin rotating facing outside the circle.)
3) RBO-FI three turn
4) LFO-BO Counter (The skater will push onto a strong outside edge with the skating side leading into the counter turn. The free leg may remain in front of the skating foot at the exit of the counter turn to prepare for the cross step)...)
5) RBI
6) LBO
7) RBI-FO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into the turn and the free foot in front of the skating foot coming out of the turn. The skater must prepare to cross for the next step.)
8) LFI-BI Counter (The skater must push onto a strong forward inside edge with free side leading and rotating outside the circle. The free leg should be in front of the skating foot. The counter must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of the skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) LBI
10) RBO
11) LBI-FO three turn
12) RFI-BI Counter
13) LBO
14) RBI
15) LBO-FI three turn
16) RFO-BO Counter

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 8 Exercise 2 – Perimeter Skating – Backward Counters



Drawings created by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater begins the exercise by performing optional steps.

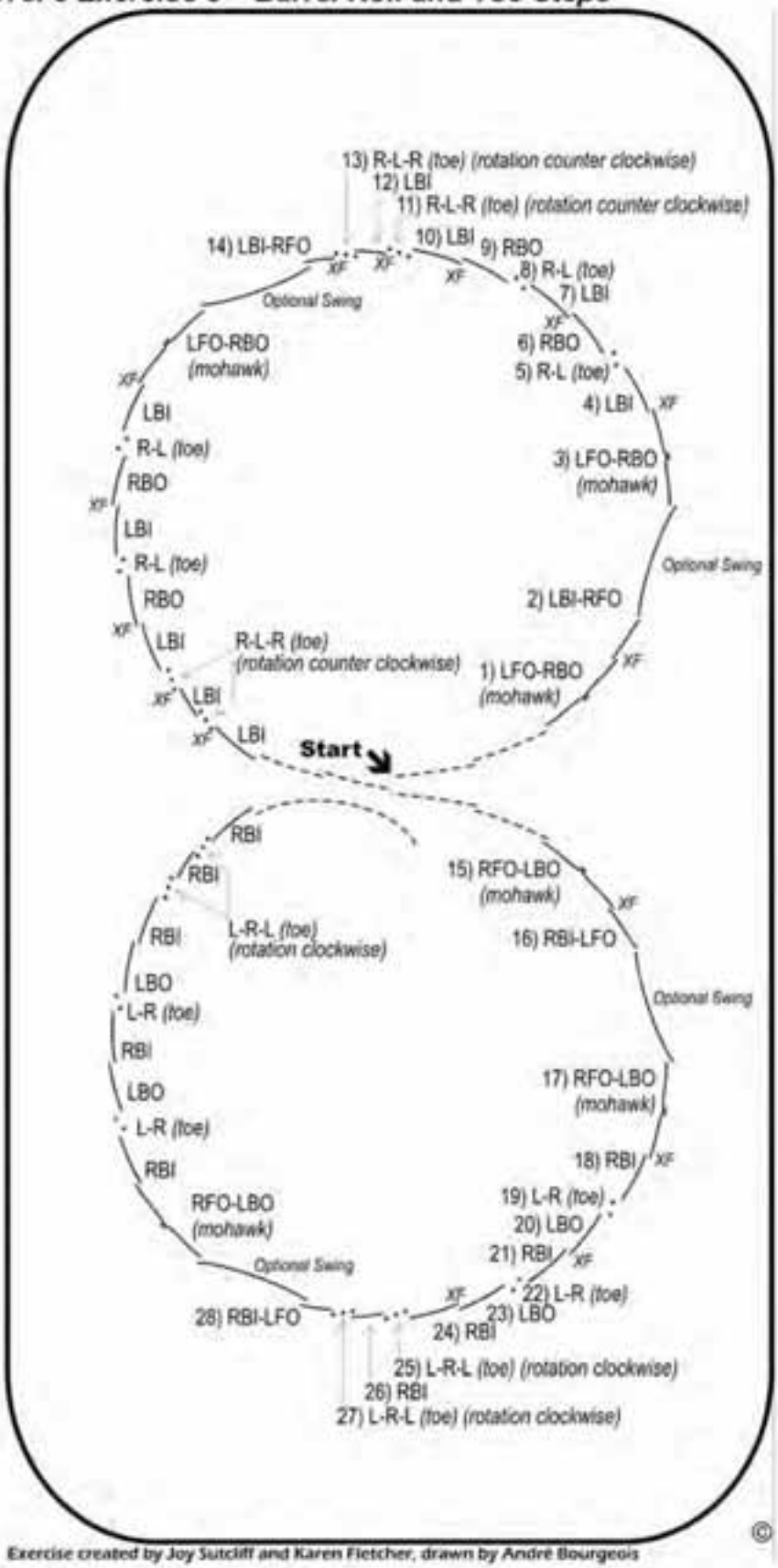
1) LFO
2) RFI (The shoulders will be rotated facing outside the circle.)
3) LFO-BI three turn
4) RBO-FO Counter (The skater will push onto a strong outside edge with the shoulders rotating in order to prepare for the Counter turn. The free leg position is optional. As the skater exits the turn the skating side will lead and the free leg will move in front of the skating leg.)
5) LFI
6) RFO
7) LFI-BO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross over for the next step.)
8) RBI-FI Counter (The skater must push onto a strong backward inside edge. The shoulders will rotate to prepare for the turn. The free leg position is optional. The counter must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) RFI
10) LFO
11) RFI-BO three turn
12) LBI-FI Counter
13) RFO
14) LFI
15) RFO-BI three turn
16) LBO-FO Counter

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 8 Exercise 3 – Barrel Roll and Toe Steps



Exercise created by Joy Sutcliff and Karen Fletcher, drawn by André Bourgeois

FOCUS

Quickness/Agility

DESCRIPTION

The skater begins the exercise by performing an optional number of consecutive crosscuts in a circular pattern.

1) LFO-RBO Mohawk
2) LBI step onto RFO (crossing in front with optional swing through of left free leg).
3) LFO-RBO Mohawk, cross in front
4) LBI
5) R-L (toe) non rotating
6) RBO, cross in front to
7) LBI
8) R-L (toe) non rotating
9) RBO, cross in front to
10) LBI
11) R-L-R (toe) rotating counter clockwise, cross in front to
12) LBI
13) R-L-R (toe) rotating counter clockwise
14) LBI step onto RFO (with optional swing through of right free leg).

The skater then repeats steps 3 to 13 to complete the circle

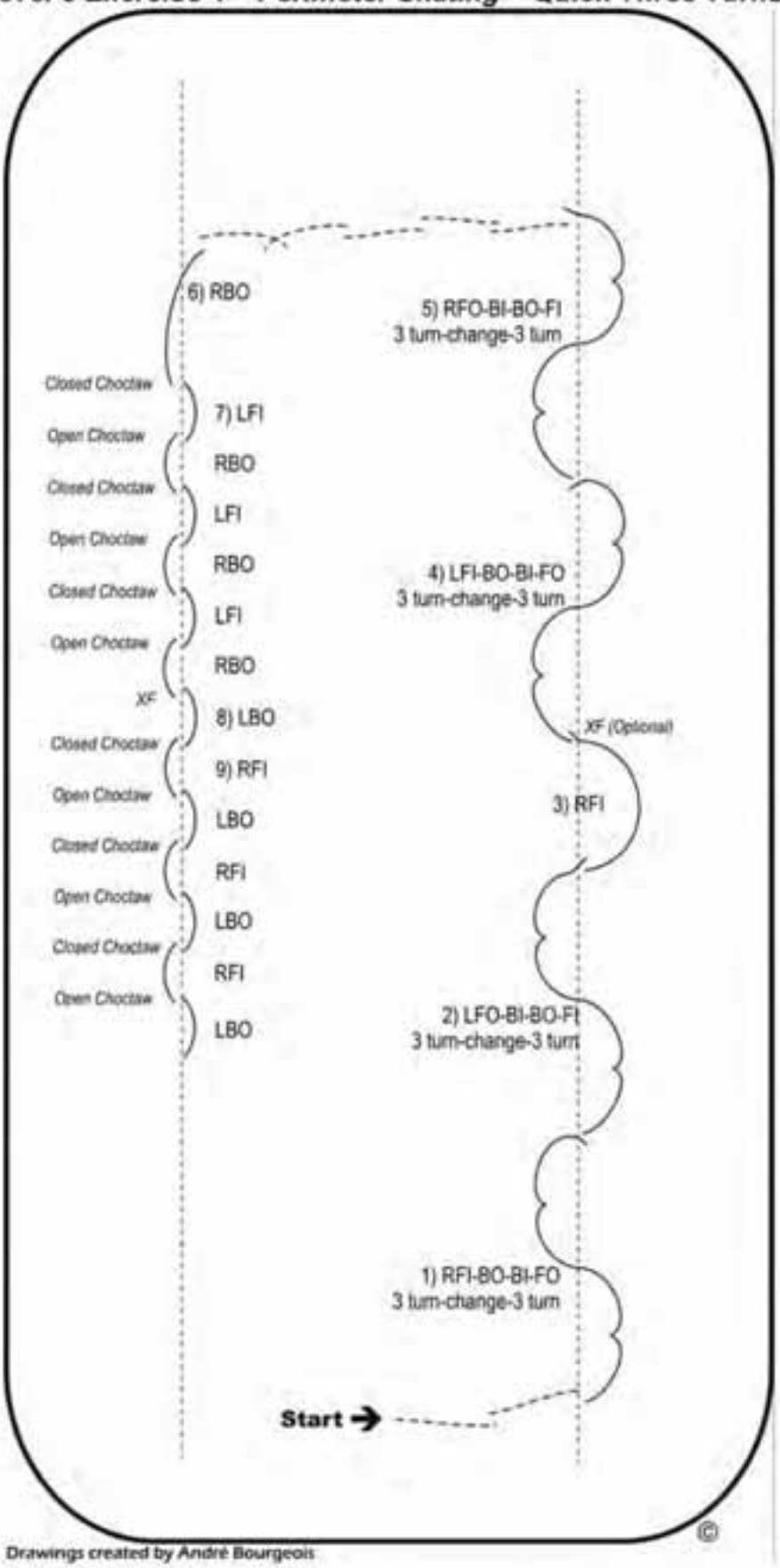
The skater then performs optional steps to begin the second circle, commencing with

