

SKATING SKILLS

TEST STRUCTURE

LEVEL 5

5.1 Perimeter Skating - Forward Double 3-Turns

F O C U S

- ✓ Power - *The ability to maintain speed with solid control.*
- ✓ Edge Quality - *Good control and sustained edges with equal lobes and no major sub-curves.*

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) LFO-BI Double 3-turn

The skater performs a forward outside three turn with the free leg extended behind the skating leg. The free leg will then move in front of the skating leg as the skater performs the backward inside three turn.

2) RFO-BO Double 3-turn

The skater performs a forward outside three turn with the free leg extended behind the skating leg. The free leg will then move in front of the skating leg as the skater performs the backward inside three turn.

Steps 1 and 2 are then repeated once or twice along the same side of the skating rink. The skater then performs optional steps to position themselves at the opposite side of the skating rink to begin the second required part of the exercise.

3) RFI-BO Double 3-turn

The skater performs a forward inside three turn with the free leg extended behind the skating leg. The free leg will then move in front of the skating leg as the skater performs the backward outside three turn.

4) LFI-BO Double 3-turn

The skater performs a forward inside three turn with the free leg extended behind the skating leg. The free leg will then move in front of the skating leg as the skater performs the backward outside three turn.

Steps 3 and 4 are then repeated once or twice along the same side of the skating rink.

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

- | | |
|--|--|
| × More than 10% toe-pushing | × Lobes not uniform with sub-curves between turns and turns placed poorly on lobes |
| × Uneven rhythm and inability to maintain flow | × Shallow knee bends |
| × Weak upper body control | × Weak thrusts, power and speed |
| × Not stepping perpendicular to long axis | × Weaker forward inside 3-turns |
| × Lack of control after back 3-turns | |

