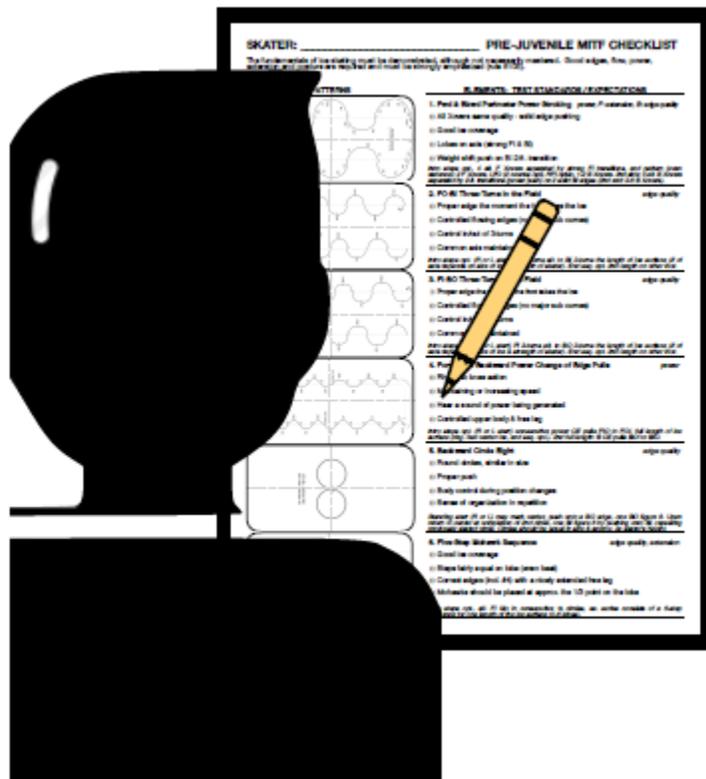


Skater Checklist – Skating Skills



Pre-Preliminary – Gold
and
Adult Pre-Bronze – Adult Gold

Skater Checklist – Skating Skills



Take an active role in developing your skating skills! Use the checklist for each skating skills element as part of your training.

As a guide, check the:

1. Requirements:
 - a. Description
 - b. Pattern
 - c. Foci
 - d. Test standards / expectations

2. Aspects of skating skills that must be considered:
 - a. Are you attending to the aspects listed in Rule 5032?
(included on the following page)

3. Test level expectations:
 - a. Does the quality of your skating skills match or exceed test level expectations?
(test level expectations are included at the top of each checklist)

Skaters who more fully develop the skating skills concepts introduced at each test level gain an even greater understanding of skating and balance over the table.

By having a greater level of preparedness, skaters have the opportunity to perform above test level expectation, and depending upon the degree of achievement, be further recognized with a test result of pass with honors or pass with distinction.

Challenge yourself!

Skater Checklist – Skating Skills



5032 Skating skills must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges. In assigning marks, the following must be considered:

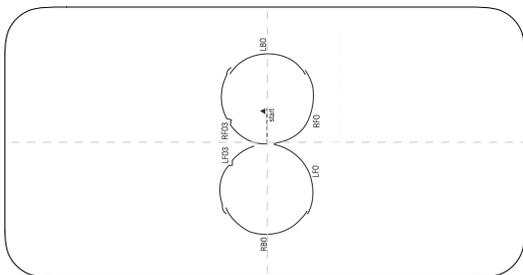
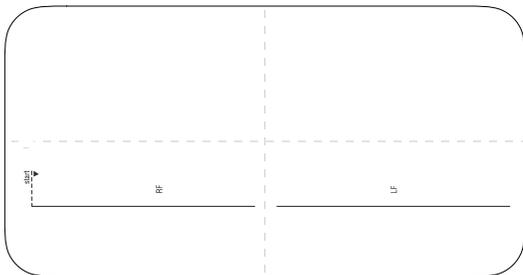
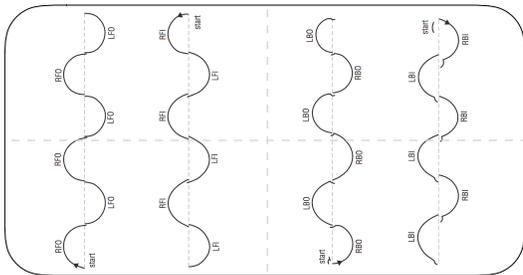
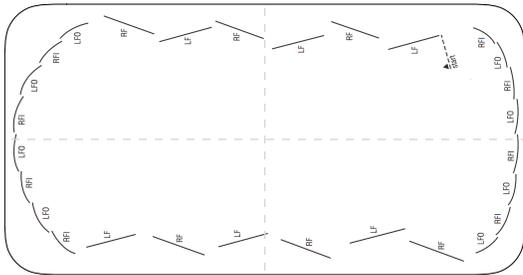
- A. **Accuracy:** The correct start, steps and adherence to the general pattern.
- B. **Edge quality:** Initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
- C. **Turn execution:** The proper skill and technique of how the turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification.
- D. **Extension:** The general carriage should be erect, characterized by an extended bodyline. The angle of the head follows naturally from the line of the back; the arms should be naturally extended with the shoulders down and back. The skater's hands should follow the line of the movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines.
- E. **Quickness:** Refers to foot speed. It is precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the move is skated, although in some moves the foot speed will result in a brisk and continuous cadence. Refinements to acknowledge include quick movement that is quiet, fluid and continuous without disturbing the proper and erect carriage of the upper body or interrupting the established rhythm.
- F. **Power:** The creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both the right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.
- G. **Continuous flow:** The skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.
- H. **Posture/carriage:** The proper alignment of the hips, back, arms and shoulders, and head over the skate. Unless the move requires a variation, typically, the skater's back should be straight, with the spine and head perpendicular to the surface of the ice. The arms should be extended out from the shoulders, level and relaxed. The free leg should be in a straight line and slightly turned out from the free hip to the free toe.
- I. **Bilateral movement:** The ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.
- J. **Strength:** The creation and maintenance of balance and flow developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the ice with both the right and left foot.) End products of strength are (1) good posture; (2) flow across the ice; and (3) consistent pace.