15) RFO-LBO Mohawk, cross in front to
16) RBI step onto LFO (crossing in front with optional swing through of left free leg)
17) RFO-LBO Mohawk, cross in front
18) RBI
19) L-R (toe) non rotating
20) LBO, cross in front to
21) RBI
22) L-R (toe) non rotating
23) LBO, cross in front to
24) RBI, cross in front to
25) L-R-L (toe) rotating clockwise, cross in front to
26) RBI
27) L-R-L (toe) rotating clockwise
28) RBI step onto LFO

The skater then repeats steps 17 to 27 to complete the circle

The skater must maintain speed and develop rhythm as the exercise is performed

Level 8 Exercise 4 – Perimeter Skating – Quick Three Turns & Choctaws



Drawings created by André Bourgeois

FOCUS

Quickness/Agility (Choctaws)
Edge Quality (Three Turns)

DESCRIPTION

The skater begins the exercise by skating optional steps

1) RFI-BO-BI-FO three turns-Change-three turn
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
2) LFO-BI-BO-FI
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
3) RFI
4) LFI-BO-BI-FO three turns-Change-three turn
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)
5) RFO-BI-BO-FI
(The skater will perform this step using a strong knee action during the three turns and change. The lobes will be somewhat shallow as the turns and changes are done quickly.)

The skater will perform optional steps across the end of the rink.

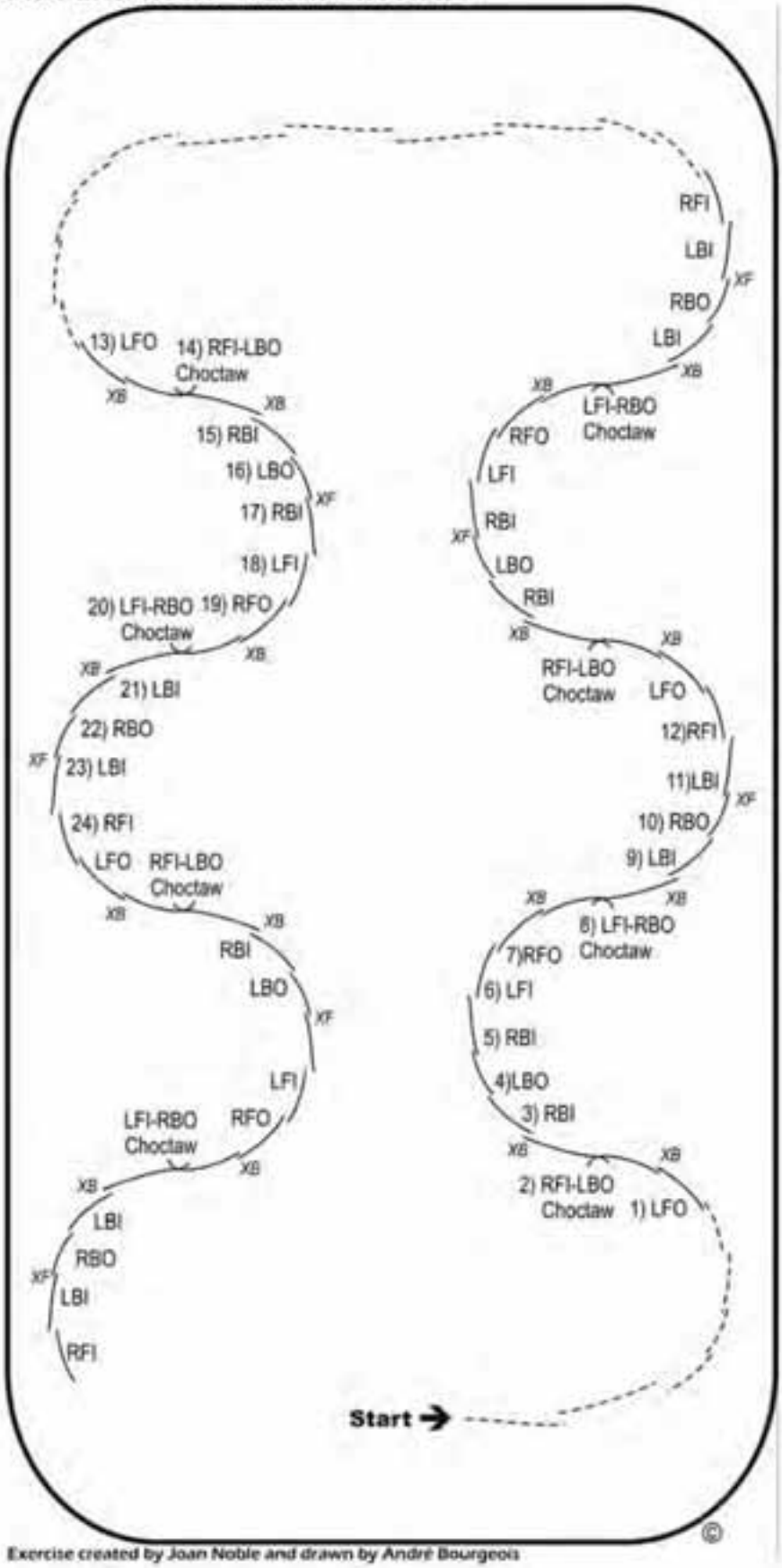
6) RBO Closed Choctaw
7) LFI Open Choctaw

Steps 6 and 7 are then repeated twice
Cross in front to

8) LBO Closed Choctaw
9) RFI Open Choctaw

Steps 8 and 9 are then repeated twice to complete the exercise

Level 8 Exercise 5 – Kilian Choctaws



Exercise created by Joan Noble and drawn by André Bourgeois

FOCUS
Edge Quality
Control

DESCRIPTION
The skater begins the exercise by skating optional steps and pushes onto

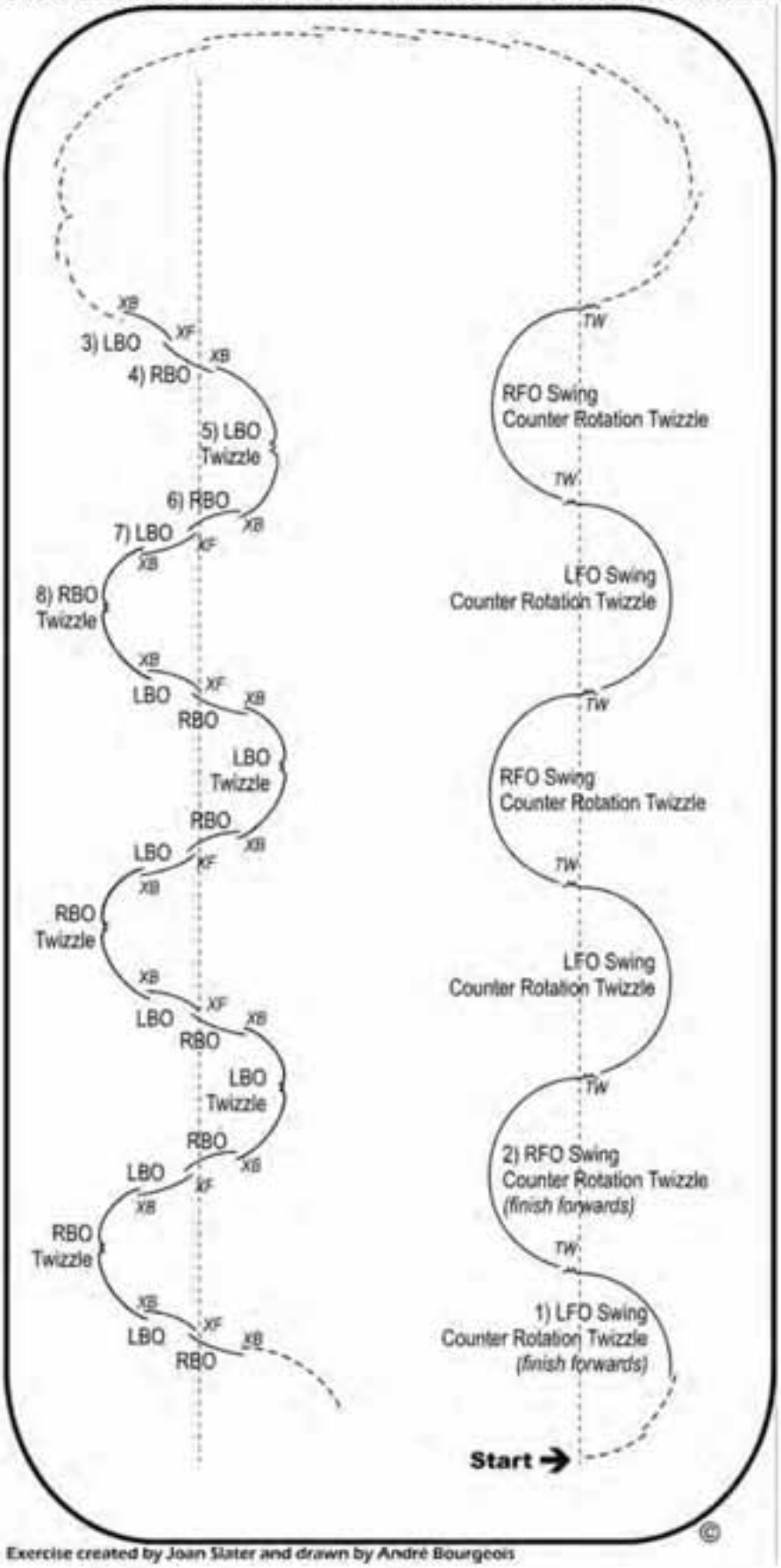
1) LFO, cross behind to a deep
2) RFI-LBO open Choctaw, using a checked LBO
3) Cross behind onto RBI
4) LBO, cross in front to
5) RBI and step forwards onto
6) LFI
7) Step forwards onto RFO, crossing behind to a deep
8) LFI-RBO open Choctaw, using a checked RBO
9) Cross behind onto LBI
10) RBO, cross in front to
11) LBI and step forwards to
12) RFI

