

ADULT PRE-BRONZE TEST

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward Perimeter Stroking</p> <p><u>Reasons for Development:</u> Incorporates stroking into the test structure. Beginning building block of skills for extension and balance over the skating side. Develops core body strength needed for advanced Moves.</p>	<p>Power: Ability to generate and maintain enough power to sustain glide and complete proper pattern.</p> <p>Extension: An obvious effort to extend body lines and demonstrate some control of body positions.</p>	<p>CE: Toe pushing, weak posture, poor extension, weak clockwise direction crossovers, inability to properly use blade to stroke.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • stroking on edges (shallow edges with <u>occasional</u> flats are acceptable) • attempt to properly thrust from edges • sustained glide and extension of the free leg • minimum of 3 crossovers on the end • some evidence of good posture • skater should be balanced over the skating side <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • stroking on edges (flats are acceptable)
<p>Basic Consecutive Edges</p> <p><u>Reasons for Development:</u> Foundation of sustained movement, control of body rotation and ability to balance over skating side while rotating. Develops ability to step perpendicular to an axis to create an edge.</p>	<p>Edge Quality: Substantial steadiness with a minimum of subcurves.</p>	<p>CE: Slight toe pushing, failure to initiate edges perpendicular to axis, back edges weaker than forward, inability to control positions, weak control during second half of the back outside edge lobe, weak control on back inside edges, inability to check upper body rotation.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no introductory steps or turns • steady complete <u>half</u> circles (4-6) with equal depth of lobe • initiating edge as close to perpendicular to axis as possible • fairly good control of body positions • some evidence of good posture <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • BO/BI expect shallow edges • candidate may start with movement, including a 3-turn; maximum three steps • Equal depth of lobes <u>not</u> expected

ADULT PRE-BRONZE TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward and Backward Crossovers</p> <p><u>Reasons for Development:</u> Further refinement of stroking technique—develops efficiency of stroke, ability to push with equal power clockwise and counterclockwise, and capacity to get down into the knees and skate on an angle.</p>	<p>Power: Ability to accelerate with proper skating techniques.</p>	<p>CE: Slight toe pushing or incorrect use of blade to stroke, forward crossovers weaker than back crossovers, clockwise direction of the forward crossovers weaker than counterclockwise, incomplete second stroke on both forward and backward crossovers, up and down motion throughout the crossovers, insufficient ability to create power at all or to create it equally from strokes or edges, poor posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good posture • demonstrate some ability to increase power with each crossover • <u>no consistent</u> toe pushing <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate posture • maintain power • some toe pushing acceptable <p>Note: Additional credit should be given when skated in a larger pattern with proper curvature, which generally indicates more power (although pattern size may also be dependent on the size of the skater). Pattern placement optional.</p>

ADULT PRE-BRONZE TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Alternating Forward 3-Turns</p> <p><u>Reasons for Development:</u> Develops ability to step on correct edges perpendicular to the axis with feet close together under the center of gravity—necessary for balance and power. Develops ability to execute quicker lobes, which leads to greater agility. FI 3's lead to preparation for toe loop take off. Completes the introduction to all backward to forward transitions (choctaws).</p>	<p>Edge Quality: Ability to sustain glide and control edges with proper transitions, depth of lobe and curvature.</p>	<p>CE: 3-turns placed too early, lack of control after the 3's and after the transition from backward to forward (resulting in subcurves), incorrect placement of the blade in relation to the axis, lobes too large, poor flow, weak FI 3-turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • turns should be close to the top of the lobes • strike should be initiated as close to perpendicular to the axis as possible • equal depth of lobes • show controlled edges with proper transitions <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • cross-over before stepping forward is optional • optional to have short two-foot prior to stepping forward <p>Note: Give additional credit when skated with an extended free leg or if the skater demonstrates good control after the transition.</p>

