

# **SKATING SKILLS**

## **TEST STRUCTURE**

### **LEVEL 4**

**4.1****Perimeter Russian Stroking****F O C U S**

- ✓ Power - *The ability to increase and maintain speed with solid control.*
- ✓ Quickness - *The ability to control rhythmic movement.*

**D E F I N I T I O N**

The skater begins the exercise by performing an optional number of consecutive crossovers at the end of the skating rink until he/she is situated at the opposite side of the rink. The skater will then perform straight strokes. The starting direction must be drawn.

**1) RFO**

**2) LFI**

The skater must prepare to quickly transfer to a new lobe.

**3) RFI**

**4) LFO**

**5) RFI**

The skater must prepare to quickly transfer to a new lobe.

**6) LFI**

All steps must be performed quickly demonstrating agility. The edges will be shallow, as the edges are relatively short.

The skater must perform between 2 to 3 consecutive step sequences (steps 1 to 6) along the side of the skating rink measuring approximately 56 to 60 metres in length. The number of step sequences performed will vary according to the age, strength and development of each skater.

The skater will skate at least 1 full round of the skating rink in one direction. The exercise must then be performed in the other direction.

**C O M M O N E R R O R S**

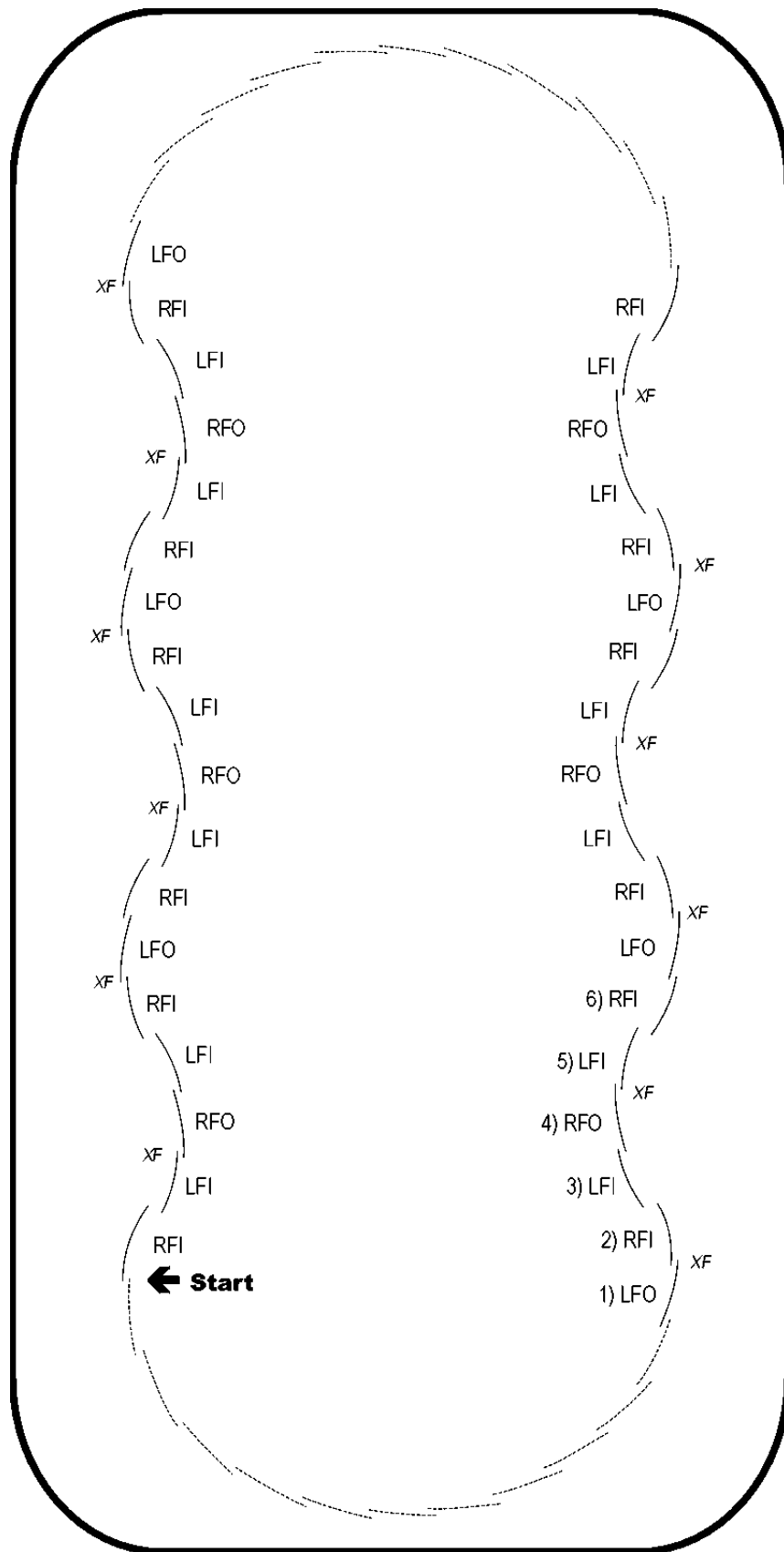
- |                                                |                                                                                          |
|------------------------------------------------|------------------------------------------------------------------------------------------|
| × More than 20% toe-pushing                    | × Inability to create and maintain power                                                 |
| × Uneven tempo of edges                        | × Slow transfer of weight from one lobe to the other often demonstrated by wide stepping |
| × Weak posture (hunched over, leaning forward) | × Not stepping directly on inside edge (step 3)                                          |
| × Lack of smooth knee action                   |                                                                                          |