Repeat steps 1 to 12 and then skate optional steps at the end of the rink and step onto

13) LFO, cross behind to a deep
14) RFI-LBO open Choctaw, using a checked LBO
15) Cross behind onto RBI
16) LBO, cross in front to
17) RBI and step forwards onto
18) LFI
19) Step forwards onto RFO, crossing behind to a deep
20) LFI-RBO open choctaw, using a checked RBO
21) Cross behind in front to
22) RBO, cross on front to
23) LBI and step forwards onto
24) RFI

Repeat steps 13 to 24 down the side of the rink to complete the exercise

Level 8 Exercise 6 – Counter Twizzles & Backward Outside Twizzles



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS

Control and Neatness

DESCRIPTION

The skater begins the exercise by performing optional steps

1) Skate a LFO swing counter rotation Twizzle (1 rev) on one foot, bringing feet together on the Twizzle
2) Follow with a RFO swing counter rotation Twizzle (1 rev) on one foot
Repeat steps 1 and 2 down one side of the rink to complete between 2 and 3 sequences

Skate optional steps across the end of the rink and step onto a

3) LBO, cross right foot behind onto
4) RBO cross left foot behind and execute A
5) LBO Twizzle (1 rev) with the free leg crossed over the ankle of the skating foot.
6) Cross the right foot behind onto RBO,
7) Cross left foot in front to LBO then cross behind and execute a
8) RBO Twizzle (1 rev) with the free leg crossed over the ankle of the skating foot. Cross the right foot behind onto a LBO, Cross left foot in front to RBO.

Repeat steps 3 to 8 down the side of the rink to complete the exercise. Between 2 and 3 sequences should be skated.

LEVEL 9 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.6
Passing Total	14.4
Minimum Pass Mark for each exercise (after any re-skate)	3.1

Level 9 Exercise 1 – Fast Circular Mohawks and Slip Step

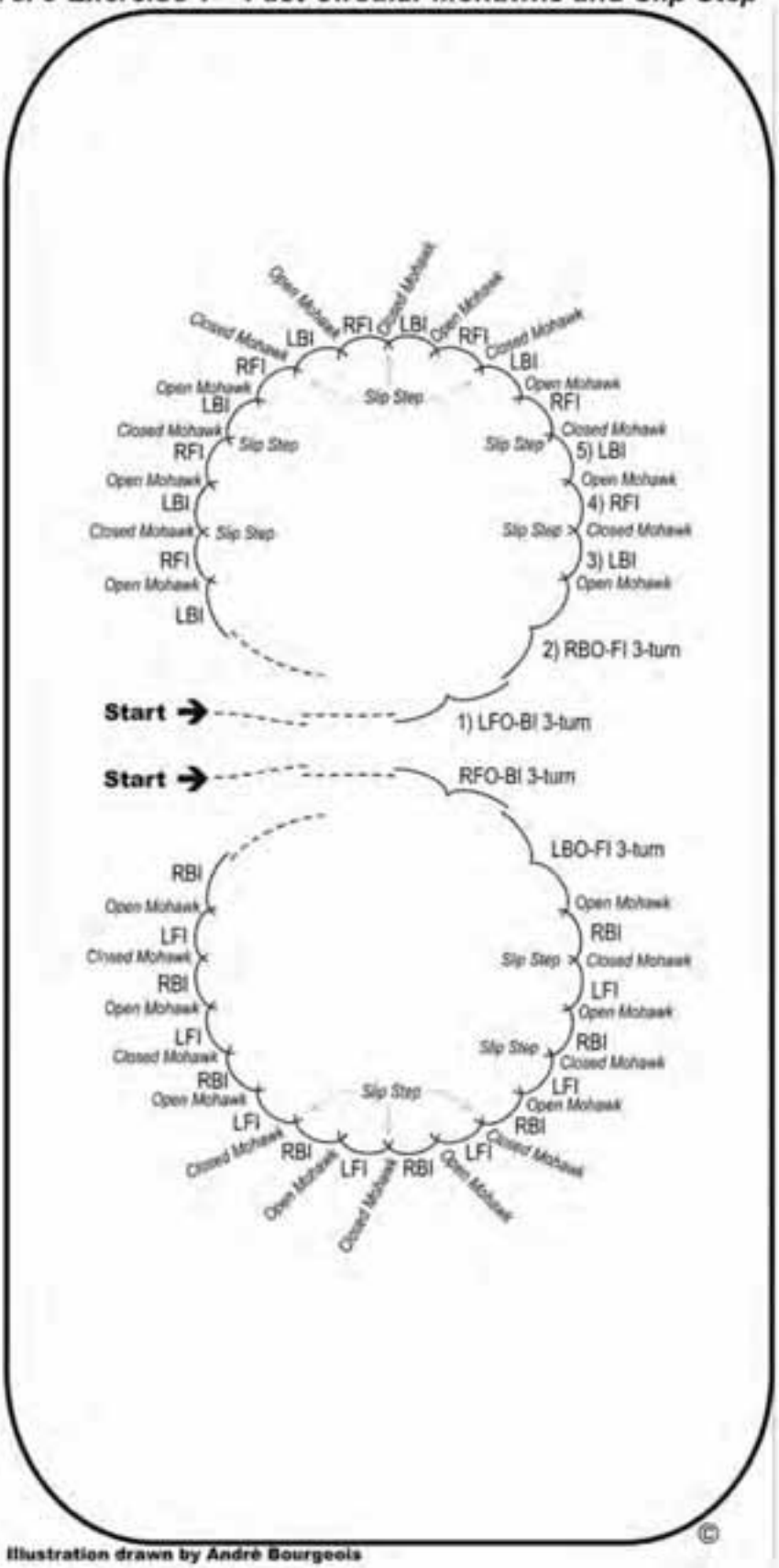


Illustration drawn by André Bourgeois

FOCUS

Rhythm and Flow

DESCRIPTION

The skater commences the exercise by skating an optional number of forward crossouts in a circular pattern

1) LFO/ LBI three turn, change feet to
2) RBO three turn to
3) RFI/LBI open Mohawk (the skater pushes onto a forward inside edge with the skating side leading and the free foot behind to prepare for the Mohawk. The skater will then step onto a back inside edge with the free leg behind, coming towards the skating leg in order to change feet)
4) Change feet, keeping both feet side by side (slip step) and step forwards onto
5) RFI/LBI Mohawk

The skater then repeats the sequence of steps from 3 to 5 continuously in an anti-clockwise direction to complete a full circle, using a minimum of 4 sequences. (strong skaters may require to perform two circles). The exercise is then repeated in a clockwise direction, commencing with RFO three turn.

The skater must maintain speed and develop a rhythm as the exercise is performed.

The circles may be linked together.