ADULT BRONZE TEST

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward Perimeter Power Stroking</p> <p><u>Reasons for Development:</u> Elevates the level of crossover proficiency by introducing bold crossovers in transition with continuous ice coverage. This is the progression of the power foundation for all perimeter crossover stroking and a building block to handle quickness in the more advanced Moves. Promotes bilateral development of movement and efficiency in stroke production in a program.</p>	<p>Power: Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees.</p> <p>Extension: Bilateral ability to maintain control of body alignment.</p>	<p>CE: Incomplete second stroke on forward crossovers, lack of power onto FI edge, poor extension on FI edge, stepping too diagonally onto the axis for the FI edge, use of toepicks, poor posture and ice coverage, general difficulty in creating power and skating correct pattern.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • all crossovers of the same quality • good ice coverage with solid edge pushing • stepping on the axis to set up for proper curvature of the lobes • to create proper lobing, the extension step must be on an inside edge • progressive-style crossovers <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • general maintenance of axis to set up for proper curvature of lobes • crossovers of similar quality
<p>Backward Perimeter Power Crossover Stroking</p> <p><u>Reasons for Development:</u> Elevates development of back crossovers—a progression of the power foundation pattern for the more advanced Moves, such as power 3's. Promotes bilateral proficiency—the ability to demonstrate identical and indistinguishable ability no matter which crossover is being executed.</p>	<p>Power: Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees.</p> <p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p>	<p>CE: Incomplete second stroke during crossovers, poor lobing, poor use of a continuous axis, inability to maintain a smooth or level shift of weight on <u>proper edges</u>, inability to create power or demonstrate equal power in both directions on back crossovers.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • both crossovers of the same quality • good ice coverage • correct use of the two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • stepping on the axis to set up for proper curvature of the lobes <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • general maintenance of axis to set up for proper curvature of lobes • both crossovers of similar quality

ADULT BRONZE TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward Power 3-Turns</p> <p><u>Reasons for Development:</u> Promotes ability to execute transitions and gain power by shifting weight—BI to FO edge (choctaws)—and pushing off the back inside edges. Develops increased knee action and an ability to execute checked 3-turns at greater velocity.</p>	<p>Power: Ability to accelerate with proper skating techniques.</p>	<p>CE: After the forward 3-turn as the skater is changing feet, he/she will shift onto a back outside edge instead of a back inside edge; inability to create power from the BI edge with the weight shift into the back crossover; uneven timing; too noisy (use of toepicks instead of the edges to stroke); lack of control of free leg and upper body; poor posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • basic flow and power throughout • correct edges throughout (for example, in the steps after the 3-turns, the skater will execute a momentary two-foot transition to set the back inside edge) • ability to maintain an axis throughout the move <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate power with consistent speed • expect lobes to be more shallow than those of standard testers, not perpendicular to axis • basic concept of lobing shown • general maintenance of axis <p>Note: 3-turn lobe may be smaller than back crossover lobe.</p>
<p>Alternating Backward Crossovers to Backward Outside Edges</p> <p><u>Reasons for Development:</u> Instills muscle memory for landing positions by requiring extension of free leg at full velocity. Also prepares skater for the more advanced BO spirals in the Novice Test.</p>	<p>Power: Ability to accelerate with proper skating techniques.</p> <p>Extension: Some evidence of the development of good form.</p>	<p>CE: Poor flow and extension, unequal lobes, poor posture, inability to extend equally on both legs.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good speed, posture and ice coverage • good control during sustained extensions <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate speed and posture • momentary balance on two feet after edge before next cross-over permissible <p>Note: Pattern will not usually cross the center axis of the rink, however, give additional credit when the pattern is on larger lobes and executed with proper curvature, although pattern size may also be dependent on the size of the skater.</p>

ADULT BRONZE TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>5-Step Mohawk Sequence</p> <p><u>Reasons for Development:</u> Trains all FI mohawks and BO mohawks and develops ability to turn inside and outside of the lobes bilaterally. Enhances footwork skills and requires the skater to skate much more powerfully with controlled foot speed.</p>	<p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p> <p>Extension: Bilateral ability to maintain control of body alignment.</p>	<p>CE: Incorrect edge on step #4 (FO), wide stepping (wider than hip width), uneven timing, poor extension and edge quality, inability to create power for correct pattern, difficulty in keeping an even beat.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • expect good ice coverage • each step should be fairly equal on each lobe with an even beat throughout • correct edges with a nicely extended free leg • mohawks should be placed at approximately the 1/3 point in the lobe • open mohawks <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable ice coverage • each step should be reasonably equal • correct edges with even extension throughout • mohawks should be place at approximately 1/3 point in the lobe