**T E S T S T A N D A R D S**

The judge should expect the following:

- ✓ Less than 20% toe-pushing
- ✓ Clean neat footwork on correct edges
- ✓ Upright posture
- ✓ Even, fast tempo (timing)
- ✓ Full ice coverage with power
- ✓ Maintenance of speed or acceleration thereof

**4.1 Perimeter Russian Stroking**



## 4.2 Perimeter Stroking – Forward & Backward 3-Turns

### FOCUS

- ✓ Edge Quality – *Bilateral ability to control turns and skate on flowing edges*
- ✓ Power – *The ability to increase and maintain speed with solid control*

### DEFINITION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes into the first step. The starting direction must be drawn.

**1) LFO Three Turn**

The skater performs a forward outside three turn with the free leg extended behind the skating leg.

**2) RBO Three Turn**

The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The skater then prepares to step onto a new lobe.

**3) LFI Three Turn**

The skater performs a forward inside three turn with the free leg extended from behind to in front of the skating leg as the turn is performed. The skater then prepares to cross the free leg in front (optional) as he/she prepares to step onto the next step.

**4) RBI Three Turn**

The skater performs a backward inside three turn with the free leg extended in front or behind the skating leg as the three turn is executed. The skater then prepares to step onto a new lobe.

Steps 1 through 4 are then repeated along the same side of the skating rink. The skater then skates optional steps to position themselves at the opposite corner of the skating rink too begin the second required part of the exercise.

**5) RFI Three Turn**

The skater performs a forward inside three turn with the free leg extended from behind to in front of the skating leg as the three turn is performed. The skater then prepares to cross the free leg in front (optional) as the skater prepares to step onto the next step.

**6) LBI Three Turn**

The skater performs a backward inside three turn with the free leg extended in front or behind the skating leg as the three turn is executed. The skater then prepares to step onto a new lobe.

**7) RFO Three Turn**

The skater performs a forward outside three turn with the free leg extended behind the skating leg.

**8) LBO Three Turn**

The skater performs a backward outside three turn with the free leg extended in front of the skating leg. The skater then prepares to step onto a new lobe.

Steps 5 through 8 are then repeated along the same side of the skating rink.

### COMMON ERRORS

- |                                                      |                                                   |
|------------------------------------------------------|---------------------------------------------------|
| * More than 20% toe-pushing                          | * Weak rhythm and knee action                     |
| * Incorrect blade placement in relation to both axis | * Uncontrolled free leg                           |
| * Entry into and exit from 3-turns uncontrolled      | * Weak posture and control of arms, body and head |
| * Shallow, uneven lobes due to weak flow             |                                                   |