Level 9 Exercise 2 – Perimeter Skating – Forward Rockers

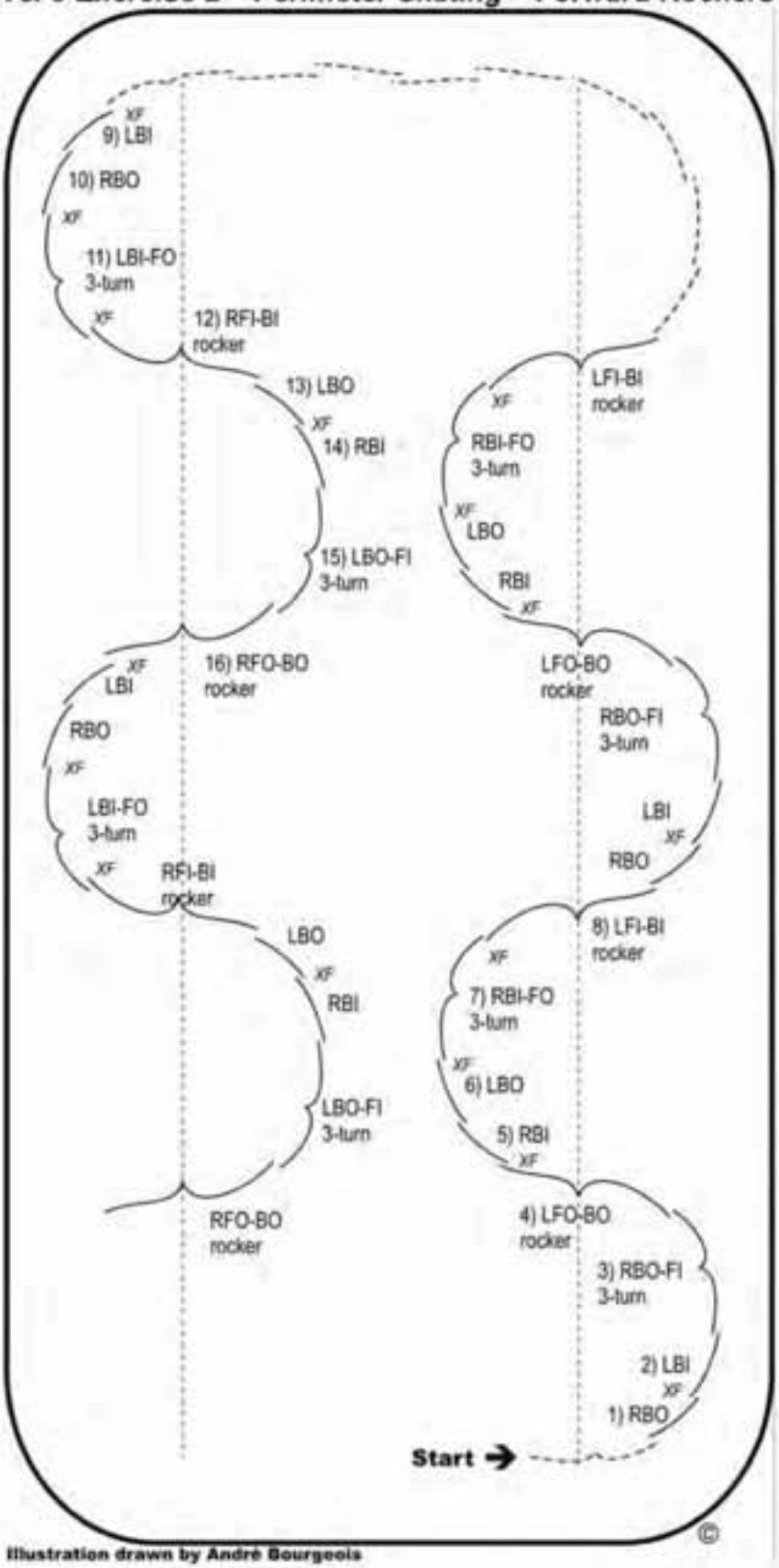


Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Power

DESCRIPTION

The skater can begin the exercise by skating optional steps.

1) RBO
2) LBI
3) RBO-FI three turn
4) LFO-BO Rocker (The skater will push onto a strong outside edge with the free side preparing to lead into the rocker turn. The free leg position is optional. As the skater exits the turn the shoulders will be rotated facing outside the circle with the free leg preparing to cross in front of skating foot.)
5) RBI (The shoulders will be rotated facing outside the circle.)
6) LBO (The shoulders will be rotated facing outside the circle.)
7) RBI-FO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross for the next step.)
8) LFI-BI Rocker (The skater must push onto a strong forward inside edge with the skating side leading and rotating into circle. The free leg position is optional going into and out of the turn. The rocker must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second required part of the exercise.

9) LBI
10) RBO
11) LBI-FO three turn
12) RFI-BI Rocker
13) LBO
14) RBI
15) LBO-FI three turn
16) RFO-BO Rocker

Steps 9 to 16 are then repeated once along the same side of the skating rink.

Level 9 Exercise 3 – Perimeter Skating – One Foot Power Rockers

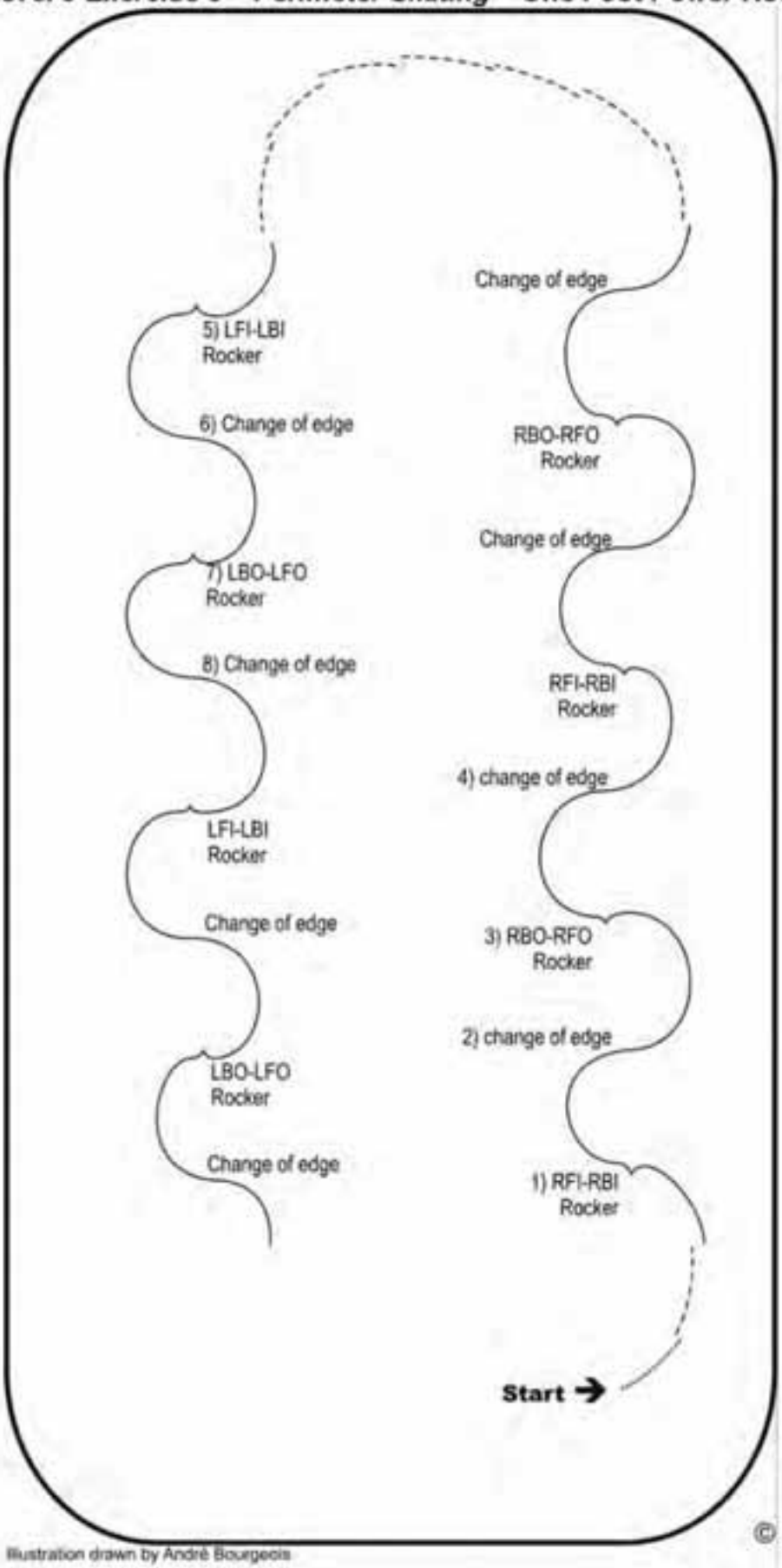


Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Power/Rhythm

DESCRIPTION

The skater begins the exercise by skating optional steps and pushes onto

1) RFI/RBI Rocker
2) Change edge onto
3) RBO/RFO Rocker
4) Change edge

Steps 1 to 4 are then repeated down the side of the rink. The skater then performs optional crosscuts across the end of the rink and pushes onto

5) LFI/LBI Rocker
6) Change edge onto
7) LBO/LFO Rocker
8) Change edge

Steps 5 to 8 are then repeated down the side of the rink to complete the exercise.

