Moves in the Field

Overview of the Adult Levels
There are currently 4 different levels of moves in the field for adult skaters.

The levels from lowest to highest are:

- Pre-Bronze
- Bronze
- Silver
- Gold
Pre-Bronze

1\textsuperscript{st} Level of the adult moves structure

Moves include:

- Forward Perimeter Stroking
- Basic Consecutive Edges
- Forward and Backward Crossovers
- Waltz 8
- Forward 3 Turn Pattern
Pre-Bronze

- The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating.
- No great deal of technical ability, carriage or flow is expected.
- Candidates must show knowledge of the steps, fairly good edges and some evidence of good form.
Bronze

- 2nd Level of the Adult Moves Structure
- Moves include:
  - Forward Perimeter Power Crossover Stroking – Counterclockwise Only
  - Backward Perimeter Power Crossover Stroking – Counterclockwise Only
  - Forward Power 3 Turns
  - Alternating Back Crossovers to Back Outside Edges
  - Five Step Mohawk Sequence
Bronze

- The fundamentals of ice skating must be demonstrated although not necessarily mastered.
- Candidates must show knowledge of the steps and a good sense of power (speed and flow).
- Attention should be given to depth of edges and proper curvature of the lobes.
Silver

- 3rd Level of the Adult Moves Structure
- Moves include:
  - Eight Step Mohawk Sequence
  - Forward & Backward Free Skating Cross Strokes
  - FO-BI 3 Turns in the Field
  - FI-BO 3 Turns in the Field
  - Forward Right and Left Foot Spirals
  - Forward and Backward Power Change of Edge Pulls
Silver

- Candidates must skate the correct steps and turns on good edges, showing good form, flow, power and preciseness to their steps.
Gold

- 4th Level of the Adult Moves Structure
- Moves include:
  - Stroking: Forward Power Circle
  - Stroking: Backward Power Circle
  - Forward Double 3 Turns
  - Backward Double 3 Turns
  - Inside Slide Chasse Pattern
  - Brackets in the Field
Gold

- Candidates must give a strong performance showing strong true edges, smooth turns, correct posture and effortless flow.