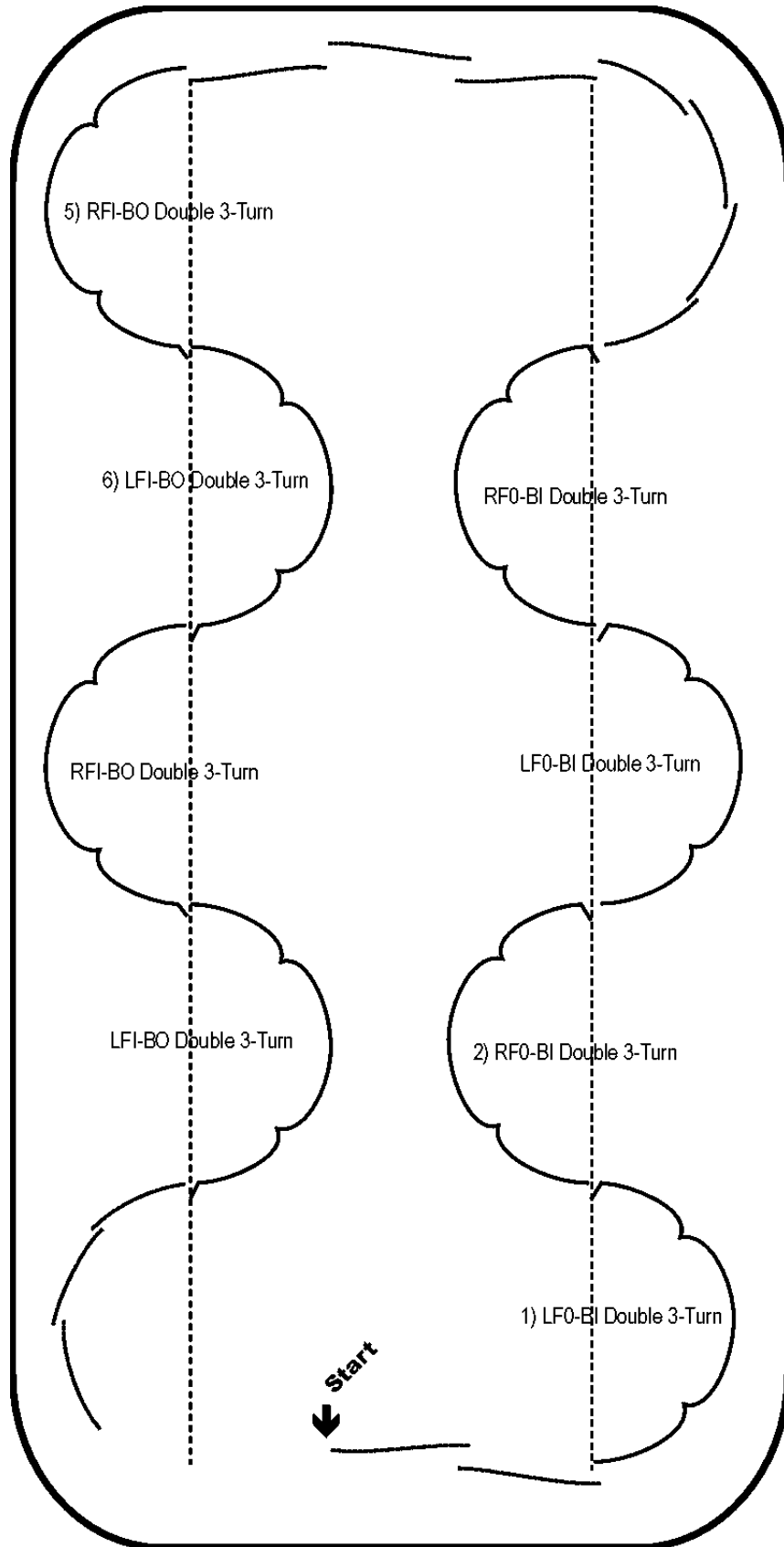
T E S T S T A N D A R D S

The judge should expect the following:

- ✓ Less than 10% toe-pushing with correct open strokes
- ✓ Turns must be placed close to the thirds of each lobe
- ✓ The arc between the forward and backward turns must be controlled (very slight wobbles are permissible)
- ✓ Upright posture with strong upper body control and deep knee bends
- ✓ Even rhythm with strong thrusts and maintenance of speed and flow
- ✓ All 3-turns must be of equal strength

Please note: *Give additional credit for controlled extended free legs with good flow and control*

5.1 Perimeter Skating - Forward Double 3-Turns



5.2 Backward 3-Turn / Forward Mohawk Step

F O C U S

- ✓ Power - *Bilateral ability to increase 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 consecutive backward crossovers in a circular pattern. The starting direction is optional.

1) RBO Three Turns

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 they perform a full circle measuring approximately 20 metres. The skater must accelerate and develop a rhythm as he/she performs the exercise.

The exercise is then performed in the other direction.

The skater begins this part of the exercise by performing an optional number of consecutive crossovers 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 1 and 2 numerous times until they perform a full circle measuring approximately 20 metres. The skater must accelerate and develop a rhythm as he/she performs the exercise.

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

- | | |
|--|---|
| × Poor upright posture and body control | × Turns done too quickly without increase in power |
| × More than 10% toe-pushing | × Two-footed turns |
| × Circle sizes too small | × Inability to demonstrate bilateral aptitude with respect to both directions of the exercise |
| × Lack of control after back 3-turn / swinging turns | |
| × Lack of rhythm | |
| × Deceleration | |

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

The judge should expect the following:

- ✓ Less than 10% toe-pushing
- ✓ Good upright posture body control
- ✓ Increasing speed / power with smooth flow and rhythm
- ✓ Good sized circles
- ✓ Bilateral ability with respect to turns and power thereof must be equal
- ✓ No two-footed skating

Please note: *A larger circle executed with proper curvature generally equals more power and should receive extra credit. However, pattern size may also be dependent on the size of the skater.*

5.3 Perimeter Skating - Backward Double Threes

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 an optional number of steps towards the corner of the skating rink and then pushes into the first step. The starting direction must be drawn.

1) RBO

2) LBI Crossover

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 Crossover

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 through 6 are then repeated once again on the same side of the skating rink. The skater then skates optional steps to position him-/herself at the opposite side of the skating rink to begin the second required part of the exercise.

7) LBI

8) RBO

The skater must have his/her 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 leg. The free leg should be behind the skating leg as he/she completes the forward outside three turn.

10) RBI

11) LBO

The skater must have his/her 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 leg. The free leg should be behind the skating leg as he/she completes the forward outside three turn.