Level 9 Exercise 4 – Inside Double Threes and Twizzle

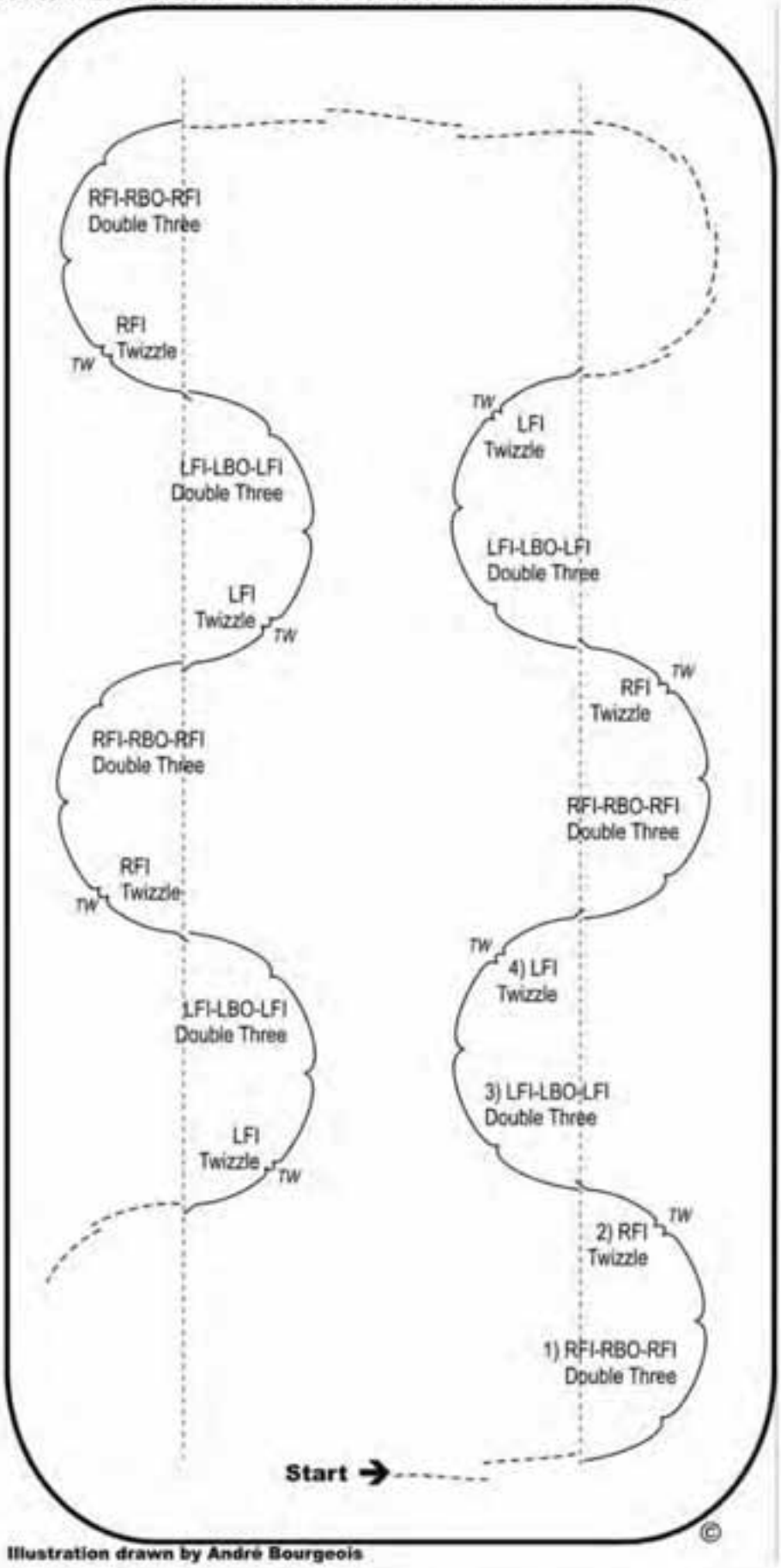


Illustration drawn by André Bourgeois

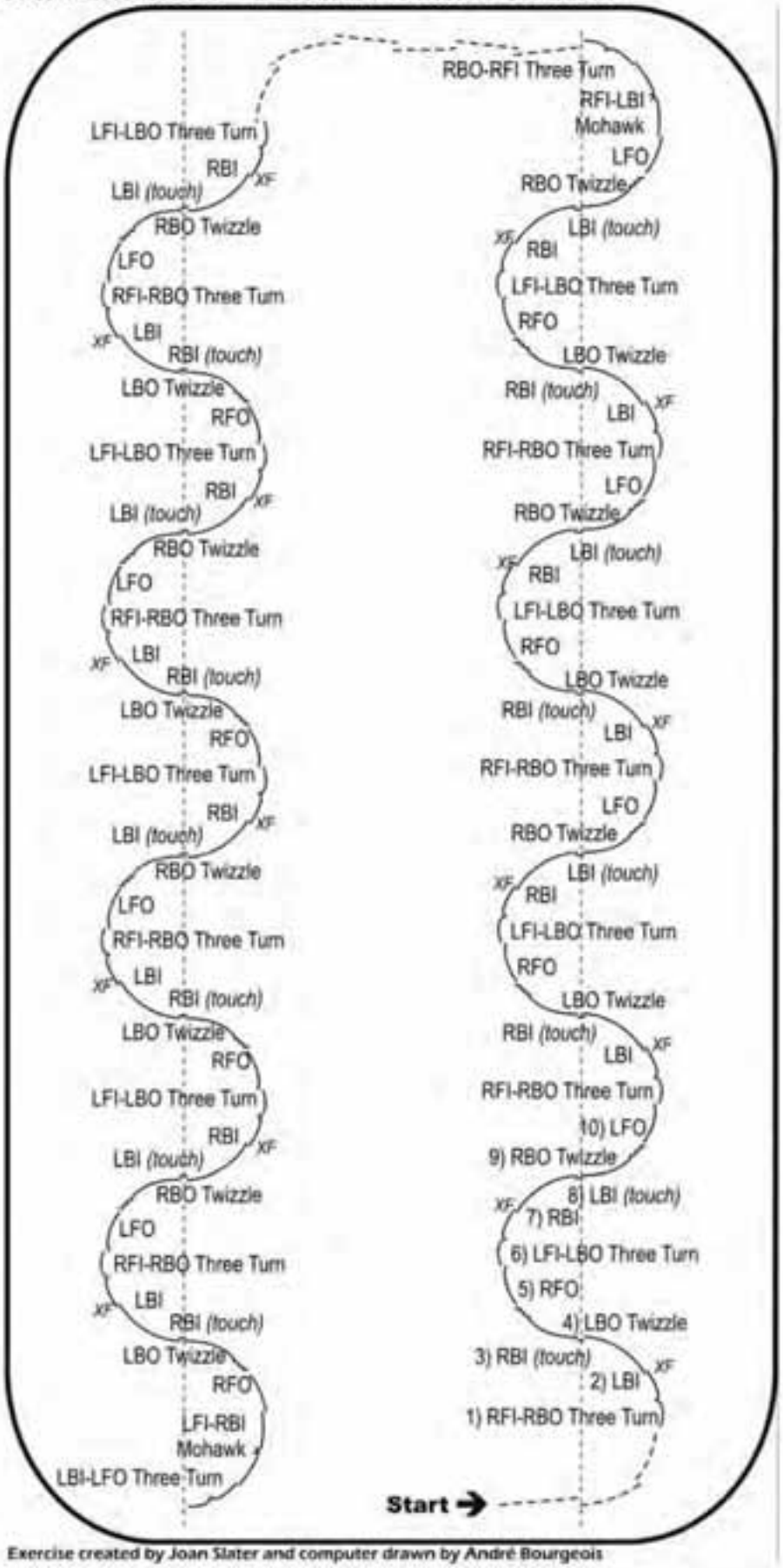
FOCUS
Edge Quality

DESCRIPTION
The skater begins the exercise by performing an optional number of forward crosscuts to step onto

1) RFI/RBO/RFI double three turn
2) The skater rises on the knee and turns a quick RFI Twizzle (1 rev), finishing this by holding the RFI edge with the free leg extended in front
3) Step onto LFI/LBO/LFI double three turn
4) The skater rises on the knee and turns a quick LFI Twizzle (1 rev), finishing this by holding the LFI edge with the free leg extended in front

Steps 1 to 4 are then repeated down the side of the rink. The skater then performs crosscuts across the end of the rink and repeats the exercise down the opposite side of the rink.

Level 9 Exercise 5 – Backward Outside Twizzles



Exercise created by Joan Slater and computer drawn by André Bourgeois

FOCUS

Edge Control
Neatness & Agility

DESCRIPTION

The skater begins the exercise by skating an optional number of crosscuts to commence the exercise down the long axis of the rink

1) Skate a RFI/RBO three turn
2) Cross left foot in front onto LBI
3) Touch down briefly onto RBI and push from this edge onto
4) LBO (1 revolution) twizzle with the free foot crossed over the ankle of the left foot
5) Skate forwards on a RFO
6) Skate a LFI/LBO three turn
7) Cross right foot in front onto RBI
8) Touch down briefly onto LBI and push from this edge onto
9) RBO (1 revolution) twizzle with the free foot crossed over the ankle of the right foot
10) Skate forwards on a LFO

Repeat steps 1 to 10, skating between 1 & 2 repetitions down the side of the rink, finishing on LFO edge.

Turn a RFI/LBI Mohawk (optional)
Turn a RBO/RFI three turn (optional) and skate optional steps across the end of the rink. Repeat the exercise down the opposite side of the rink, commencing with LFI/LBO three turn.

