

SKATING SKILLS

TEST STRUCTURE

LEVEL 6

6.1 Perimeter Skating - Inside Rockers

FOCUS

- ✓ Power - *Accomplished implementation of effortless acceleration and flow.*
- ✓ Edge Quality - *Strong, flowing and deep rhythmic edges with excellent control throughout.*

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 skating direction must be drawn.

1 & 2) RBO & LBI

3) RFI-BI Rocker

The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is extended behind the skating leg going into the turn and in front going out of the turn. The Rocker must be skated on a strong edge.

4 & 5) LBO & RBI

6) LFI-BI Rocker

The skater must push onto a strong forward inside edge with the skating side leading and rotating into the circle. The free leg is extended behind the skating leg going into the turn and in front going out of the turn. The Rocker must be skated on a strong edge.

Steps 1 through 6 are then repeated twice, followed by optional steps to position the skater at the opposite corner.

7 & 8) RBO & LBI

9) RBI-FI-BI Rocker-Rocker sequence

The skater must push onto a strong backward inside edge with the strong skating side leading and remaining strong through the Rocker turns with the free foot close to the skating foot.

10 & 11) LBI & RBI

12) L-R-L Toe Steps

The skater will rotate on their toe-picks in a clockwise direction.

13) RBI

This step is very short.

14) LBI-FI-BI Rocker-Rocker sequence

The skater must push onto a strong backward inside edge with the strong skating side leading and remaining strong through the Rocker turns with the free foot close to the skating foot.

15 & 16) RBI & LBI

17) R-L-R Toe Steps

The skater will rotate on their toe-picks in an anti-clockwise direction.

Steps 9 through 18 are then repeated once again.

COMMON ERRORS

- | | |
|--|--|
| * Shallow, scraped rockers | * Excessive upper body movement |
| * Weak speed into and out of rockers | * Stiff skating leg with shallow knee bends |
| * Weak edge quality and turns not on long axis | * Unable to maintain speed during rocker-rocker sequence |
| * Blatant change of edge before turns | * Lack of rhythm |
| * Weak overall speed during exercise | |