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

COMMON ERRORS

- | | |
|---|---|
| * Lack of control after the back three turns | * Inability to increase power with each turn |
| * Poor posture | * Weak control throughout exercise |
| * Turns performed too quickly without increase in power | * Lack of deep knee-bends and lean |
| * Two-footed turns | * Weaker clockwise direction turns compared to anti-clockwise turns |
| * Uneven lobes and poor placement of three turns | |

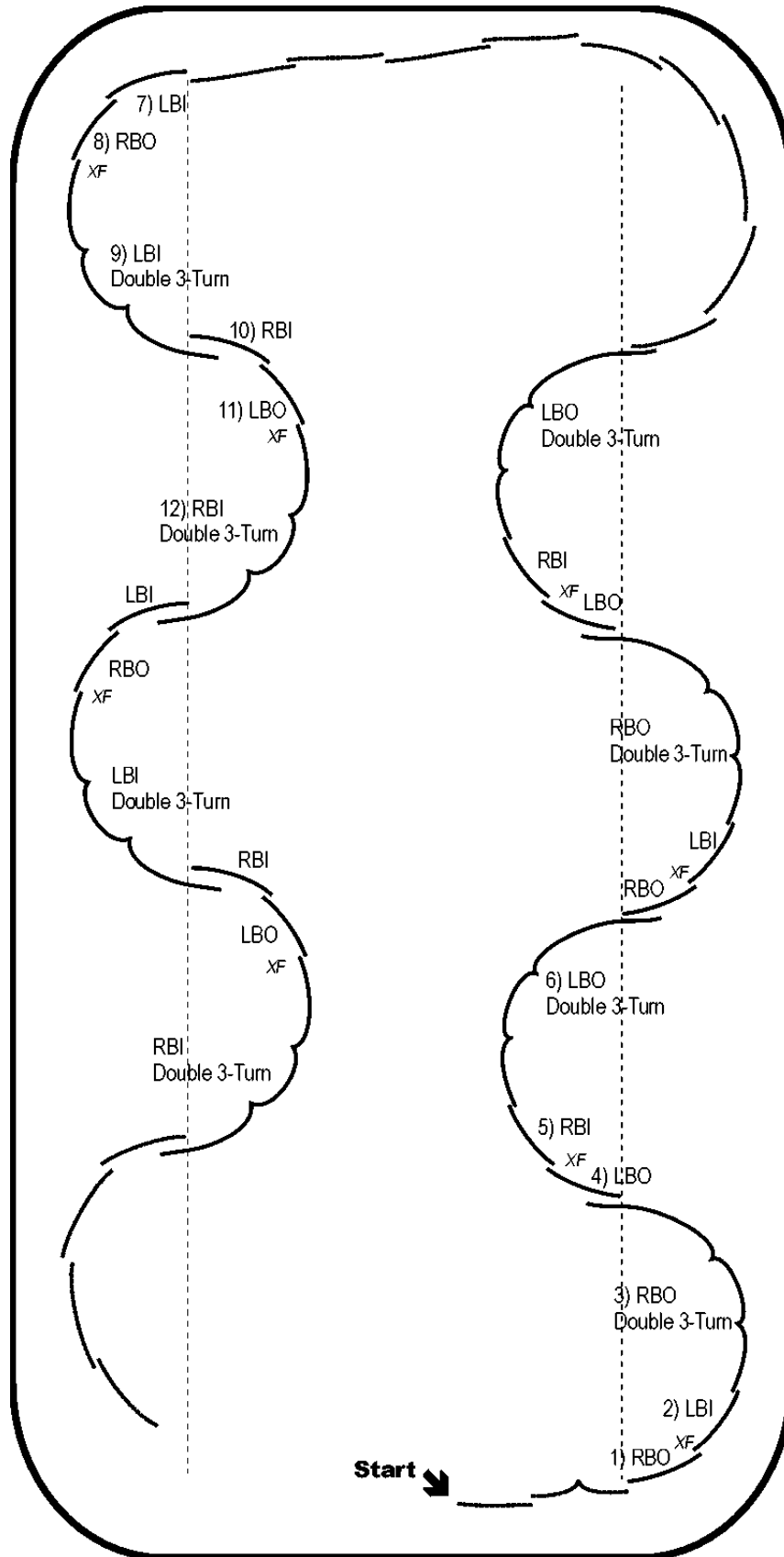
TEST STANDARDS

The judge should expect the following:

- ✓ Upright posture with little upper body movement
- ✓ An increase in power with each turn
- ✓ Rhythmic and even timing with good knee action
- ✓ Both left and right three turns should be of equal quality
- ✓ Good control before and after the turns must be demonstrated with all turns done on one foot

5.3

Perimeter Skating - Backward Double Threes



5.4 Perimeter - Quick Bracket-Three Turn Sequence & Backward Loops

FOCUS

- ✓ Quickness/Agility - *Strong control of foot speed with precise rhythm*
- ✓ Edge Quality - *Good control of edges with increased implementation of knee/ankle flexibility*

DEFINITION

The skater begins the exercise from a standstill. The starting direction must be drawn.