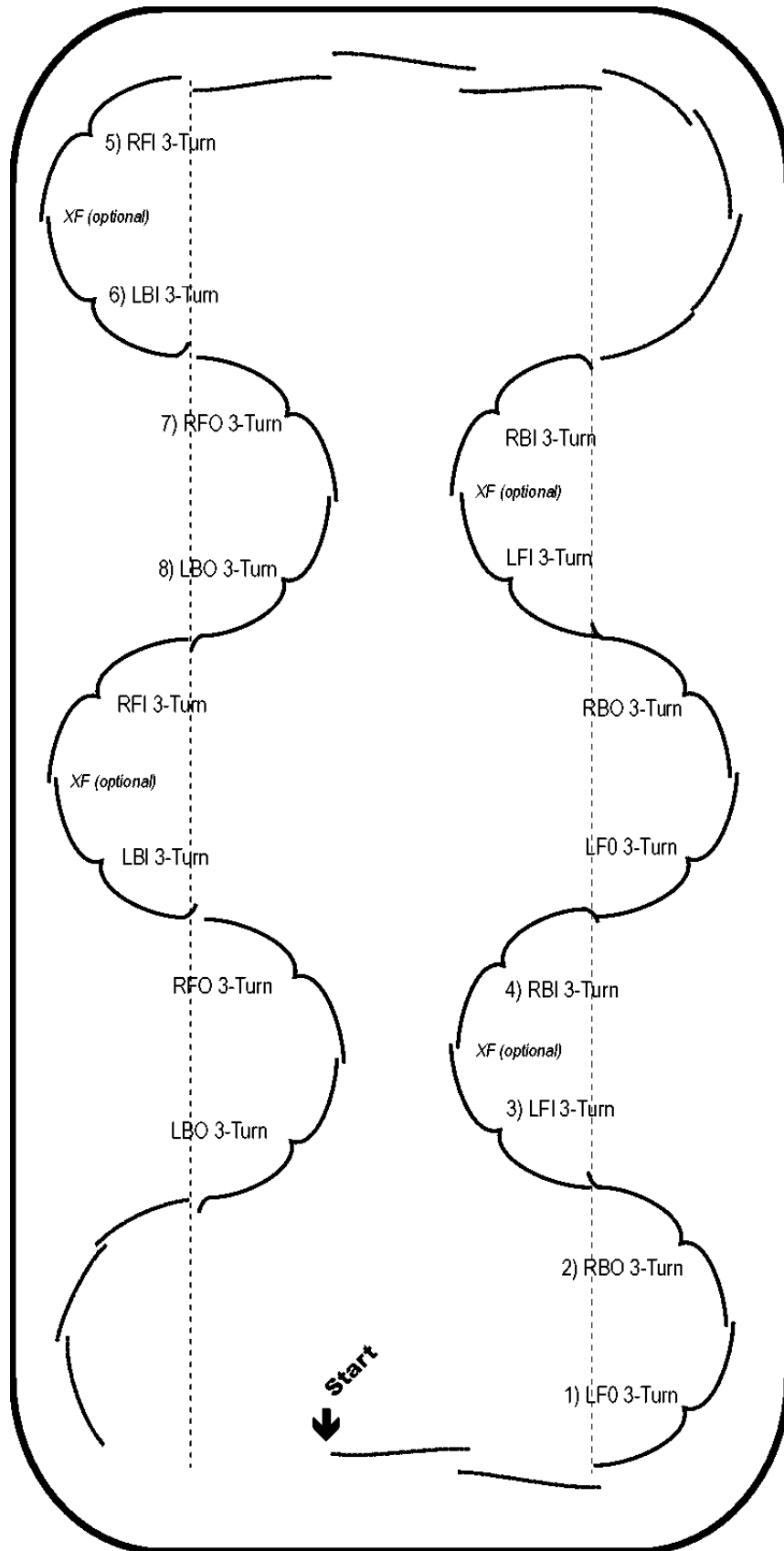
### TEST STANDARDS

The judge should expect the following:

- ✓ Less than 20% toe-pushing
- ✓ Good maintenance of speed and flow with deep and even lobes
- ✓ Controlled, flowing and correct edges
- ✓ Edges into and out of 3-turns must be controlled
- ✓ Even rhythm and knee action
- ✓ Good posture and good control of body alignment throughout with correctly extended free leg

**Please note:** *Give additional credit when skated at greater speed with good control*

4.2 Perimeter Stroking – Forward & Backward 3-Turns



**4.3****Backward Perimeter Change of Edge****F O C U S**

- ✓ Edge Quality – *Bilateral ability to control edge changes and skate on flowing edges*
- ✓ Power – *The ability to increase and maintain speed with solid control*

**D E F I N I T I O N**

The skater begins the exercise by performing an optional number of steps at the end of the skating rink until he/she is situated at the opposite side of the rink. The skater will then perform straight strokes. The starting direction must be drawn.

**1) RBO****2) LBI Crossover****3) RBO-I Change of Edge**

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 the edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.

**4) LBO****5) RBI Crossover****6) LBO-I Change of Edge**

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 the edge throughout the change, stepping on a strong outside edge and finishing on a strong inside edge.