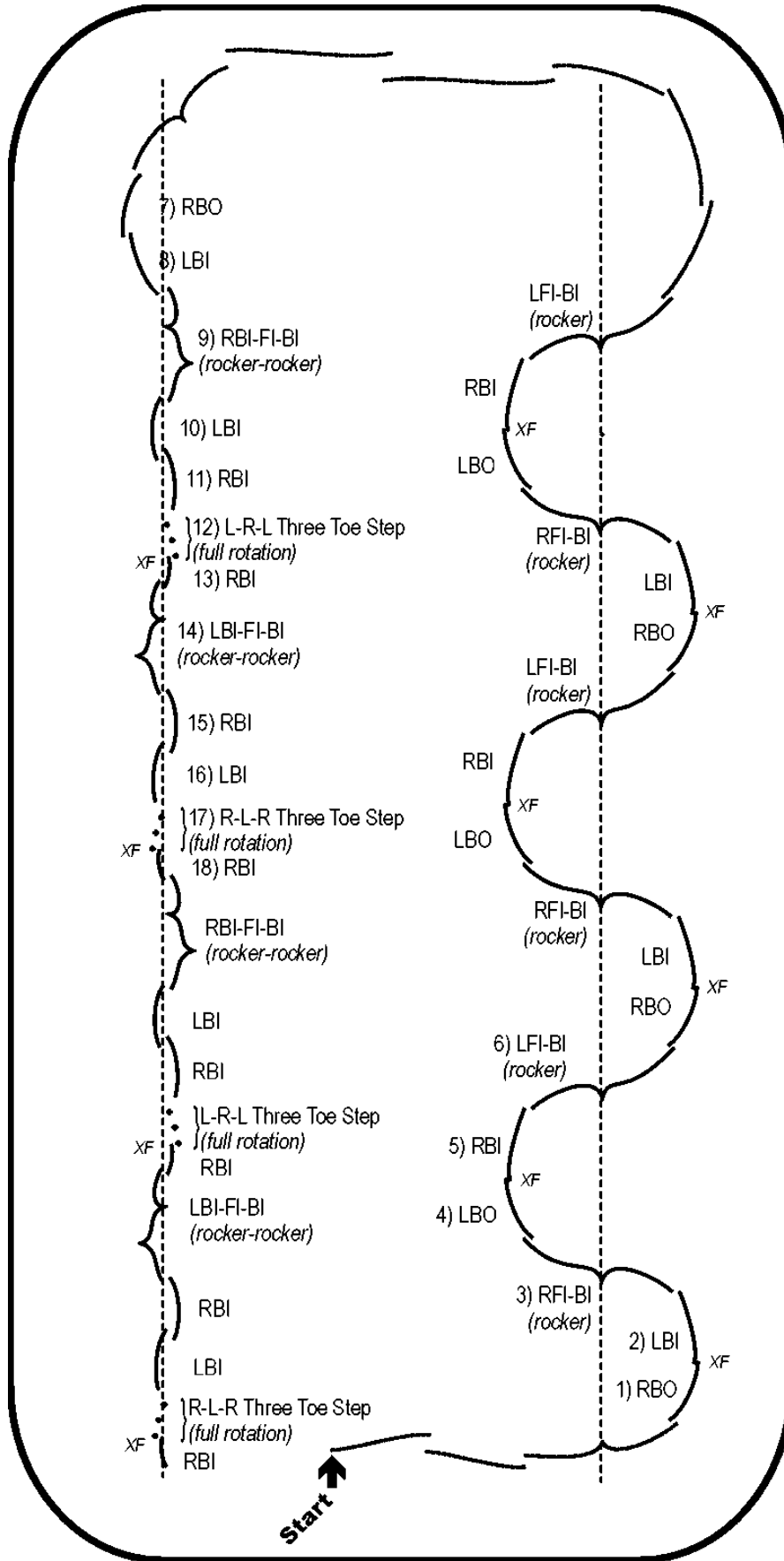
TEST STANDARDS

The judge should expect the following:

- ✓ Deep, flowing rockers placed on the correct long axis
- ✓ Even rhythm and flow with good maintenance of speed during rocker-rocker sequence
- ✓ No clear changes of edges before or after rockers
- ✓ Very good carriage and posture with little upper body movement and deep knee bends
- ✓ Generating speed by means of the rockers and edges

6.1

Perimeter Skating - Inside Rockers



6.2**Hip Twist - Backward Rocker Choctaw****F O C U S**

- ✓ Quickness/Agility – *Strong control of foot speed with precise rhythm*
- ✓ Power – *Accomplished implementation of effortless acceleration and flow*

D E F I N I T I O N

The skater begins the exercise by performing an optional number of consecutive backward crosscuts in a circular pattern. The starting direction is optional.

1) LBI-FI-BO Rocker Choctaw

The skater rotates the shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit from the rocker is very short since the skater must immediately push onto a backward outside edge to generate power.

The skater will repeat step 1 numerous times until he/she performs $\frac{3}{4}$'s of the full circle measuring approximately 20 metres. The skater must maintain his/her speed and develop a rhythm as he/she performs the exercise.

The skater will then skate optional steps into a new circle.

2) RBI-FI-BO Rocker Choctaw

The skater rotates the shoulders outside of the circle going into the rocker turn. The free leg is behind the skating foot. The exit from the rocker is very short since the skater must immediately push onto a backward outside edge to generate power.

The skater will repeat step 2 numerous times until he/she performs $\frac{3}{4}$'s of the full circle measuring approximately 20 metres. The skater must maintain his/her speed and develop a rhythm as he/she performs the exercise.