1) RFI-BO-FI-BO-FI-BO-FI-BO

The skater performs a series of brackets and three turns. The free leg must remain controlled as the skating foot turns from front to back a vice versa. The upper body must remain relatively still and facing the outside of the skating rink.

2) LBI-FO-BI-FO-BI-FO-BI-FO

The skater performs a series of brackets and three turns. The free leg must remain controlled as the skating foot turns from front to back a vice versa. The upper body must remain relatively still and facing the outside of the skating rink.

3) RF

4) LFI-BO-FI-BO-FI-BO-FI-BO

The skater performs a series of brackets and three turns. The free leg must remain controlled as the skating foot turns from front to back a vice versa. The upper body must remain relatively still and facing the inside of the skating rink.

5) RBI-FO-BI-FO-BI-FO-BI-FO

The skater performs a series of brackets and three turns. The free leg must remain controlled as the skating foot turns from front to back a vice versa. The upper body must remain relatively still and facing the inside of the skating rink.

6) RBO-I Change of Edge

The free leg should remain behind.

7) LBI

The skater can hop to the backward inside edge.

8) 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.

9) LBO-I Change of Edge

The free leg should remain behind.

10) RBI

The skater can hop to the backward inside edge.

11) LBI 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.

The skater will repeat steps 6 through 11 twice.

COMMON ERRORS

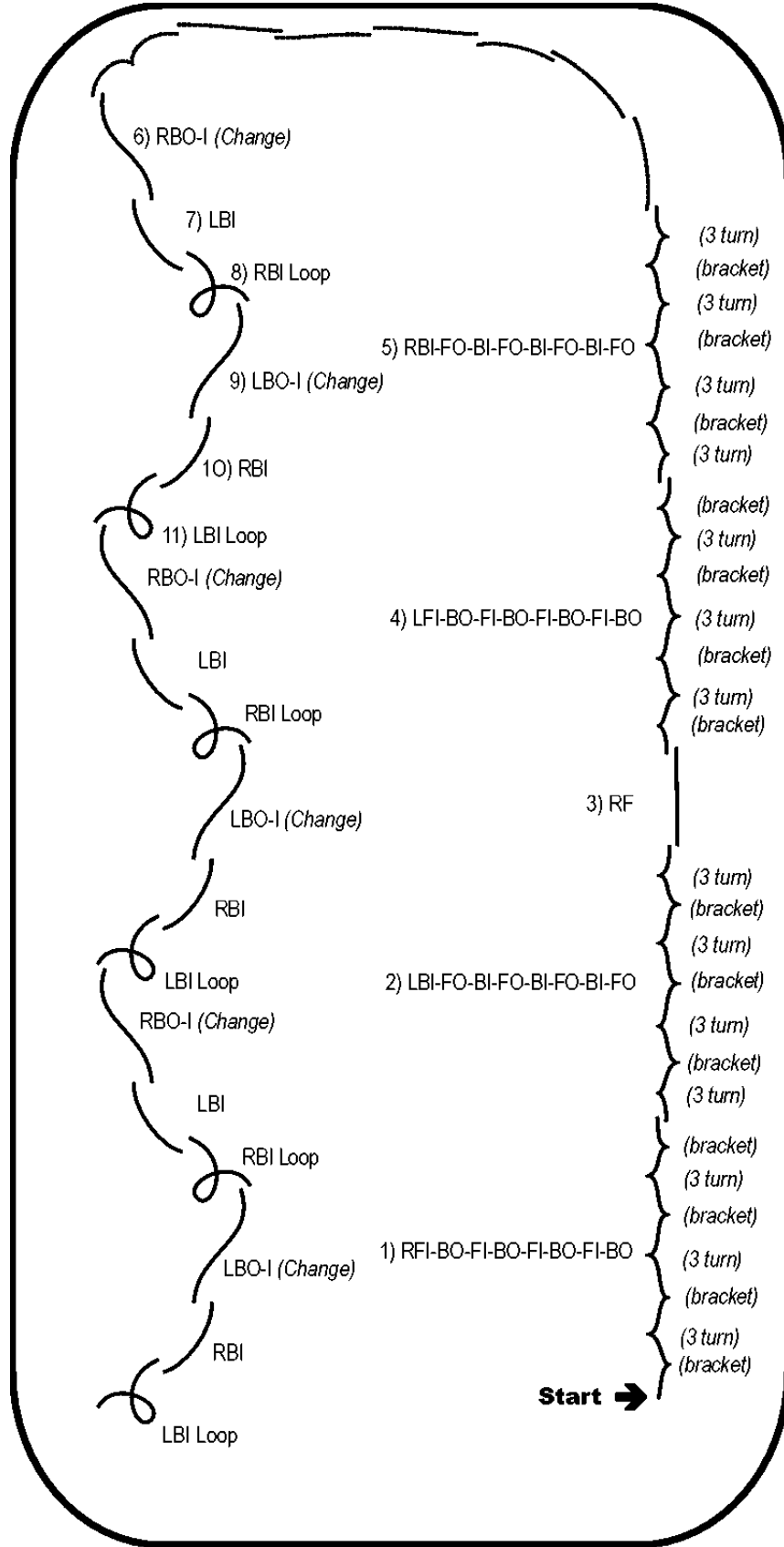
- | | |
|--|---|
| * Scraping due to incorrect weight on the blade during the turns | * Inability to maintain a consistent flow throughout exercise |
| * Excessive upper body and free leg movement during turns | * Bracket-three turn sequence done slowly |
| * Inability to maintain a quick and even rhythm | * Loops of uneven shape and scratchy |
| | * Weak rhythm in Loop sequence |