SKATER: _____

PRE-PRELIMINARY SS CHECKLIST

The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form (rule 5101).

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Forward Perimeter Stroking

power, extension

- Stroking (shallow edges w/ some flats OK)
- Sustained glide w/ extension of free leg
- Some evidence of good posture
- Skater balanced over the skating foot
 - CCW
 - CW

Intro steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both dir.

2. Basic Consecutive Edges

edge quality

- Complete ½ circles (4-6) w/ equal lobes
- Starting edge close to perpendicular to axis
- Some evidence of good posture & body position
 - FO
 - FI
 - BO
 - BI

Standing start (R or L) 4-6 ½ circles, alt. feet, using an axis line, in order listed.

3. Forward Right & Left Foot Spirals

extension

- Extended leg held (approx. 4 sec.) at hip level or higher
- Back arched and good form
- Steadiness - no pronounced lapses in balance
 - R
 - L

Intro steps opt. (R or L start) spirals down length of ice surface, maintaining a spiral position on ea. ft. for approx. 4 sec. w/ extended leg held at hip level or higher, may be on flats.

4. Waltz Eight

edge quality

- Some control of positions & edges
- Control after 3-turn
- Awareness of rhythmic motion (waltz timing)
- Circle approx. cut into thirds
 - R
 - L

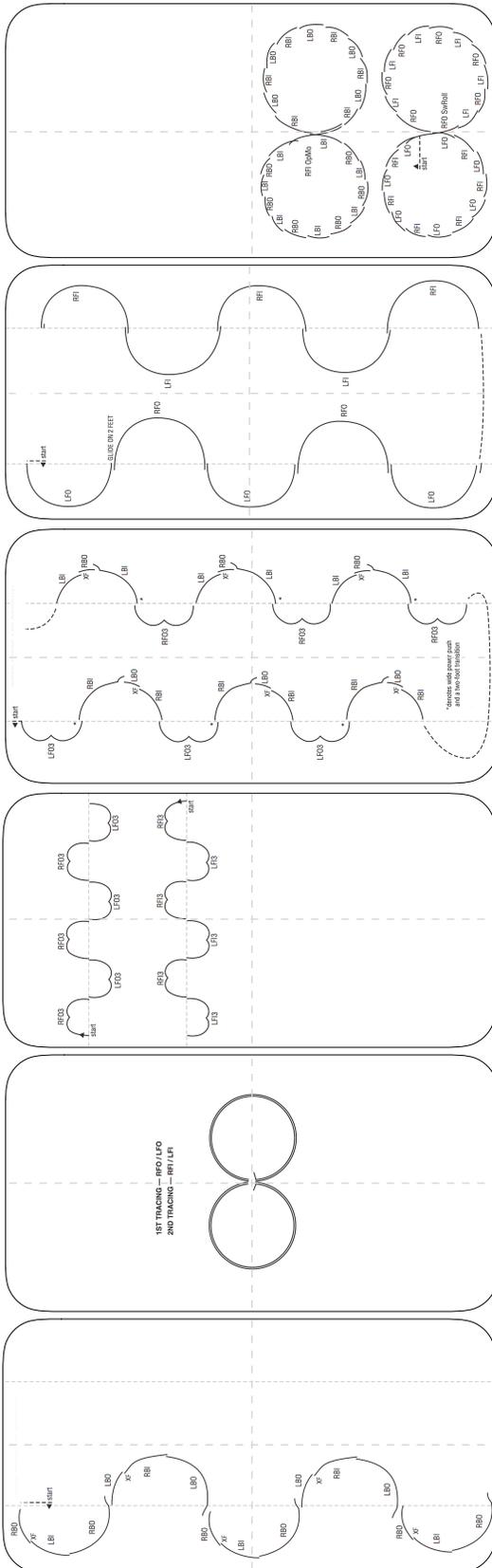
Intro steps opt. (R or L start) may mark the center, using large circumference circles, completing 2 patterns on ea. ft., performed w/ control.

SKATER: _____

PRELIMINARY SS CHECKLIST

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate 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 lobes (rule 5102).

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Forward & Backward Crossovers

power

- Ability to increase power - correct blade use through the push
- Stroked not stepped - starting to see knee bend & rise
- Good posture
- Transition is important

Intro steps opt. (CCW or CW start), F Xovers in a figure 8 pattern, transition between F circles on one ft. (4-6 Xovers per circle recommended). F to B circle transition: SR, CE, opMo followed by B Xovers in a figure 8 pattern (4-6 B Xovers per circle).