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

- | | |
|------------------------------------|--|
| × Small circles, incorrect pattern | × Incorrect and/or weak edges |
| × Excessive upper body movement | × Executing a Mohawk instead of a Choctaw |
| × Steps skated slowly | × Very little generation of speed and lack of power and rhythm |
| × Turns very scratchy | |

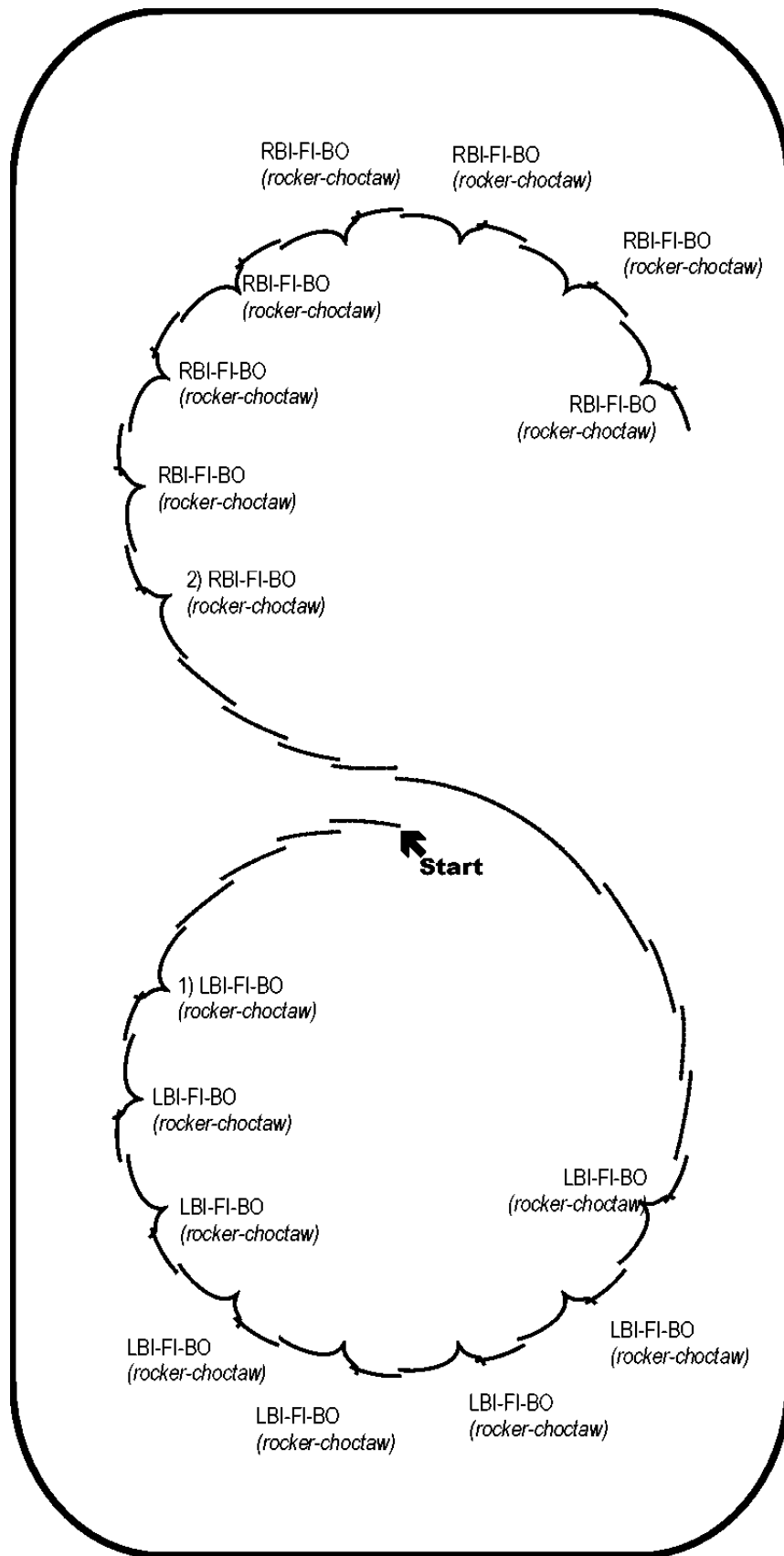
T E S T S T A N D A R D S

The judge should expect the following:

- ✓ Very good and controlled upper body movement
- ✓ Very good posture and lean
- ✓ Strong and correct edges with clean turns
- ✓ Good generation of speed with good rhythm and flow
- ✓ Good ice coverage

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

6.2 Hip Twist - Backward Rocker Choctaw



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6.3 Perimeter Skating - Forward Counters

FOCUS

- ✓ Edge Quality – *Strong, consistent and precise edge control, and flow in accordance with the pattern*
- ✓ Power – *Strong ability to generate and maintain speed from beginning to end without interruption*

DEFINITION

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

- 1) **RBO**
- 2) **LBI**
The shoulder should begin to rotate and face outside the circle
- 3) **RBO-FI Three Turn**
The skater must perform the turn with the free foot in front of the skating foot prior to and when exiting the turn.
- 4) **LFO-BO Counter**
The skater must push onto a strong outside edge with the skating side leading into the counter. The free leg must be extended behind the skating foot leading into the turn and in front of the skating foot when exiting the turn to prepare for the cross step.
- 5) **RBI**
- 6) **LBO**
The shoulder should begin to rotate and face outside the circle
- 7) **RBI-FO Three Turn**
The skater must perform the turn with the free foot behind the skating foot prior to the turn and the free foot in front of the skating foot exiting the turn. The skater must prepare to cross for the next step.
- 8) **LFI-BI Counter**
The skater must push onto a strong inside edge with the free side leading and rotating outside the circle. The free leg must be extended in front of the skating foot leading into and when exiting the turn.

Steps 1 through 8 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.

- 9) **LBI** (refer to step 5)
- 10) **RBO** (refer to step 6)
- 11) **LBI-FO Three Turn** (refer to step 7)
- 12) **RFI-BI Counter** (refer to step 8)
- 13) **LBO** (refer to step 1)
- 14) **RBI** (refer to step 2)
- 15) **LBO-FI Three Turn** (refer to step 3)
- 16) **RFO-BO Counter** (refer to step 4)

Steps 9 through 16 are then repeated once again on the same side of the skating rink.

COMMON ERRORS

- | | |
|--|--|
| × Skated too slowly | × Lack of equal proficiency in counters |
| × Lack of control after the counters | × Turns not on common long axis |
| × Lack of edge quality during the connecting steps | × Insufficient knee bend |
| × Obvious or blatant change of edge prior to counter | × Weak cross strokes or connecting steps |