TEST STANDARDS

The judge should expect the following:

- | | |
|---|--|
| ✓ The skater may be on flats | ✓ Controlled and quick bracket-three turn sequence |
| ✓ Exercise to be skated with an even, precise rhythm and flow | ✓ The skater should utilise the full length of the ice surface |
| ✓ Loops must be of the correct shape with even flow | |

5.4 Perimeter - Quick Bracket-Three Turn Sequence & Backward Loops



5.5 Perimeter Stroking - Forward and Backward Brackets

F O C U S

- ✓ Edge Quality - *Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern*
- ✓ Extension - *An obvious effort to extend body lines and demonstrate some control of body positions*

D E F I N I T I O N

The skater begins the exercise by performing an optional number of steps towards the corner of the skating rink. The starting direction must be drawn.

1 & 7) FO-BI Bracket

The skater pushes onto 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 as he/she exits the bracket in preparation for the next step.

2 & 8) BO-FI Bracket

The skater pushes onto 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.

3 & 5) LFI-BO Bracket

The skater pushes onto a strong inside edge with the strong skating side and the free side leading. The free foot should be slightly in front of the skating foot going into the turn and behind after the turn. The free leg will move in front of the skating foot as the skater prepares to push.

4 & 6) RBI-FO Bracket

The skater pushes onto a strong inside edge with the strong skating side and the free side leading. The free foot should be behind the skating foot going into the turn. The free foot position after the turn is optional.

The skater will repeat steps 1 through 4 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 side of the skating rink to begin the second required part of the exercise.

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

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

- | | |
|--|---|
| ✗ Poor upright posture and body control during turns | ✗ Inability to control entry into back turns |
| ✗ More than 10% toe-pushing and/or weak knee bend | ✗ Lack of control after brackets |
| ✗ Incorrect blade placement in relation to the long axis | ✗ Poor extension of free leg |
| ✗ Early bracket placement | ✗ Uneven and/or flat lobes, poor edge quality |
| ✗ Scraping due to incorrect weight on blade during turns | ✗ Difficulty maintaining flow |

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

The judge should expect the following:

- ✓ Less than 10% toe-pushing with deep knee bends
- ✓ Good upright posture and body control and alignment (including shoulder control)
- ✓ All brackets should be controlled (including edges in and out of brackets) with a minimum of scraping, no jumping of the turns and bilateral ability to execute all turns equally
- ✓ Good extension of the free leg
- ✓ Adherence to a common axis with strikes (pushes) perpendicular to axis
- ✓ Even lobes with controlled flowing edges (no major subcurves)
- ✓ Even flow with good speed

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

5.5 Perimeter Stroking - Forward and Backward Brackets