Level 9 Exercise 6 – Closed Choctaws

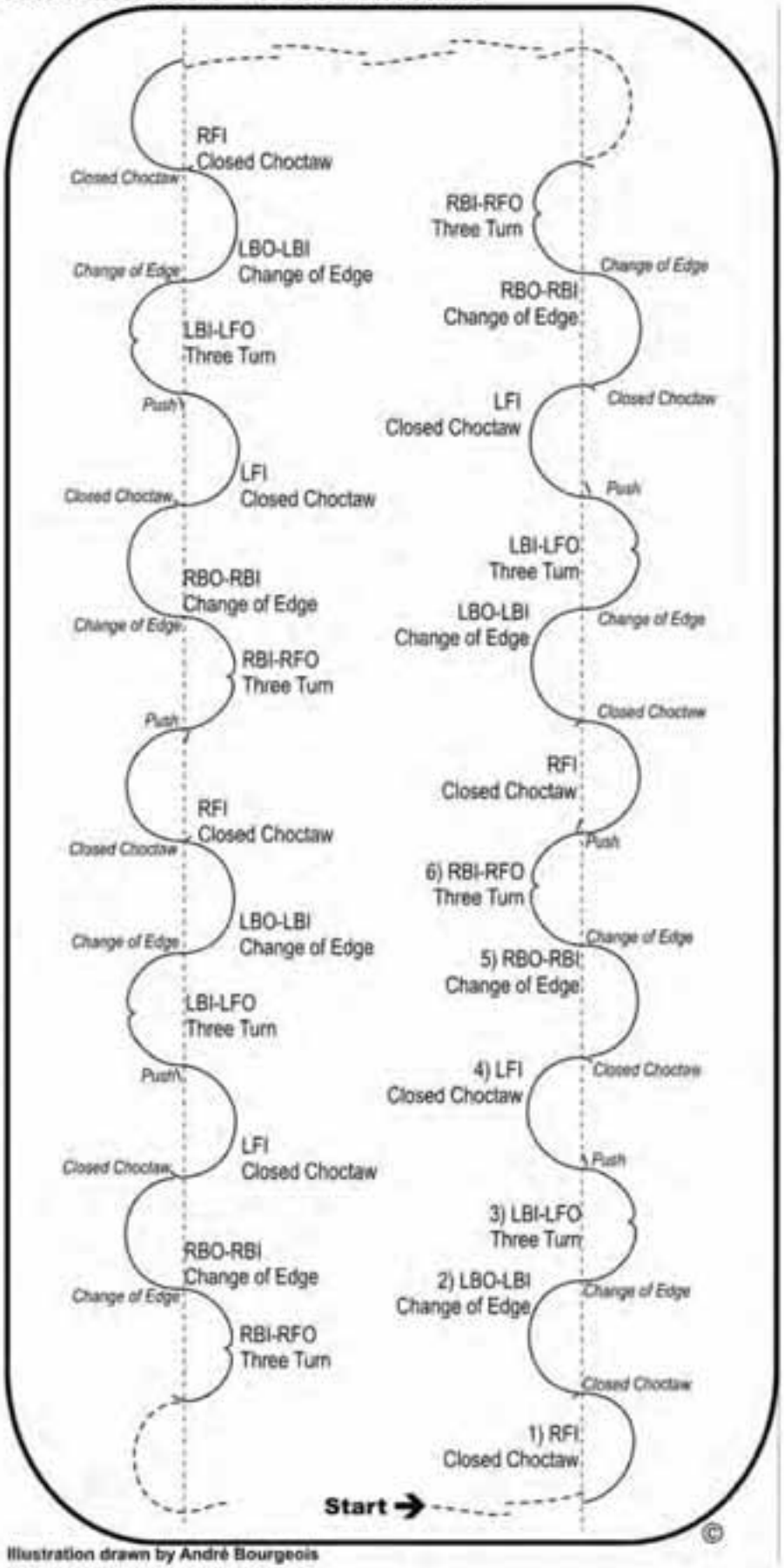


Illustration drawn by André Bourgeois

FOCUS

Flow/
Edge Quality/
Rhythm

DESCRIPTION

The skater begins the exercise by skating an optional number of crosscuts and pushes onto a

1) RFI closed Choctaw
2) Remain on LBO edge, swinging the free leg back to perform a BO-BI change of edge, returning the free leg to the front following the change
3) Turn a LBI-LFO three turn, exiting on a strong FO edge

While remaining on the left foot, the free leg will become the pushing foot for the next Choctaw

4) LFI closed Choctaw
5) Remain on RBO edge, swinging the free leg back to perform a BO-BI change of edge, returning the free leg to the front following the change
6) Turn a RBI three turn, exiting on a strong FO edge

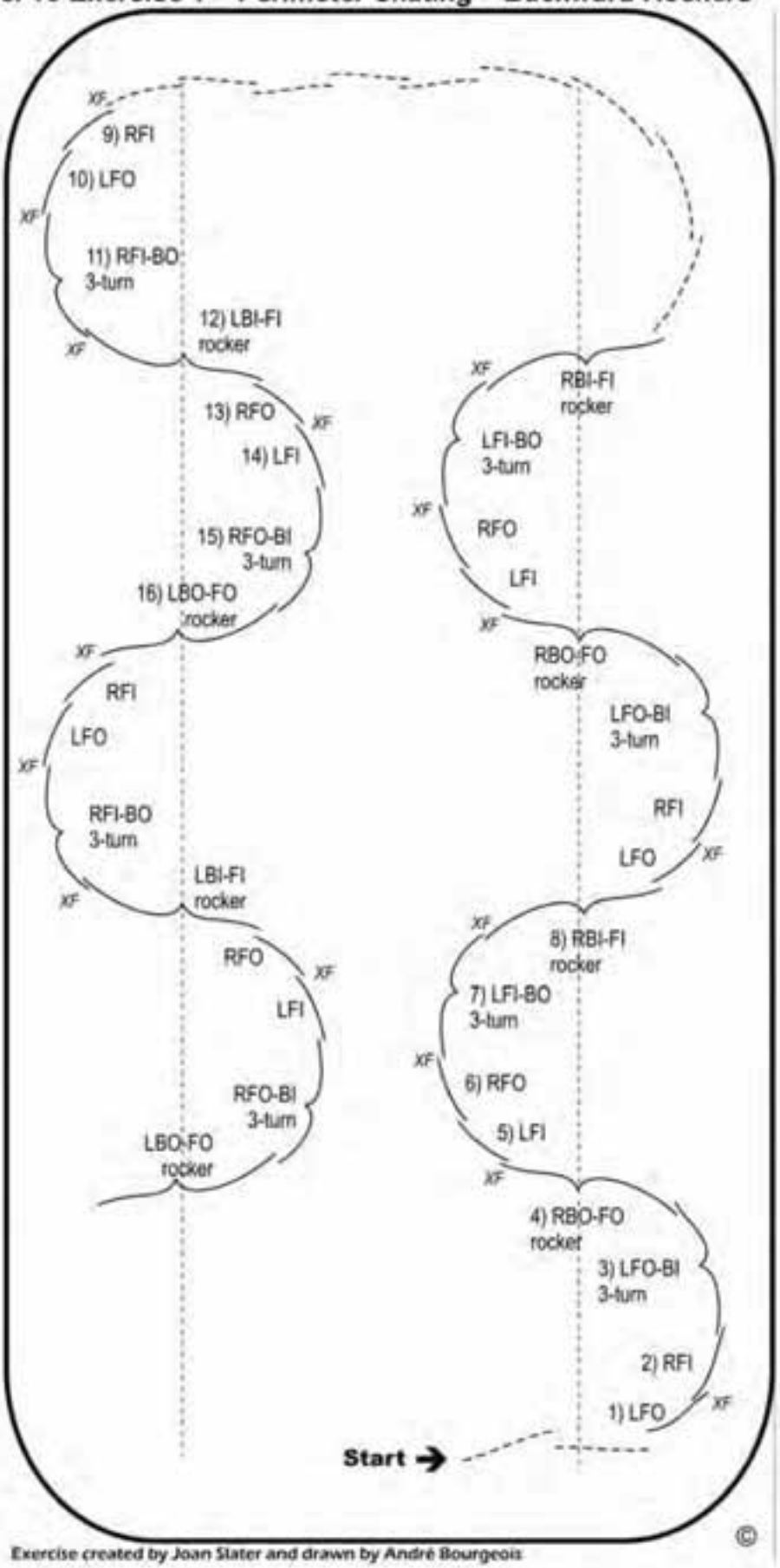
While remaining on the right foot, the free leg will become the pushing foot for the next Choctaw

Repeat steps 1 to 6, then skate optional crosscuts round the end of the rink and repeat along the other side of the rink, again commencing with the RFI Choctaw

LEVEL 10 (the skater selects 4 out of the 6 Moves)

Average Pass Mark	3.8
Passing Total	15.2
Minimum Pass Mark for each exercise (after any re-skate)	3.3

Level 10 Exercise 1 – Perimeter Skating – Backward Rockers



Exercise created by Joan Slater and drawn by André Bourgeois

FOCUS
Edge Quality

DESCRIPTION
The skater can begin the exercise by performing optional steps.

1) LFO
2) RFI (The shoulders will be rotated facing outside the circle.)
3) LFO-BI three turn
4) RBO-FO Rocker (The skater will push onto a strong outside edge with the shoulders rotating in order to prepare for the rocker turn. The free leg position is optional. As the skater exits the turn the free side will lead and the free leg with move in front of skating leg.)
5) LFI
6) RFO
7) LFI-BO three turn (The skater will perform the three turn with the free foot in behind the skating foot going into turn and the free foot in front of skating foot coming out of turn. The skater must prepare to cross over for the next step.)
8) RBI-FI Rocker (The skater must push onto a strong backward inside edge. The shoulders will rotate to prepare for the turn. The free leg position is optional. The rocker must be skated on a strong edge.)

Steps 1 to 8 are then repeated once along the same side of skating rink. The skater then skates optional steps across the end of the rink to begin the second part of the exercise.

9) RFI
10) LFO
11) RFI-BO three turn
12) LBI-FI Rocker
13) RFO
14) LFI
15) RFO-BI three turn
16) LBO-FO Rocker

Steps 9 to16 are then repeated once along the same side of the skating rink.