2. Consecutive Outside & Inside Spirals

extension, edge quality

- Controlled extension (hip level or higher) held for majority of arc
- Control after spirals
- Stepping on an axis (short 2-ft. transition)
- Some evidence of the development of good form

Intro steps opt. (R or L start) FO spirals first length of ice surface, opt. fwd Xovers around end, FI spirals second length, (min. of 4 spirals ea. length) extended leg should be at hip level or higher (# of spirals depends on size of ice & strength of skater).

3. Forward Power Three-Turns

power

- Basic flow & power
- Weight shift push on transitions - power from BI edge
- Correct edges - after 3-turn stepping on a BI edge
- Well formed lobes - ability to maintain axis

Intro steps opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depending on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.

4. Alternating Forward Three-Turns

edge quality

- Push-off to new lobe close to perpendicular to axis
- 3-turns placed at top of lobes
- Control: 3-turn exits & transitions
- Controlled, correct edges / lobes similar in size

Standing start (R or L) alt. FO 3-turns for width of ice surface, followed by FI 3-turns for second width of ice surface (# of 3-turns depends on size of ice & strength of skater).

5. Forward Circle Eight

edge quality, continuous flow

- Round circles, similar in size
- Edge push
- Body control during position changes
- Sense of organization in repetition

Standing start (R or L) may mark center, pushing onto a FO edge, one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.

6. Alternating Bkwd Crossovers to Bkwd Outside Edges

power, extension

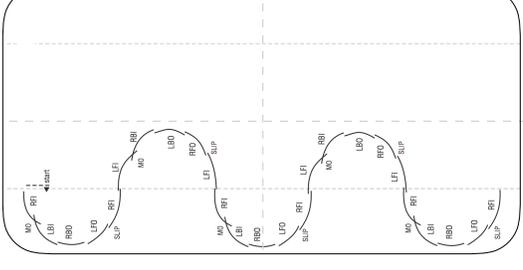
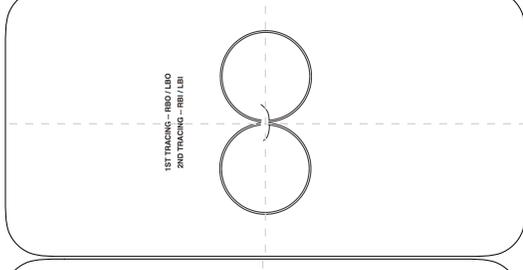
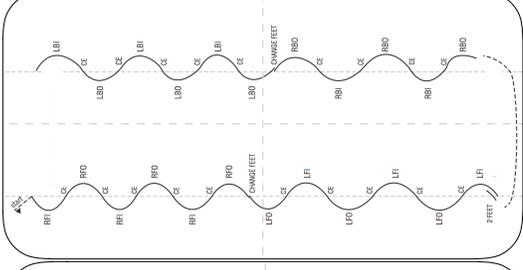
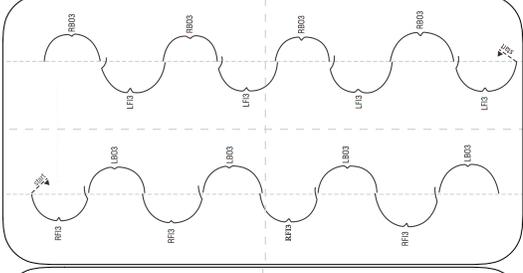
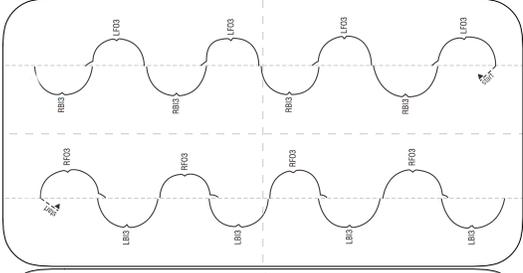
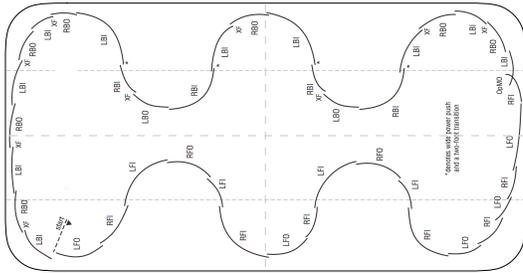
- Good speed, posture & ice coverage (ability to accelerate)
- Control during sustained extensions
- Equal lobes
- Some evidence of development of good form

Intro steps opt., alt. B Xovers to BO edges in consecutive 1/2 circles for one length of ice surface (4-5 lobes).

SKATER: _____ PRE-BRONZE SS CHECKLIST

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized (rule 5103).

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Fwd & Bkwd Perimeter Power Stroking *power, F: extension, B: edge quality*

- All Xovers same quality - solid edge pushing
- Good ice coverage
- Lobes on axis (strong FI & BI)
- Weight shift push on BI 2-ft. transition

Intro steps opt., 4 alt. F Xovers separated by strong FI transitions, end pattern (even cadence): 2 F Xovers, LFO (2 counts) opS, RFI opMo, 1-2 B Xovers. 2nd side: 4 alt. B Xovers separated by 2-ft. transitions (power push) on 2 solid BI edges (2nd end: 3-5 B Xovers).