TEST STANDARDS

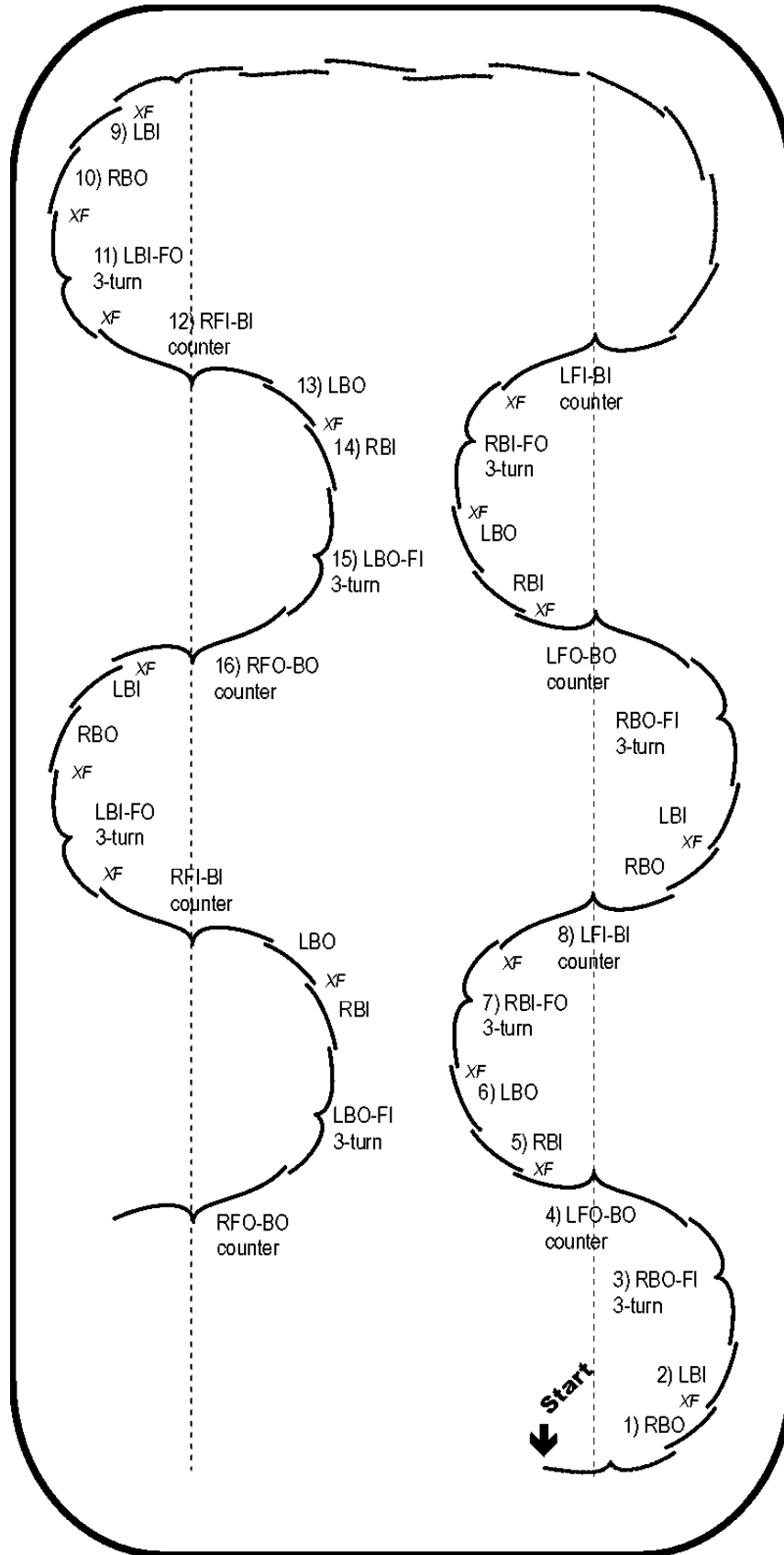
The judge should expect the following:

- | | |
|---|--|
| ✓ No obvious (blatant) change of edge before the counter | ✓ Strong counter-body-action during turns must be demonstrated |
| ✓ Turns pointed up the ice and placed on the continuous long axis (also connecting steps) | ✓ Power should be reflected in flowing deep edges and knee action, rather than in the rate of speed across ice surface |
| ✓ Rhythmic knee action with good upper body carriage and posture | |

Please note: *Give additional credit when skated with powerful deep edges.*

6.3

Perimeter Skating - Forward Counters



6.4 Perimeter Skating - Backward Counters

FOCUS

- ✓ Edge Quality – *Strong, consistent and precise edge control, and flow in accordance with the pattern*
- ✓ Power – *Strong ability to generate and maintain speed from beginning to end without interruption*

DEFINITION

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

- 1) **LFO**
- 2) **RFI**
The shoulder should be rotated facing outside the circle
- 3) **LFO-BI Three Turn**
The skater must perform the turn with the free leg extended behind the skating foot prior to and when exiting the turn.
- 4) **RBO-FO Counter**
The skater must push onto a strong outside edge with the shoulders rotating in order to prepare for the counter turn. The free leg position is optional. As the skater exits the turn, the skating side will lead and the free leg will move in front of the skating leg.
- 5) **LFI**
- 6) **RFO**
- 7) **LFI-BO Three Turn**
The skater must perform the turn with the free foot behind the skating foot prior to the turn and the free foot in front of the skating foot exiting the turn. The skater must prepare to cross for the next step.
- 8) **RBI-FI Counter**
The skater must push onto a strong inside edge with the shoulders rotating in order to prepare for the counter turn. The free leg position is optional. As the skater exits the turn, the skating side will lead and the free leg will move in front of the skating leg.