ADULT SILVER TEST

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Eight Step Mohawk Sequence</p> <p><u>Reasons for Development:</u> Introduces outside mohawks—all mohawks have now been learned. The athlete is learning to stay over skating side, keeping body lean and weight into the circle. Develops counter rotation to the circle—preparation for brackets. Balance behind the skate over the skating side trains skills such as the balance into a lutz. Difficult check maneuver builds abdominal and core body strength—abs, gluts, erector muscles along the spine—and strengthens the body’s internal gyroscope. Move develops the quick rhythm necessary for jumps. Trains the muscles symmetrically by requiring clockwise and counterclockwise execution.</p>	<p>Quickness: Ability to execute controlled, rhythmic movement.</p> <p>Power: Ability to increase speed with solid control.</p>	<p>CE: Circle size too small, warped circle shape, uneven timing, scratchy, wide stepping (wider than hip width), blatant and early change of edge on the mohawk, weak in one direction (usually clockwise), difficulty in completing a full 1 ½ circle, inability to sustain a quick march tempo.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • fairly neat placement of footwork • footwork is actually a combination of a march and glide action • open mohawks • circle shape must be maintained throughout the circle—diameter of the circle must be equal to the distance between the two continuous axi as indicated in the diagram in the rulebook • skater should be close to completing 1 ½ revolutions of a circle • sequence of step 6, 7, 8 must be distinct steps <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • circular shape reasonably maintained throughout • diameter of circle should be larger than hockey circle in middle of the rink • skater should complete more than one revolution of the circle <p>Note: Shallow edges in mohawk is not a mandatory failure—speed may affect depth of edges of the turn.</p>

ADULT SILVER TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward and Backward Cross Strokes</p> <p><u>Reasons for Development:</u> Increases knowledge and competency to push powerfully from outside edge. All power pushes to this point have been predominately inside edges. Excellent skill for footwork development. Power off of outside edges for the double/triple loop and lutz jumps. Contributes to added development of abductive and adductive muscles.</p>	<p>Power: Ability to increase speed with solid control.</p>	<p>CE: Toe pushing, stepping onto toepicks rather than back edge, weak posture, shallow edges, poor use of knees, sloppy free leg, inability to create power, problems stroking from an outside edge.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • <u>no toe</u> pushing • need to push off outside edges • listen for “rip” (edge pressure makes the sound) • cross steps are not acceptable (review definition of cross-stroke in Rulebook glossary) <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • toe pushing should be generally avoided • need to push off outside edges • listen for “rip” (edge pressure makes the sound) • cross steps should be avoided <p>Note: Slightly shallow edges, with the forward usually weaker than the backward, is not a mandatory failure.</p>

ADULT SILVER TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>3-Turns in the Field (Patterns 1 <u>and</u> 2)</p> <p><u>Reasons for Development:</u> Trains every 3-turn (8 of them), as well as every edge push. Develops balance and strength necessary to hold a sustained edge until the moment of the turn. Prepares skater for back power threes—strength of position required to add velocity.</p>	<p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p>	<p>CE: Toe pushing, incorrect blade placement in relation to the long axis, early 3-turn placement, inability to control entry into back 3-turns, lack of control after the 3-turns, two foot skating after the back pushes, lobes uneven, difficulty maintaining flow.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • proper edge the moment the foot takes the ice • ability to maintain control of body alignment throughout • controlled, flowing edges (no major subcurves) • controlled 3-turns in and out • adherence to a common or continuous axis <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • maintain reasonable control of the body • controlled edges with minimal subcurves • reasonable control of turns in and out • some variance of posture allowed • general adherence to common or continuous axis <p>Note: Give additional credit when skated at greater speed with control.</p>
<p>Forward Right and Left Foot Spirals</p> <p><u>Reasons for Development:</u> Develops skater's confidence to achieve an arabesque position while balancing on the skating foot for a brief sustained glide. Prepares the skater to progress to the more advanced spirals in the Preliminary Test, which are done on edges.</p>	<p>Extension: An obvious effort to extend body lines and demonstrate some control of body positions.</p>	<p>CE: Inability to balance on the skating foot in spiral position for the short sustained glide, difficulty in holding the free leg above the hip, lack strength to keep back arched and shoulders back.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • sustaining the glide on each foot for approximately four seconds • free leg in spiral position with leg at least hip level or higher • return to the balance position gliding on both feet, then transition to the next spiral position • spirals may be skated on very shallow edges or flats • substantial steadiness with no pronounced lapses in balance • reasonably good form <p>Adult: Same expectations as standard test</p>