2. FO-BI Three-Turns in the Field *edge quality*

- Proper edge the moment the foot takes the ice
- Controlled flowing edges (no major sub curves)
- Control in/out of 3-turns
- Common axis maintained

Intro steps opt. (R or L start) FO 3-turns alt. to BI 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

3. FI-BO Three-Turns in the Field *edge quality*

- Proper edge the moment the foot takes the ice
- Controlled flowing edges (no major sub curves)
- Control in/out of 3-turns
- Common axis maintained

Intro steps opt. (R or L start) FI 3-turns alt. to BO 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

4. Forward & Backward Power Change of Edge Pulls *power*

- Rhythmic knee action
- Maintaining or increasing speed
- Hear a sound of power being generated
- Controlled upper body & free leg

Intro steps opt. (R or L start) consecutive power CE pulls FIO to FOI, full length of ice surface (chg. feet center ice, end seq. opt.). 2nd full length: B CE pulls BOI to BIO.

5. Backward Circle Eight *edge quality*

- Round circles, similar in size
- Proper push
- Body control during position changes
- Sense of organization in repetition

Standing start (R or L) may mark center, push onto a BO edge, one BO figure 8. Upon return to center at completion of 2nd circle, one BI figure 8 by pushing onto BI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.

6. Five-Step Mohawk Sequence *edge quality, extension*

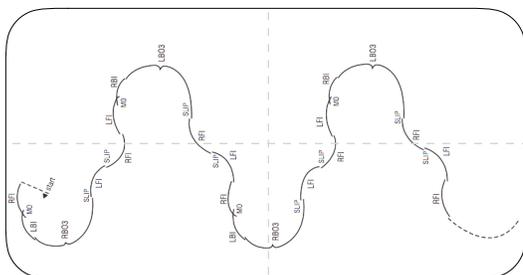
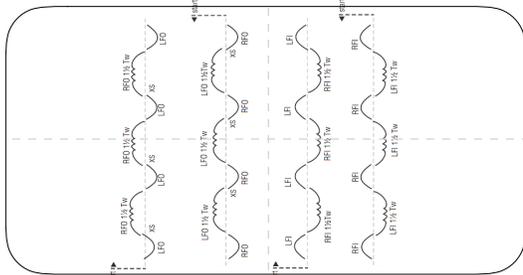
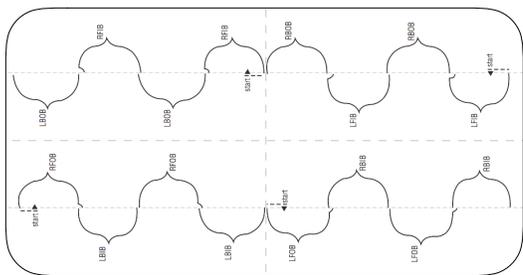
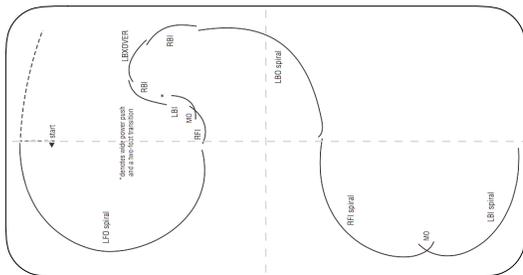
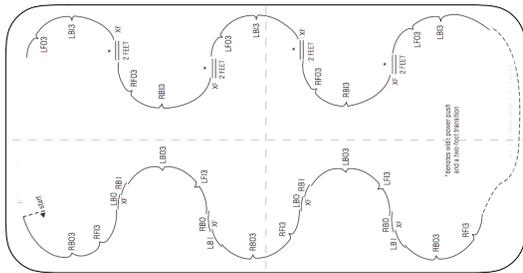
- Good ice coverage
- Steps fairly equal on lobe (even beat)
- Correct edges (incl. #4) with a nicely extended free leg
- Mohawks should be placed at approx. the 1/3 point on the lobe

Intro steps opt., alt. FI Mo in consecutive 1/2 circles, ea. series consists of a 5-step sequence for one length of the ice surface (4-5 lobes).

SKATER: _____ PRE-SILVER SS CHECKLIST

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate (rule 5105). For adult 25+ and adult 50+ candidates, see rule 5034.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Backward Double Three-Turns

edge quality, extension

- Control throughout, no major sub-curves
- B 3-turn at top of lobe, F at 2/3 of lobe
- Gliding edge between turns w/ nicely extended free leg
- Flow maintained, full ice coverage w/ depth of pattern

Intro steps opt. Consecutive B dbl 3-turns on 1/2 circles w/ alt. feet (4-6 sets depends on size of ice & strength of skater), BO dbl 3-turns 1st length, BI dbl 3-turns 2nd length (end patterns optional).

2. Spiral Sequence

extension, edge quality

- Edge control & flow in accordance w/ pattern
- Free leg must be hip level or higher during spirals
- Awareness of extension of all body lines
- Full ice coverage

Intro steps opt. (R or L start) FO spiral held until long axis, FI opMo, wide-step 2 ft. power push to B Xover, BO spiral held until long axis, FI spiral, FI Mo, BI spiral held until long axis (opt. steps to rpt. pattern in opposite dir.). Spirals sustained w/ ext. free leg for form/flexibility.