Steps 1 through 8 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.

- 9) **RFI** (refer to step 5)
- 10) **LFO** (refer to step 6)
- 11) **RFI-BO Three Turn** (refer to step 7)
- 12) **LBI-FI Counter** (refer to step 8)
- 13) **RFO** (refer to step 1)
- 14) **LFI** (refer to step 2)
- 15) **RFO-BI Three Turn** (refer to step 3)
- 16) **LBO-FO Counter** (refer to step 4)

Steps 9 through 16 are then repeated once again on the same side of the skating rink.

COMMON ERRORS

- | | |
|--|--|
| × Skated too slowly | × Lack of equal proficiency in counters |
| × Lack of control after the counters | × Turns not on common long axis |
| × Lack of edge quality during the connecting steps | × Insufficient knee bend |
| × Obvious or blatant change of edge prior to counter | × Weak cross strokes or connecting steps |

TEST STANDARDS

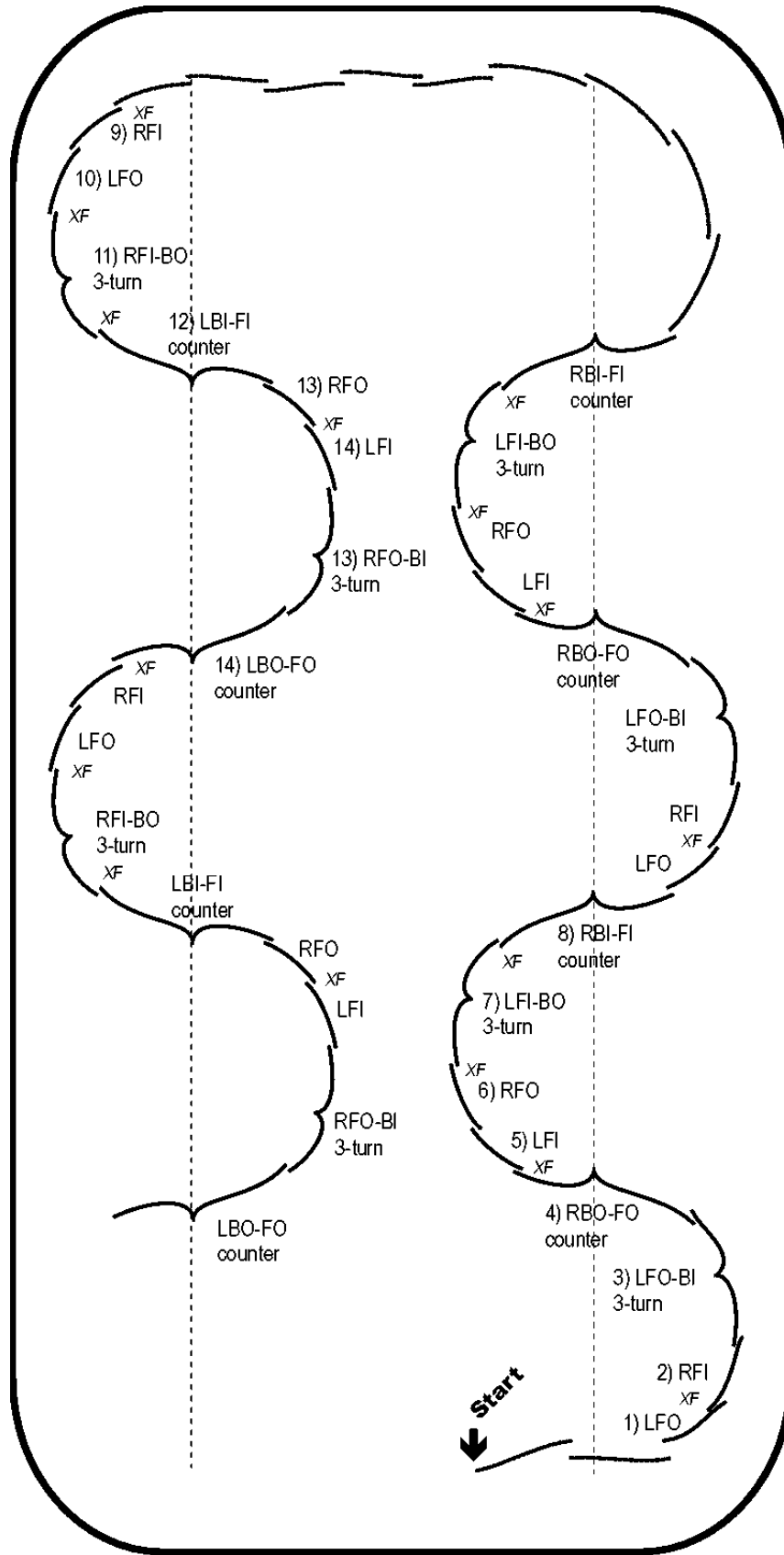
The judge should expect the following:

- | | |
|---|--|
| ✓ No obvious (blatant) change of edge before the counter | ✓ Strong counter-body-action during turns must be demonstrated |
| ✓ Turns pointed up the ice and placed on the continuous long axis (also connecting steps) | ✓ Power should be reflected in flowing deep edges and knee action, rather than in the rate of speed across ice surface |
| ✓ Rhythmic knee action with good upper body carriage and posture | |

Please note: *Give additional credit when skated with powerful deep edges.*

6.4

Perimeter Skating - Backward Counters



6.5 Perimeter Skating - Quick Three Turns and Choctaws

F O C U S

- ✓ Edge Quality - *Bilateral ability to control turns and skate of flowing edges*
- ✓ Quickness/Agility - *Strong, bilateral control of foot speed with precise rhythm*

D E F I N I T I O N

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

- 1) **RFI-BO-BI-FO Three Turn-Change-Three Turn**
The skater will perform this step using strong knee action during the three turns and change of edge. The lobes will be somewhat shallow as the turns and change of edges are done quickly.
- 2) **LFO-BI-BO-FI Three Turn-Change-Three Turn**
The skater will perform this step using strong knee action during the three turns and change of edge. The lobes will be somewhat shallow as the turns and change of edges are done quickly.
- 3) **RFI**
- 4) **LFI-BO-BI-FO Three Turn-Change-Three Turn**
The skater will perform this step using strong knee action during the three turns and change of edge. The lobes will be somewhat shallow as the turns and change of edges are done quickly.
- 5) **RFO-BI-BO-FI Three Turn-Change-Three Turn**
The skater will perform this step using strong knee action during the three turns and change of edge. The lobes will be somewhat shallow as the turns and change of edges are done quickly.

The skater skates optional steps to position him-/herself at the opposite side of the skating rink to begin the second required part of the exercise.

- 6) **RBO**
- 7) **LFI Closed Choctaw**
The skater will perform this step with a deep knee bend. The shoulders of the skater should face inside the circle with the free leg extended slightly in front of the skating foot.
- 8) **RBO Open Choctaw**
The skater will perform this step with a deep knee bend. The shoulders of the skater should face outside the circle with the free leg extended slightly behind.

Steps 7 and 8 are then repeated twice.

- 9) **LBO**
- 10) **RFI Closed Choctaw (refer to step 7)**
- 11) **LBO Open Choctaw (refer to step 8)**

Steps 10 and 11 are then repeated twice.

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

- | | |
|--|--|
| × Poor upright body posture and weak knee bends | × Lack of control |
| × More than 10% toe-pushing | × Incorrect edges during Choctaw sequence |
| × Turns placed incorrectly on pattern | × Significant loss of speed and flow during Choctaw sequence |
| × Weak speed (across ice) and tempo of turns, changes of edge and Choctaws | × Uneven rhythm during Choctaw sequence |

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)
- ✓ Very good speed and ice coverage with power being generated through edge changes and pulls on BO Choctaw edges
- ✓ Adherence to a common axis with turns placed correctly on pattern
- ✓ Even flow and rhythm

Please note: *Give additional credit when skated with very good speed and control.*

6.5

Perimeter Skating - Quick Three Turns and Choctaws