ADULT SILVER TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Inside Slide Chassé Pattern</p> <p><u>Reasons for Development:</u> Slide chassés introduced for FI power edging—sustaining energy through rhythmic body movement. This is an important addition to more advanced footwork. Requires “stylish” body alignment over the skating side—an opportunity to develop a component of the mark for presentation. Continues development of methods to attain speed and power without crossover stroking. Preparation for more advanced sustained sliding movement.</p>	<p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p> <p>Extension: Clear technique and coordinated extension of all body lines.</p>	<p>CE: Lack of control after the back turn, lobes too small due to lack of power, shallow FI edges during the slide chassés, poor extension, incorrect pattern.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • listen for the "rip" during slide chassés • even flow throughout • good posture and body alignment over curving edges • even cadence <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable posture • even flow throughout • pattern will be smaller than standard test • listen for “rip” sound of edge during chasses <p>Note: Give credit for increased ice coverage executed with proper curvature—indicates better edge quality and power.</p>

ADULT GOLD TEST

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward Power Circles</p> <p><u>Reasons for Development:</u> Introduces ability to change the tempo, style and pace of crossovers in a program, as well as the ability to keep angles of knees and acute pressure of ankles to the ice consistent as tempo (speed of beat) of stroke increases. Ability to vary speed prepares skater to skate at a pace in accordance with the tempo of the music—a component of the second mark in a free skating program. Early development of quick knee action.</p>	<p>Power: Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly.</p>	<p>CE: Inability to increase acceleration progressively—Move is often skated slow then fast, with no gradual acceleration in between; unequal power from both edges; clockwise direction weaker; improper use of edges to stroke; inability to obtain a consistently soft knee action on sustained crossovers into increasingly accelerating crossovers; and poor control of upper body and posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • increasing acceleration as power increases • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe pushing • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • full acceleration will not be as fast as standard test • no toe pushing • circle size will increase <p>Note: While watching the glide after the crossovers during the power circles, notice the amount of power that has been created.</p>

ADULT GOLD TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Backward Power Circles</p> <p><u>Reasons for Development:</u> Introduces ability to change the tempo, style and pace of crossovers in a program, as well as the ability to keep angles of knees and acute pressure of ankles to the ice consistent as tempo (speed of beat) of stroke increases. Ability to vary speed prepares skater to skate at a pace in accordance with the tempo of the music—a component of the presentation mark in a free skating program. Early development of quick knee action.</p>	<p>Power: Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly.</p>	<p>CE: Inability to increase acceleration progressively—Move often skated slow then fast with no gradual acceleration in between, unequal power from both edges, weak posture and control of upper body.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • increasing acceleration as power increases • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe scratching • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • full acceleration will not be as fast as standard test • no toe pushing • circle size will increase <p>Note: While watching the glide after the crossovers during the power circles, notice the amount of power that has been created. Also note that the skater will be on two feet during the first part of each back crossover.</p>