3. Brackets in the Field Sequence

edge quality

- Proper edge at strike-off perpendicular to axis, even lobes
- Controlled brackets (not jumped) in/out on proper edge (no major sub curves)
- Maintain control of body alignment w/ sense of organization in repetition

Intro steps opt. (R or L start) 2 sets of turns on 1/2 circles (FO-BI) down approx. 1/2 length of ice surface. Continuing down remaining length (opt. step to transition), 2 sets of turns (FO-BI) on other ft. Entire sequence repeated down 2nd length of ice surface (FI-BO).

4. Forward Twizzles

turn execution, continuous flow

- Traveling turns w/ uninterrupted turn action (not checked 3-turns), correct entry/exit edges
- Continuous flow (no toe pushing on XS)
- Strong core and body alignment / Control throughout

Standing start (R or L) FO roll, F XS, FO 1 1/2 Tw to BI, FO (3 sets ea.)

Standing start (R or L) FI roll, FI 1 1/2 Tw to BO, FI (3 sets ea.)

(3 twizzle sets rpt. across short or long axis & rpt. on the other ft. in the same manner).

5. Inside Slide Chassé Pattern

edge quality, extension

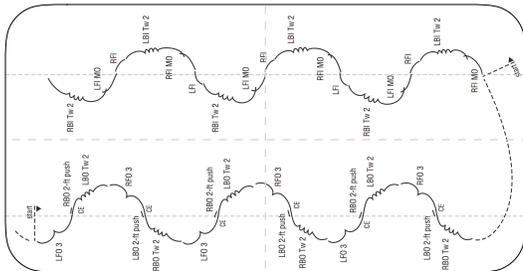
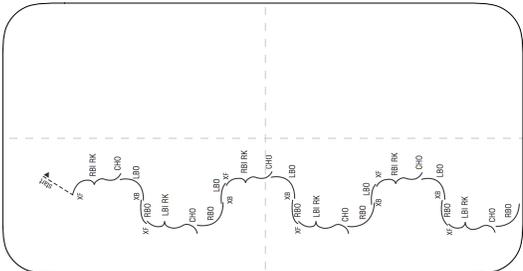
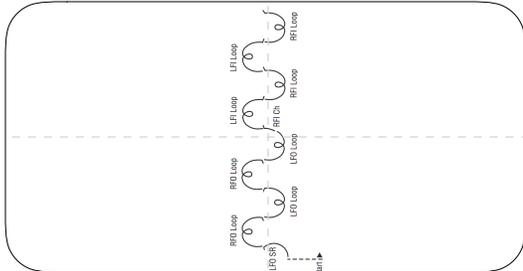
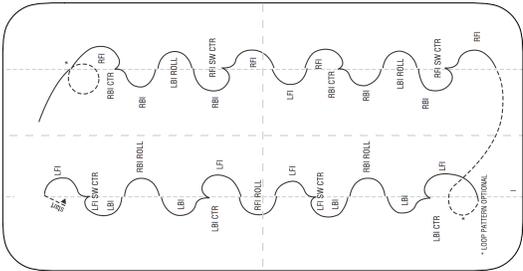
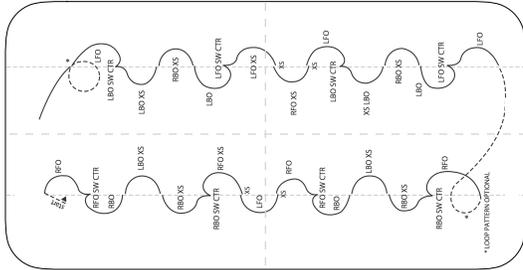
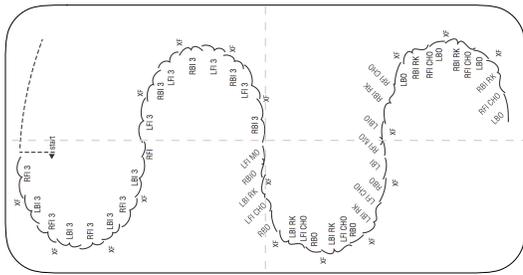
- Hear a sound of power being generated during slide chassés
- Good posture & body alignment / Control after BO 3
- Body lean over deep curving edges, good-sized lobes
- Even cadence and flow

Intro steps opt. 4 alt. patterns of: FI Mo, B power 3-turn, two inside slide chassés. Pattern should cover full length of ice surface.

SKATER: _____ SILVER SS CHECKLIST

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed and the flow and power very good. No major consistent errors should be in evidence (rule 5106). For adult 25+ and adult 50+ candidates, see rule 5034.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Inside Three-Turns / Rocker Choctaws power, quickness

- Maintain or increase power throughout / Full ice coverage
- Balanced, quick & quiet turns, neat footwork, precise rhythm (no toe push)
- Correct carriage, good posture
- Bilateral equality

Intro steps opt. (CCW or CW start) 4 semi-circles down long axis. 1st 2 lobes: FI & BI 3-turns, 2nd half: RK-Cho sequences (4-5 sets of ea. turn/lobe recommended). Transitions: BI-3, FI, FI-3; BI-3 to FI Mo-CE-BO XF; FI Mo-CE-BO XF.

2. Forward & Backward Outside Counters edge quality, power

- Stable arc before and after turns w/ counter body action
- Rhythm and power reflected in flowing deep edges
- Common axis
- Very good posture

Intro steps opt. (R or L start) FO swCtr, 2 B Free Skate XS, BO swCtr, 2 F Free Skate XS (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.