Level 10 Exercise 2 – Perimeter Backward Loops and Quick Bracket Three Turn

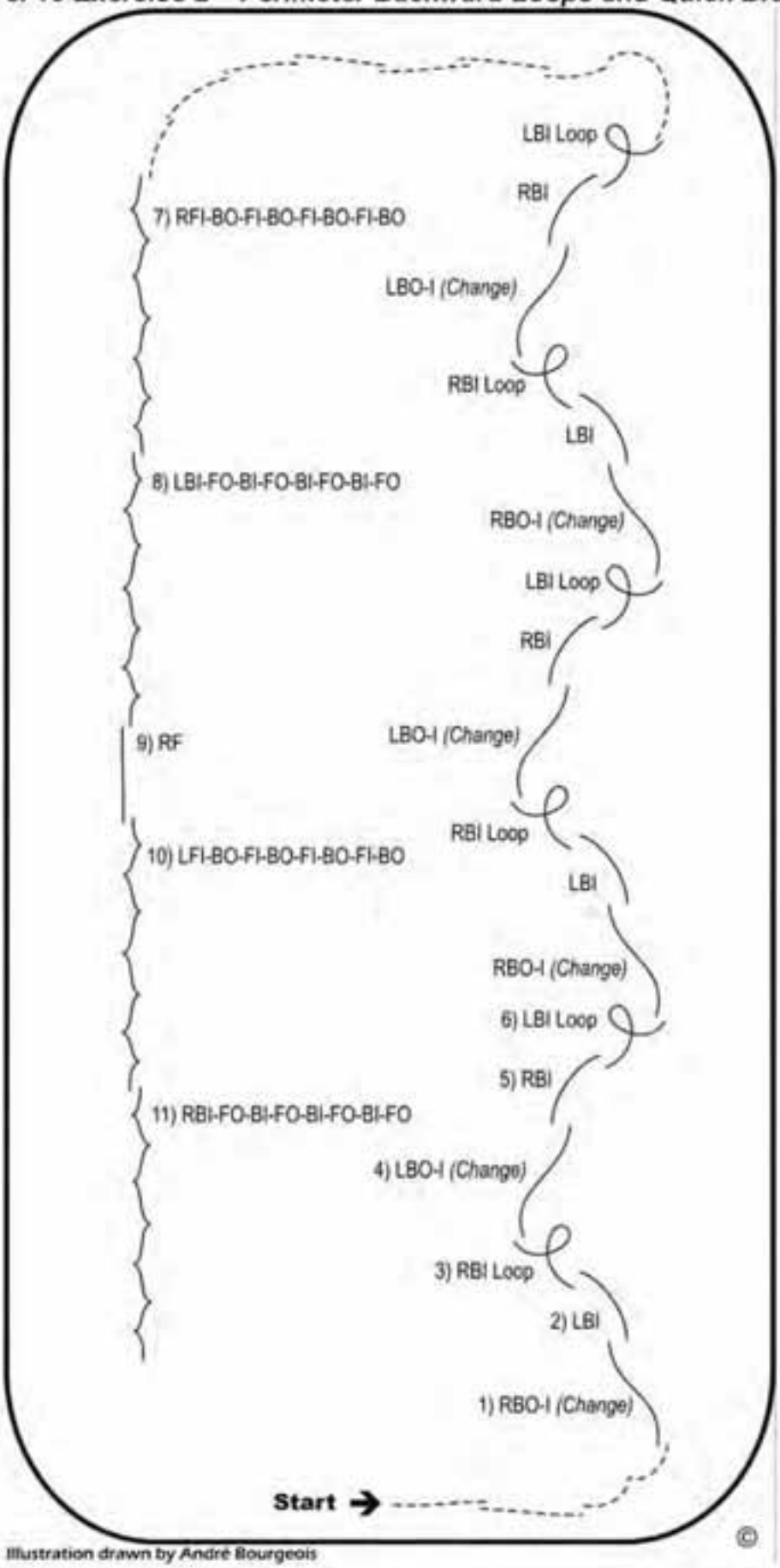


Illustration drawn by André Bourgeois

FOCUS

Edge Quality (Loops)
Quickness/Agility (Brackets)

DESCRIPTION

The skater begins the exercise by skating optional steps towards the end of the rink and turns an optional turn to backwards

1) RBO-I change (the free leg should remain behind)
2) LBI (the skater can hop to the BI)
3) RBI loop (the skater should enter the loop with the free leg in front of the skating foot, over the tracing. The free leg will move behind as the loop is created. The exit of the loop will be shorter than the entrance)
4) LBO-I change (the free leg should remain behind)
5) RBI (the skater can hop to the BI)
6) LBI loop

Repeat steps 1 to 6 twice and then skate optional steps across the end of the rink to commence the second part of the exercise.

7) RFI-BO-FI-BO-FI-BO-FI-BO (the skater performs a series of brackets and three turns. There should be minimum movement of the free leg during the turns. The upper body must remain relatively still and facing the outside of the skating rink)
8) LBI-FO-BI-FO-BI-FO-BI-FO (description as in 7)
9) RF
10) LFI-BO-FI-BO-FI-BO-FI-BO (description as in 7)
11) RBI-FO-BI-FO-BI-FO-BI-FO (description as in 7) to complete the exercise

Level 10 Exercise 3 – Ina Bauer Exercise

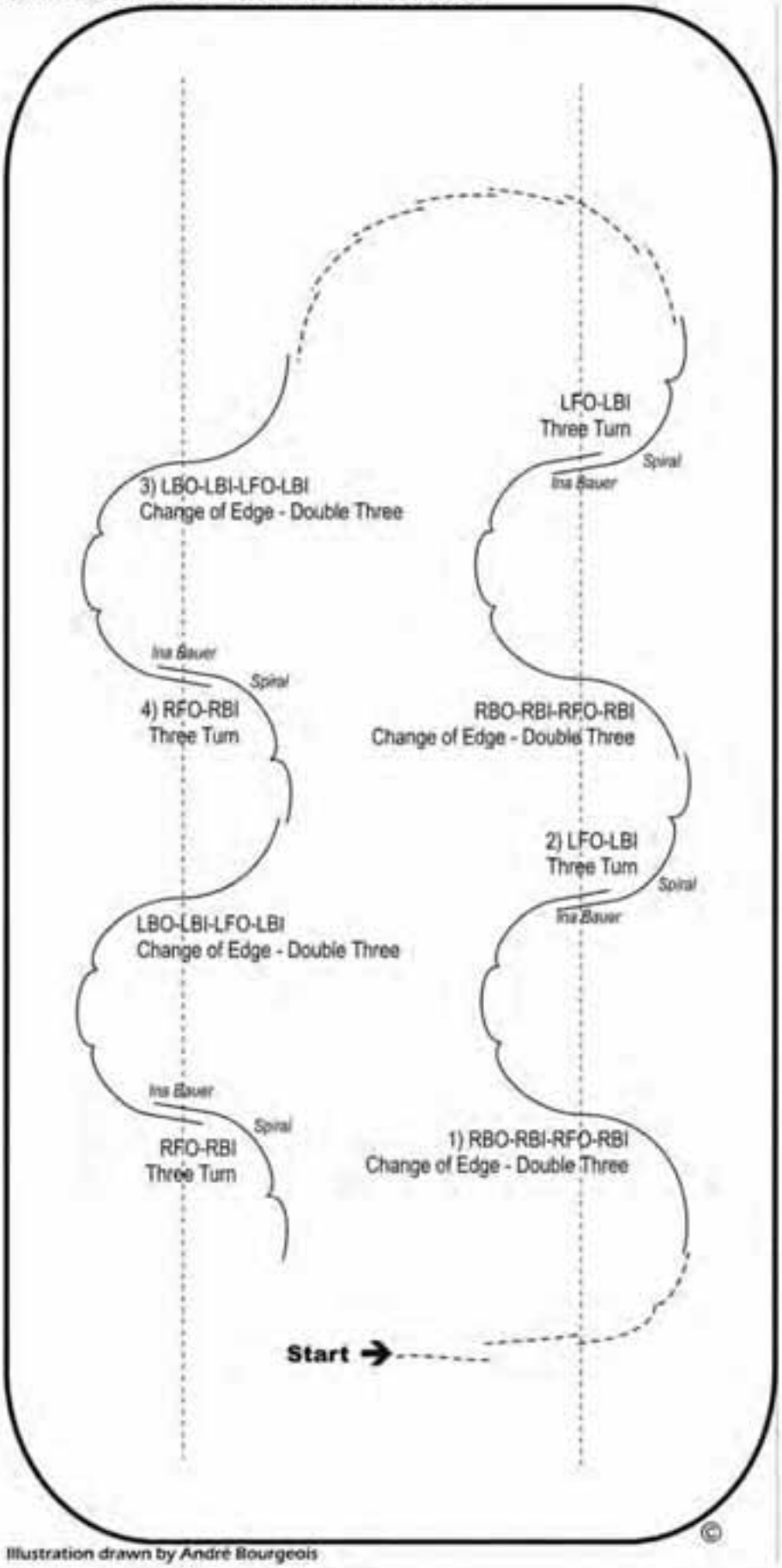


Illustration drawn by André Bourgeois

FOCUS

Edge Quality/
Control/Balance

DESCRIPTION

The skater begins the exercise by performing an optional number of crosscuts and prepares to begin the exercise by transferring the body weight onto

1) RBO edge, with a strong knee bend, change edge to RBI edge and then performs a double three turn (RBI/RFO/RBI)

Then perform an Ina Bauer. Lift the right foot off the ice into a spiral position and then turn a

2) LFO/LBI three turn. Push onto RBO as in step 1 and repeat the exercise

4 lobes should be skated

The skater then skates optional backward crosscuts across the end of the skating rink to repeat the exercise down the opposite side of the rink, commencing with