Steps 1 through 6 are then repeated once again on the same side of the skating rink.

**7) LBI****8) RBO****9) LBI-O Change of Edge**

The skater will perform the change of edge along an imaginary long axis. The skater may use the arms and free leg and should use knee action and body lean to execute the change of edge. The skater must show control of the 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 of Edge**

The skater will perform the change of edge along an imaginary long axis. The skater may use the arms and free leg and should use knee action and body lean to execute the change of edge. The skater must show control of the edge throughout the change, stepping on a strong inside edge and finishing on a strong outside edge.

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

**C O M M O N E R R O R S**

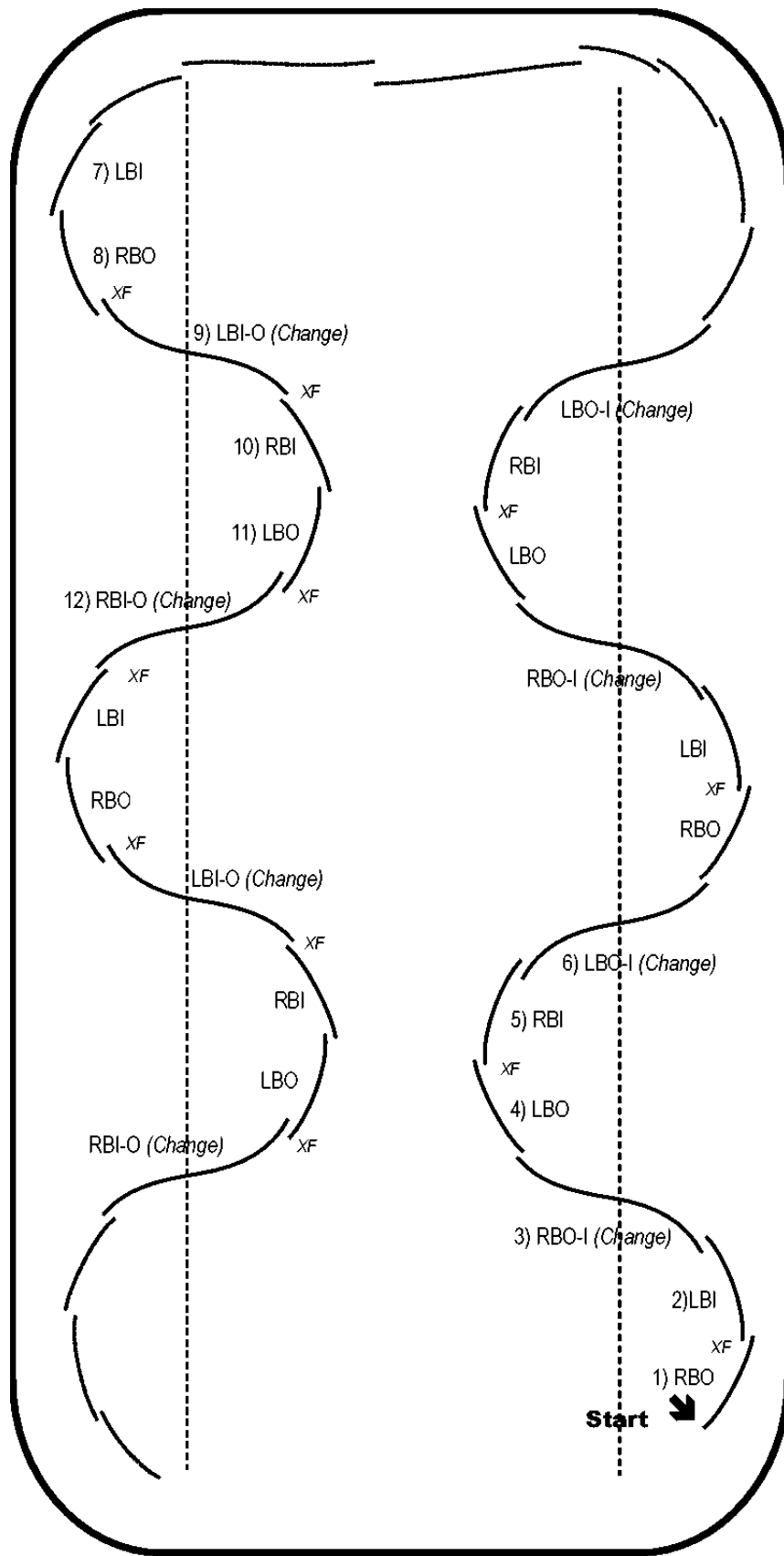
- |                                                            |                                                       |
|------------------------------------------------------------|-------------------------------------------------------|
| × Shallow, unequal or uncontrolled changes of edge         | × Inability to create power and speed                 |
| × Poor posture                                             | × Lack of skating knee action during edge change      |
| × Excessive upper body movement to initiate change of edge | × Free leg swinging uncontrollably during edge change |