3. Forward & Backward Inside Counters edge quality, power

- Stable arc before and after turns w/ counter body action
- Rhythm and power reflected in flowing deep edges
- Common axis
- Very good posture

Intro steps opt. (R or L start) FI swCtr, 2 BI rolls, BI Ctr, 2 FI rolls (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.

4. Forward Loops edge quality, continuous flow

- Loop placed at top of lobe / Bilateral symmetry
- Sense of organization in repetition: knee, upper body, free leg
- Maintain controlled rhythmic loop action
- Continuous flow throughout

Standing start (R or L) FO SR, FO loop alt. ft. for 4 sets. FI-Ch, FI loop alt. ft. for 4 sets (may be skated across the short or long axis).

5. Backward Rocker Choctaw Sequence edge quality, extension, power

- Closed choctaws on precise controlled edges
- Sustained extension of all body lines on deep BO
- Maintain strong power and flow throughout

Intro steps opt. (R or L start) BI Rk-Cho, deep BO edge (6-8 consecutive 1/2 circles, alternate foot).

6. Backward Twizzles turn execution, continuous flow

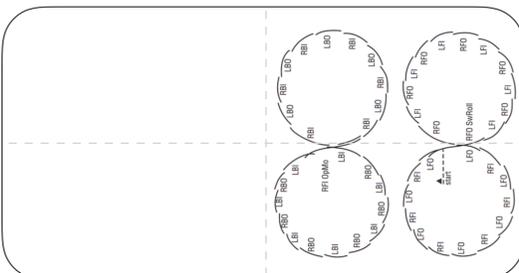
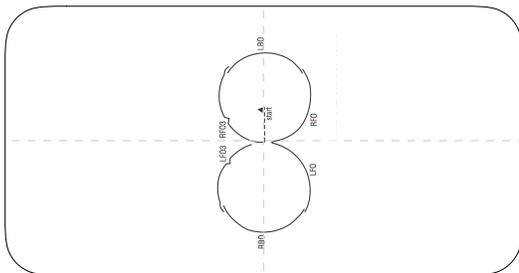
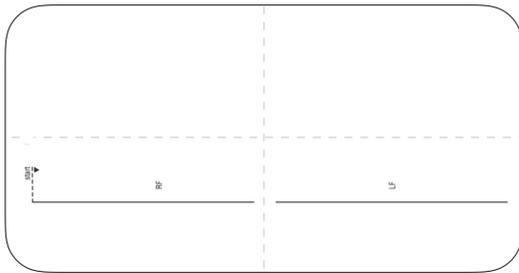
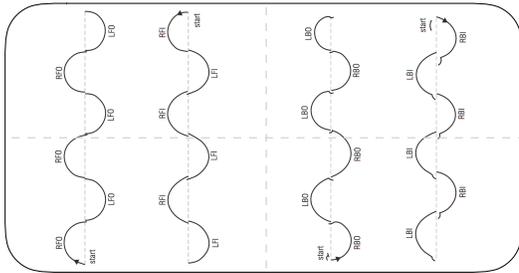
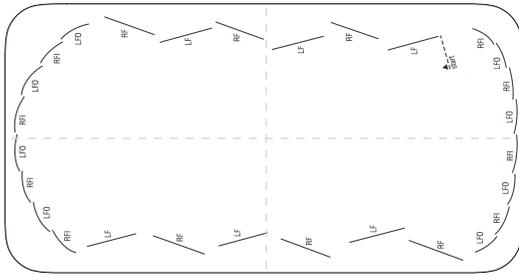
- Effortless execution of Tw (traveling turns w/ uninterrupted turn action, not checked 3-turns)
- Correct, controlled entry/exit edges w/ extension on Tw exits
- Maintain: continuous flow, axis, lobe, body control / Full ice

Intro steps opt. (R or L start) FO 3-turn CE 2-ft push BO Tw 2, rpt. other ft. 3 sets 1st length (end pattern opt.). (R or L start) FI Mo - BI Tw 2, FI, rpt. other ft. 3 sets 2nd length.

SKATER: _____ ADULT PRE-BRONZE SS CHECKLIST

Expectations for adult 21+ and adult 50+ candidates align with the pre-preliminary moves in the field test. 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 (rule 5111).

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Forward Perimeter Stroking *continuous flow & strength, extension*

- Stroking (shallow edges w/ some flats OK)
- Sustained glide w/ extension of free leg
- Some evidence of good posture
- Skater balanced over the skating foot
- CCW
- CW

Intro steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both dir.

2. Basic Consecutive Edges *edge quality*

- Complete ½ circles (4-6) w/ equal lobes
- Starting edge close to perpendicular to axis
- Some evidence of good posture & body position
- FO
- FI
- BO
- BI

Standing start (R or L) 4-6 ½ circles, alt. feet, using an axis line, in order listed.

3. Forward Right & Left Foot Spirals *extension*

- Extended leg held (approx. 4 sec.) at hip level or higher
- Back arched and good form
- Steadiness - no pronounced lapses in balance
- R
- L

Intro steps opt. (R or L start) spirals down length of ice surface, maintaining a spiral position on ea. ft. for approx. 4 sec. w/ extended leg held at hip level or higher, may be on flats.