ADULT GOLD TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Forward Double 3-Turns</p> <p><u>Reasons for Development:</u> Provides foundation for more advanced footwork, such as triple 3's in Senior Extension Spiral Move. Develops continued control of entries into and exits from turns. Demands balance of the body on the skating side.</p>	<p>Edge Quality: Good control and sustained edges, with equal lobes and no major subcurves.</p>	<p>CE: Skated too slowly, subcurves between the two turns, lack of control after the back 3-turn, poor placement of the turns (too close together), toe pushing, weaker forward inside double 3's, inability to maintain flow throughout.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • control of the arc between the forward turn and the back turn • no subcurves after the turns (subcurves are to be distinguished from <u>slight</u> wobbles) • proper open stroke is required • turns should be placed close to the thirds of the lobe <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of arc between forward turn and back turn • minimal subcurves after turns • turns should be placed close to the thirds of the lobe <p>Note: Give additional credit for controlled extended free leg, good flow and control.</p>
<p>Backward Double 3-Turns</p> <p><u>Reasons for Development:</u> Greater extension requires more strength and range of motion from the athlete—the greater the extension, the greater the range of motion, the greater the power. Also improves quadricep strength. Teaches the athlete to move through space and time efficiently. Works balance over the skating side and free leg control over full ice surface. Prepares skater for power double 3-turns to power double rockers in the Senior test.</p>	<p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p> <p>Extension: Clear technique and coordinated extension of all body lines.</p>	<p>CE: 3's skated too closely together, lack of control between the turns, improper turn placement, inability to maintain flow throughout the Move, lack of total extension during all phases of the Move.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good control throughout • no major subcurves • back 3 placed at the top of lobe and forward 3 placed at two-thirds (see pattern) • controlled gliding edge between the turns with nicely extended free leg <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of arc between back turn and forward turn • minimal subcurves after turns • back 3 placed at the top of lobe and forward 3 placed at two-thirds (see pattern) <p>Note: A larger pattern executed with proper curvature generally indicates an increase in the quality of the skating, although pattern size may also be dependent on the size of the skater.</p>

ADULT GOLD TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Backward Perimeter Power Stroking with Backward Inside 3-Turns and Forward Inside 3-Turns</p> <p><u>Reasons for Development:</u> Introduces FI and BI threes performed at an increased speed. Develops foot work agility.</p>	<p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> <p>Quickness: Strong control of foot speed with precise rhythm</p>	<p>CE: End section too bouncy and scratchy, breaking at the waist throughout the end section, not quick enough on the 3's, unequal tempo, generally weaker clockwise direction, problems stroking from the blade for FI 3, difficulties in setting up and preparing for end pattern, inability to hit the prescribed back inside edge after the power push.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • maintain (or increase) power throughout • correct use of the two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • level upper body carriage, good posture • both directions of equal quality • full ice coverage • should see an increase in pattern development and power from previous level <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • clockwise will not be of same quality as counter-clockwise • full ice coverage • maintain power throughout • correct use of two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • level body carriage • good posture • increase in pattern development and power from previous level

ADULT GOLD TEST (continued)

ELEMENT	FOCUS (Test Standard)	COMMON ERRORS (CE), TEST STANDARDS (TS)
<p>Brackets in the Field</p> <p><u>Reasons for Development:</u> Trains every bracket (8 of them). Develops skater's counter rotation ability utilizing all bracket turns. Preparation for the bracket-three-bracket on the Novice test and the quick rockers on the Junior and Senior tests—increases strength needed to hold position at increased velocity. Also diversifies the skater's turn repertoire to add variety to footwork sequences in short and long programs.</p>	<p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p>	<p>CE: Toe pushing, incorrect blade placement in relation to the long axis, early bracket placement, scraping due to incorrect weight on the blade during the turns, inability to control entry into back brackets, lack of control after the brackets, two foot skating after the back pushes, lobes uneven, difficulty maintaining flow, lack of upper body control during turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • proper edge the moment the foot takes the ice • adherence to a common or continuous axis with strikes perpendicular to the axis • controlled brackets in and out on proper edges—a minimum of scraping, no jumped turns and consistent ability to execute all turns with almost equal ability • Move skated with even lobes • ability to maintain control of body alignment throughout • controlled, flowing edges (no major subcurves) <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of turn, body alignment and edges • minimal subcurves • adherence to common or continuous axis <p>Note: Give additional credit when skated at greater speed with control.</p>