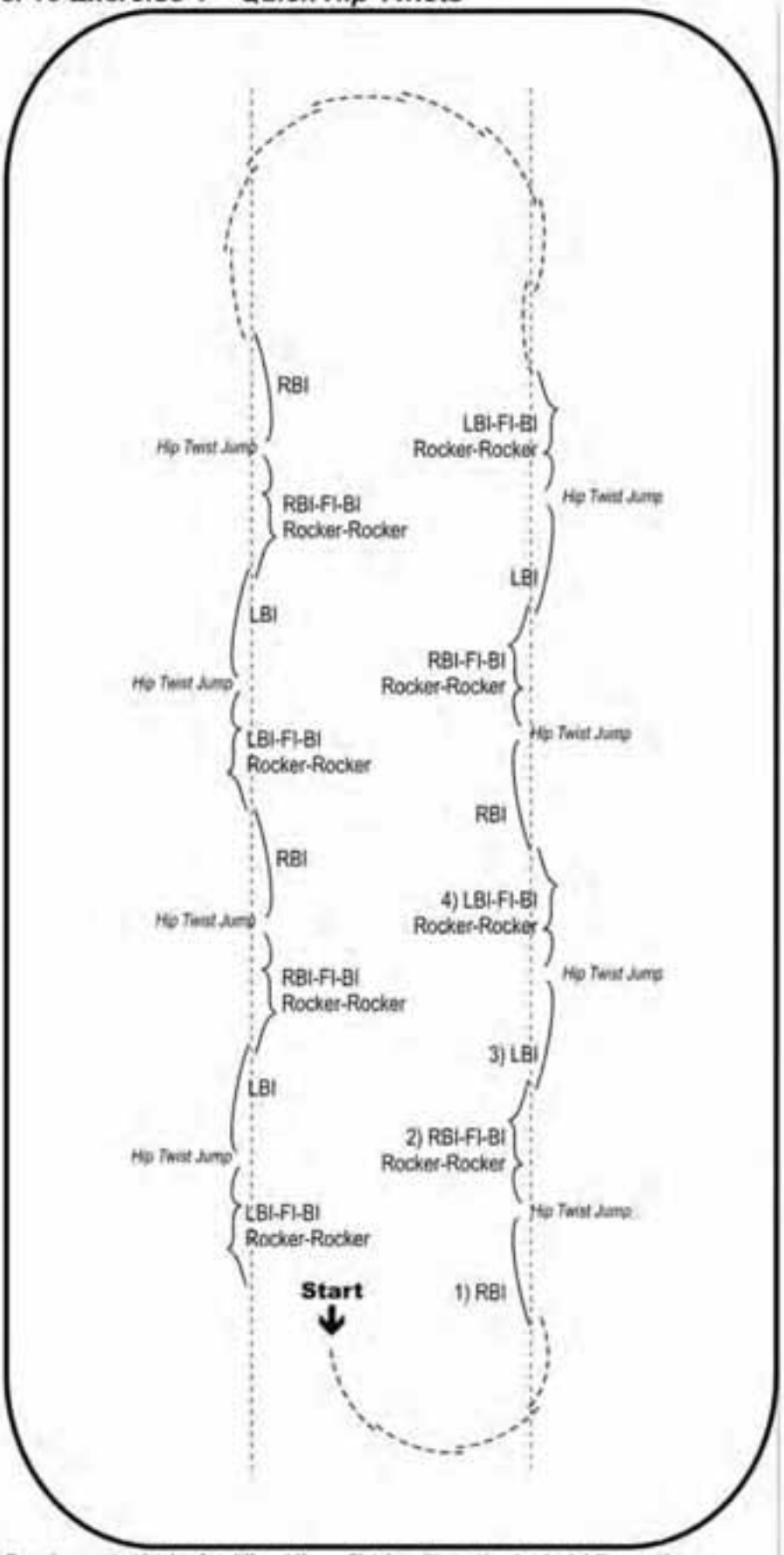
3) LBO edge with a strong knee bend, change edge to LBI edge and then performs a double three turn (LBI/LFO/LBI)

Then perform an Ina Bauer. Lift the left foot off the ice into a spiral position and then turn a

4) RFO/RBI three turn. Push onto LBO as in step 3 and repeat the exercise.

4 lobes should be skated to complete the exercise.

Level 10 Exercise 4 – Quick Hip Twists



Exercise created by Joy Sutcliff and Karen Fletcher, illustration by André Bourgeois

FOCUS

Control/Balance/Agility

DESCRIPTION

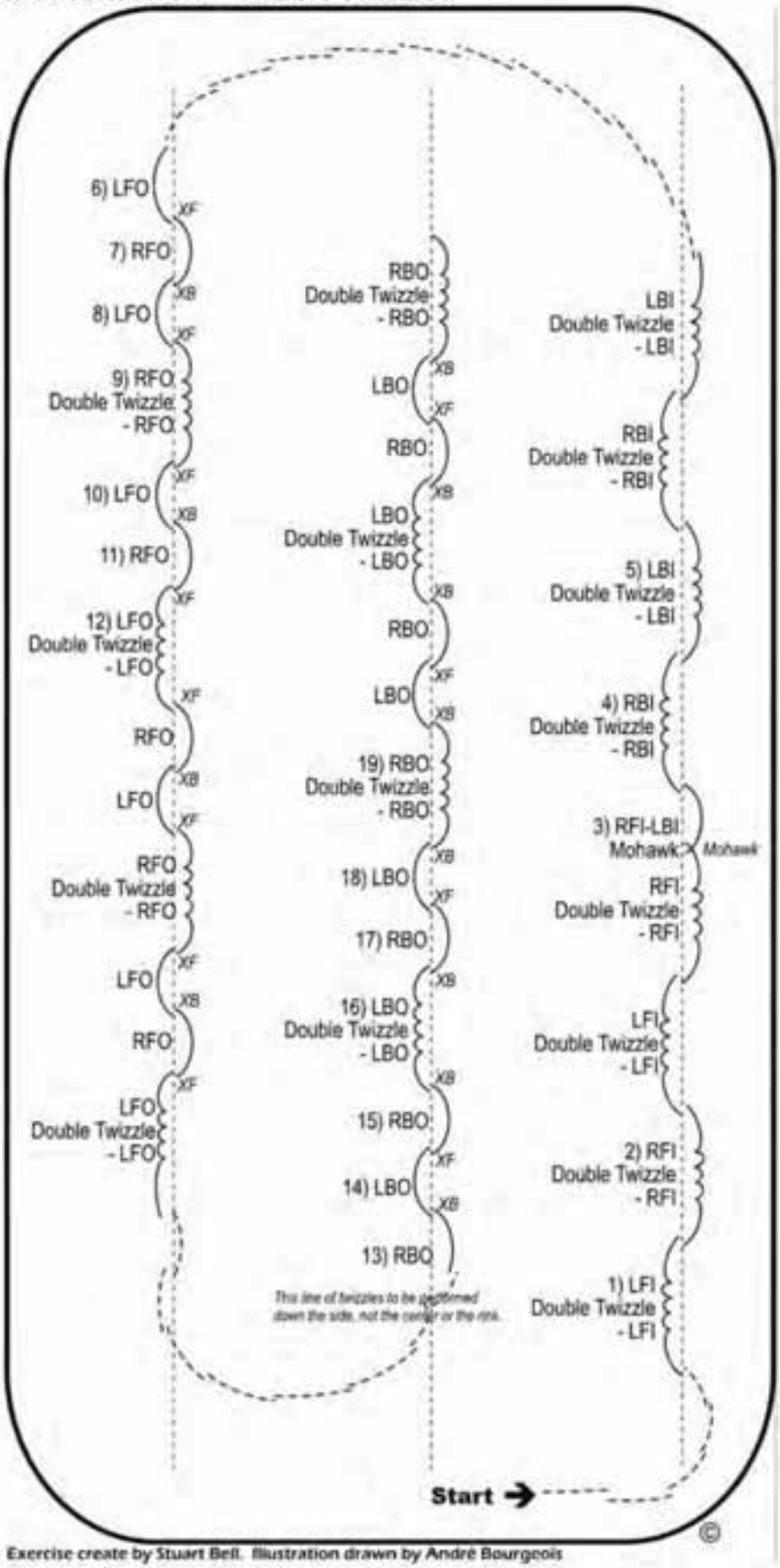
The skater begins the exercise by performing an optional number of back crosscuts

1) RBI (left shoulder checked forward) The skater then presses down in the right ankle to perform a small jump whilst rotating through the waist (hip twist), returning to the original RBI edge and performs a
2) Double rocker (RBI-FI-BI)

Then steps slightly to the side, onto
3) LBI (right shoulder checked forward) The skater then presses down in the left ankle to perform a small jump whilst rotating through the waist (hip twist) returning to the original LBI edge and performs a
4) Double rocker (LBI-FI-BI)

Steps 1 to 4 are then repeated to complete a minimum of four hip twists. The skater then skates optional back crosscuts to repeat the exercise down the opposite side of the rink

Level 10 Exercise 5 – Double Twizzles



Exercise create by Stuart Bell. Illustration drawn by André Bourgeois

FOCUS

Edge Quality
Control

DESCRIPTION

The skater begins the exercise by performing optional steps towards the corner of the rink and then skating on two feet, slightly apart, with the right arm slightly forward and the left arm extended in an open position.

1) Press the weight completely from the RFI onto LFI, bringing the right skate to the inside of the left skating leg and performing a LFI double twizzle.

2) Press the weight completely from the LFI onto RFI, bringing the left skate to the inside of the right skating leg and performing a RFI double twizzle.

Repeat steps 1 and 2 to the midway point along the side of the rink, finishing on RFI edge

3) Turn a RFI/LBI Mohawk and place the right free foot on the ice.

4) Press the weight completely from the LBI onto RBI, bringing the left skate to the inside of the right skating leg and performing a RBI double twizzle return to two footed stance, with the body square to the axis.

5) Press the weight completely from the RBI onto LBI, bringing the right skate to the inside of the left skating leg and performing a LBI double twizzle.

Repeat steps 4 & 5 to the end of the rink and then skate backward crosscuts across the end of the rink, stepping forward onto

6) LFO, cross in front to
7) RFO, cross behind to
8) LFO – transfer the weight to
9) RFO double twizzle, cross in front to
10) LFO, cross behind to
11) RFO, transfer weight to
12) LFO double twizzle

Repeat steps 7 to 12 along the side of the rink, then perform optional steps across the end of the rink to perform the third line of twizzles down the side, not the centre, of the rink, stepping onto

13) RBO, cross behind to
14) LBO, cross in front to
15) RBO, transfer weight to
16) LBO double twizzle, cross behind to
17) RBO, cross in front to
18) LBO, transfer the weight to
19) RBO double twizzle

Cross behind to LBO and repeat steps 14 to 19 to the end of the rink to complete the exercise.

October 2010
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