**T E S T S T A N D A R D S**

The judge should expect the following:

- |                                                         |                                           |
|---------------------------------------------------------|-------------------------------------------|
| ✓ Upright posture with little upper body movement       | ✓ Edge changes must be controlled         |
| ✓ Maintain or increase speed (NO deceleration allowed)  | ✓ Imaginary axis must be maintained       |
| ✓ Rhythmic knee action during edge change               | ✓ Even edges before and after edge change |
| ✓ Proper use of knee action to initiate the edge change |                                           |

### 4.3 Backward Perimeter Change of Edge



## 4.4 Power Change of Edge Pulls

### F O C U S

- ✓ Power - *Bilateral ability to push off with equal and even strength from solid edges with flexible skating knees*

### D E F I N I T I O N

The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes into the first step. The starting direction must be drawn.

- 1) LF
- 2) RF

The skater performs consecutive power change of edge pulls, transferring from one edge to the other until they reach the mid-section of the skating rink. The skater must generate power from the knee action and the rotation of the hips against the shoulders. The skater's shoulders should move less than his/her hips. The free leg should remain in front of the skating foot at all times and moves in the same direction as the skating foot.

The skater then skates optional steps to position themselves at the opposite side of the skating rink too begin the second required part of the exercise. The skater must turn backwards by performing a 3-turn or mohawk.

- 3) RB
- 4) LB

The skater performs consecutive power change of edge pulls, transferring from one edge to the other until they reach the mid-section of the skating rink. The skater must generate power from the knee action and the rotation of the hips against the shoulders. The skater's shoulders should move less than his/her hips. The free leg should remain behind the skating foot at all times and moves in the same direction as the skating foot.

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

### C O M M O N E R R O R S

- |                                              |                                                                             |
|----------------------------------------------|-----------------------------------------------------------------------------|
| * Flat edges or very shallow change of edges | * Inability to create power or maintain speed using the skating knee action |
| * Excessive upper body movement              | * Poor posture                                                              |
| * Free leg swinging excessively              |                                                                             |
| * Lack of knee action                        |                                                                             |