4. Waltz Eight *edge quality*

- Some control of positions & edges
- Control after 3-turn
- Awareness of rhythmic motion (waltz timing)
- Circle approx. cut into thirds
- R
- L

Intro steps opt. (R or L start) may mark the center, using large circumference circles, completing 2 patterns on ea. ft., performed w/ control.

5. Forward & Backward Crossovers *continuous flow & strength*

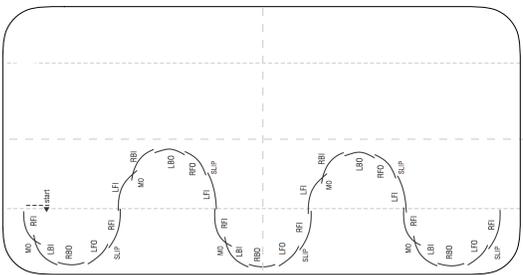
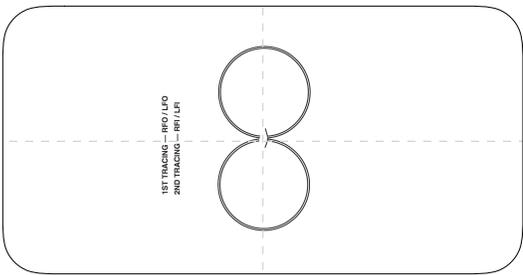
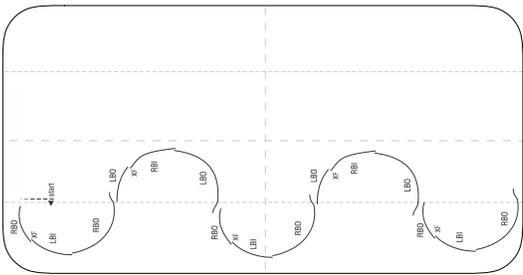
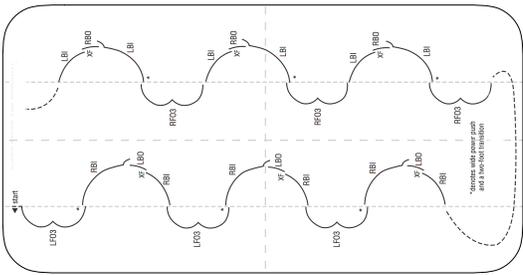
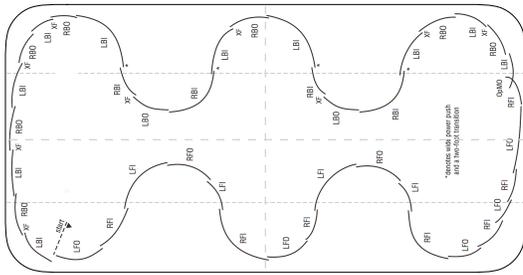
- Ability to maintain flow
- Correct blade use through the push
- Good posture
- Transition is important
- F
- B

Intro steps opt. (CCW or CW start), F Xovers in a figure 8 pattern, transition between F circles on one ft. (4-6 Xovers per circle recommended). F to B circle transition: SR, CE, opMo followed by B Xovers in a figure 8 pattern (4-6 B Xovers per circle).

SKATER: _____ ADULT BRONZE SS CHECKLIST

Expectations for adult 21+ candidates align with the preliminary moves in the field test. The purpose of this test is to continue the encouragement of beginning adult skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a sense of continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes (rule 5112). For adult 50+ candidates, see rule 5034.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Fwd & Bkwd Perimeter Power Stroking *continuous flow & strength*

- All Xovers same quality - solid edge pushing
- Good ice coverage
- Lobes on axis (strong FI & BI)
- Weight shift push on BI 2-ft. transition

Intro steps opt., 4 alt. F Xovers separated by strong FI transitions, end pattern (even cadence): 2 F Xovers, LFO (2 counts) opS, RFI opMo, 1-2 B Xovers. 2nd side: 4 alt. B Xovers separated by 2-ft. transitions (power push) on 2 solid BI edges (2nd end: 3-5 B Xovers).

2. Forward Power Three-Turns *continuous flow & strength*

- Basic flow & strength
- Weight shift push on transitions - strength from BI edge
- Correct edges - after 3-turn stepping on a BI edge
- Well formed lobes - ability to maintain axis

Intro steps opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depends on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.

3. Alternating Bkwd Crossovers to BO Edges *continuous flow & strength*

- Good speed, posture & ice coverage (ability to accelerate)
- Control during sustained extensions
- Equal lobes
- Some evidence of development of good form

Intro steps opt., alt. B Xovers to BO edges in consecutive 1/2 circles for one length of ice surface (4-5 lobes).

4. Forward Circle Eight *edge quality, continuous flow*

- Round circles, similar in size
- Edge push
- Body control during position changes
- Sense of organization in repetition

Standing start (R or L) may mark center, pushing onto a FO edge, one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.