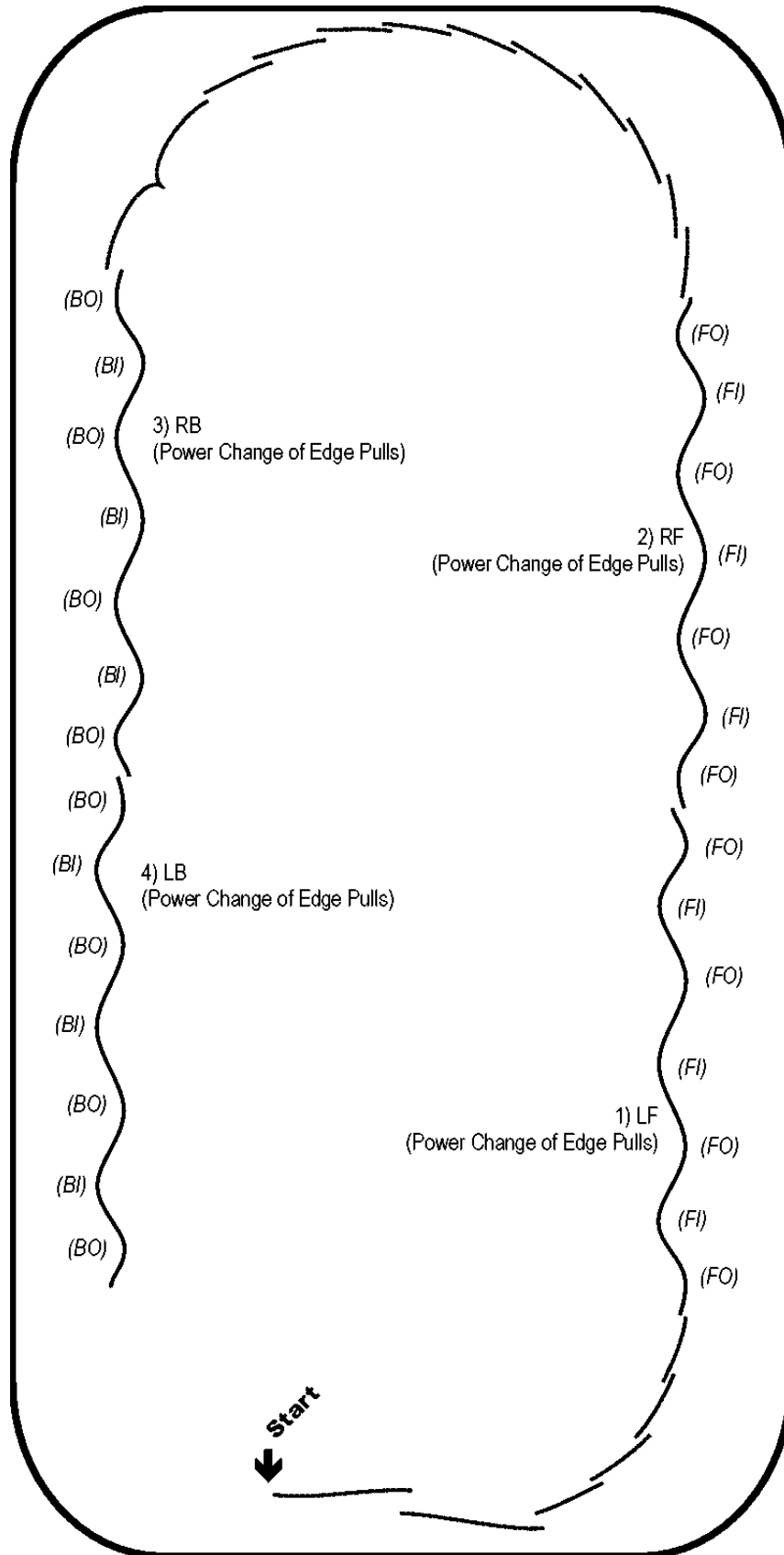
### T E S T S T A N D A R D S

The judge should expect the following:

- ✓ Maintain flow (NO deceleration allowed)
- ✓ Good upright posture with minimal upper body movement
- ✓ Power generate by correct and rhythmic knee action
- ✓ Minimal swinging of free leg



**4.4 Power Change of Edge Pulls**



## 4.5 Perimeter Skating – Forward Brackets

### FOCUS

- ✓ Edge Quality – *Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern*

### DEFINITION

The skater begins the exercise by performing optional steps towards the corner of the skating rink and then pushes into the first step. The starting direction must be drawn.

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

Steps 1 through 6 are then repeated once along the same side of the skating rink. The skater then skates optional steps to position him-/herself at the opposite corner of the skating rink too 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 Bracket**  
The skater steps on a strong inside edge with the strong skating and free side leading in order to prepare for the inside bracket. The free foot should move in front and close to the skating foot during the entire bracket. The skater will slightly rotate his/her shoulders during the exit of the bracket in preparation for the next step.
- 9) **LBI**  
The skater steps on a strong inside edge to return to the long axis of the skating direction.
- 10) **RFO**  
See step (7).
- 11) **LFI Bracket**  
See step (8).
- 12) **RBI**  
See step (9).

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

### COMMON ERRORS

- |                                                      |                                                                  |
|------------------------------------------------------|------------------------------------------------------------------|
| * More than 10% toe-pushing                          | * Scraping due to incorrect weight on the blade during the turns |
| * Incorrect blade placement in relation to long axis | * Lack of control after bracket                                  |
| * Entry into brackets uncontrolled                   | * Lack of upper body control during turns                        |
| * Brackets placed early on lobe                      | * Difficulty maintaining flow and speed                          |
| * Uneven lobes                                       |                                                                  |

### TEST STANDARDS

The judge should expect the following:

- |                                                                                 |                                                                                                                                               |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| ✓ Less than 10% toe-pushing                                                     | ✓ Pattern correct with even lobes and correct edges                                                                                           |
| ✓ Adherence to common or continuous axis with strikes perpendicular to the axis | ✓ Controlled brackets in and out on proper edges with a minimum of scraping, no jumped turns, all turns should be executed with equal ability |
| ✓ Ability to maintain control of body alignment                                 |                                                                                                                                               |
| ✓ Controlled, flowing edges (no major sub-curves)                               |                                                                                                                                               |

**Please note:** *Give additional credit when skated at greater speed with good control*

4.5 Perimeter Skating – Forward Brackets