5. Five-Step Mohawk Sequence *edge quality, extension*

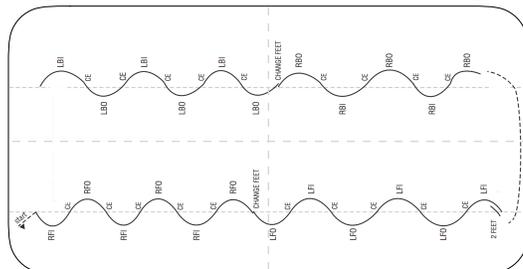
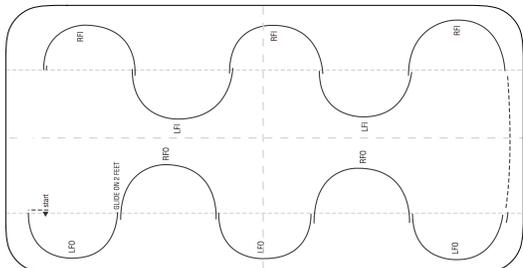
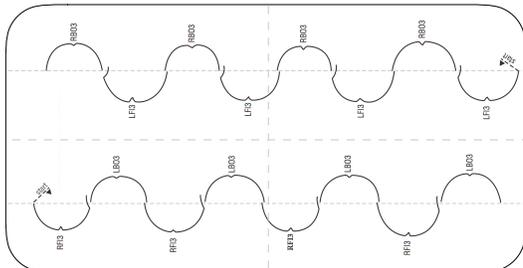
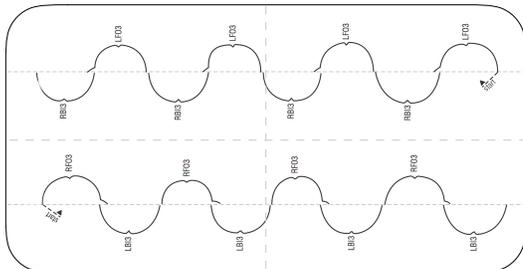
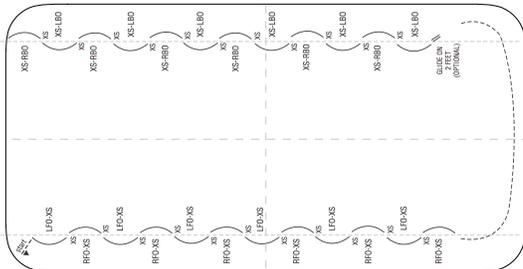
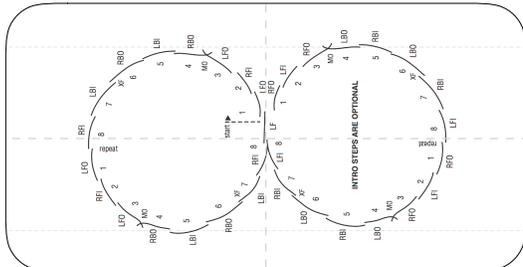
- Good ice coverage
- Steps fairly equal on lobe (even beat)
- Correct edges (incl. #4) with a nicely extended free leg
- Mohawks should be placed at approx. the 1/3 point on the lobe

Intro steps opt., alt. FI Mo in consecutive 1/2 circles, ea. series consists of a 5-step sequence for one length of the ice surface (4-5 lobes).

SKATER: _____ ADULT SILVER SS CHECKLIST

Expectations for adult 21+ candidates align with the pre-juvenile moves in the field test. The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, strength, extension and form are required and must be strongly emphasized (rule 5113). For adult 50+ candidates, see rule 5034.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Eight-Step Mohawk Sequence *quickness, continuous flow & strength*

- Balanced, fairly neat placement of feet, steps 6,7,8 must be distinct
- Quick, clear march tempo (even cadence: 1-beat/step)
- 6 strokes with strength
- Circle shape must be maintained

Intro steps opt. (CCW or CW start) two eight-step Mo seqs.: F Xover, FO Mo, BI, BO, BI XF, FI. Maintain a march cadence (1-beat/step). Between circles: a 2-beat, one ft. transition. Sequence repeats in opposite direction.

2. Fwd & Bkwd Free Skate Cross Strokes *continuous flow & strength*

- Impetus gained from the outside edge - ending w/ legs crossed above the knees
- Rhythmic action
- Good flow & strength
- Good posture & body control

Intro steps opt. (R or L start). Free skate cross strokes, fwd for one length of ice surface, bkw for second length (end patterns optional).

3. FO-BI Three-Turns in the Field *edge quality*

- Proper edge the moment the foot takes the ice
- Controlled flowing edges (no major sub curves)
- Control in/out of 3-turns
- Common axis maintained

Intro steps opt. (R or L start) FO 3-turns alt. to BI 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

4. FI-BO Three-Turns in the Field *edge quality*

- Proper edge the moment the foot takes the ice
- Controlled flowing edges (no major sub curves)
- Control in/out of 3-turns
- Common axis maintained

Intro steps opt. (R or L start) FI 3-turns alt. to BO 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

5. Consecutive Outside & Inside Spirals *extension, edge quality*

- Controlled extension (hip level or higher) held for majority of arc
- Control after spirals
- Stepping on an axis (short 2-ft. transition)
- Some evidence of the development of good form

Intro steps opt. (R or L start) FO spirals first length of ice surface, opt. fwd Xovers around end, FI spirals second length, (min. of 4 spirals ea. length) extended leg should be at hip level or higher. (# of spirals depends on size of ice & strength of skater).

6. Fwd & Bkwd Power Change of Edge Pulls *continuous flow & strength*

- Rhythmic action
- Flow maintained throughout
- Controlled upper body & free leg

Intro steps opt. (R or L start) consecutive power CE pulls FIO to FOI, full length of ice surface (chg. feet center ice, end seq. opt.). 2nd full length: B CE pulls BOI to BIO.

