

SKATING SKILLS

TEST STRUCTURE

LEVEL 7

7.1**Quick Mohawks****F O C U S**

- ✓ Power - *Accomplished implementation of effortless acceleration and flow.*
- ✓ 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 by performing an optional number of consecutive backward crosscuts in a circular pattern. The starting direction is optional.

1) LFO-RBO Mohawk

The skater pushes onto an outside edge with the skating side leading and the free foot moving towards the inside of the skating foot to prepare for the Mohawk. The skater will then step onto a backward outside edge with the free leg stretched behind the skating leg and then moving in front of the skating leg in order to prepare for the cross step.

2) LBI**3) RFI**

Steps 1 through 3 are then repeated numerous times until he/she performs a full circle measuring approximately 20 metres. The skater must maintain speed and develop a rhythm as he/she performs the exercise. All steps must be performed quickly.

4) RFO-LBO Mohawk

The skater pushes onto an outside edge with the skating side leading and the free foot moving towards the inside of the skating foot to prepare for the Mohawk. The skater will then step onto a backward outside edge with the free leg stretched behind the skating leg and then moving in front of the skating leg in order to prepare for the cross step.

5) RBI**6) LFI**

Steps 4 through 6 are then repeated numerous times until he/she performs a full circle measuring approximately 20 metres. The skater must maintain speed and develop a rhythm as he/she performs the exercise. All steps must be performed quickly.

7) LFO**8) RFI Open Mohawk**

This step is performed with the free foot behind.

9) LBI Closed Mohawk

This step is performed with the free foot in front.

Steps 8 and 9 are then repeated numerous times. The steps must be skated very quickly and increase in tempo until the skater is almost spinning.

10) RBO Landing position

This step should be held for a significant amount of time.

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

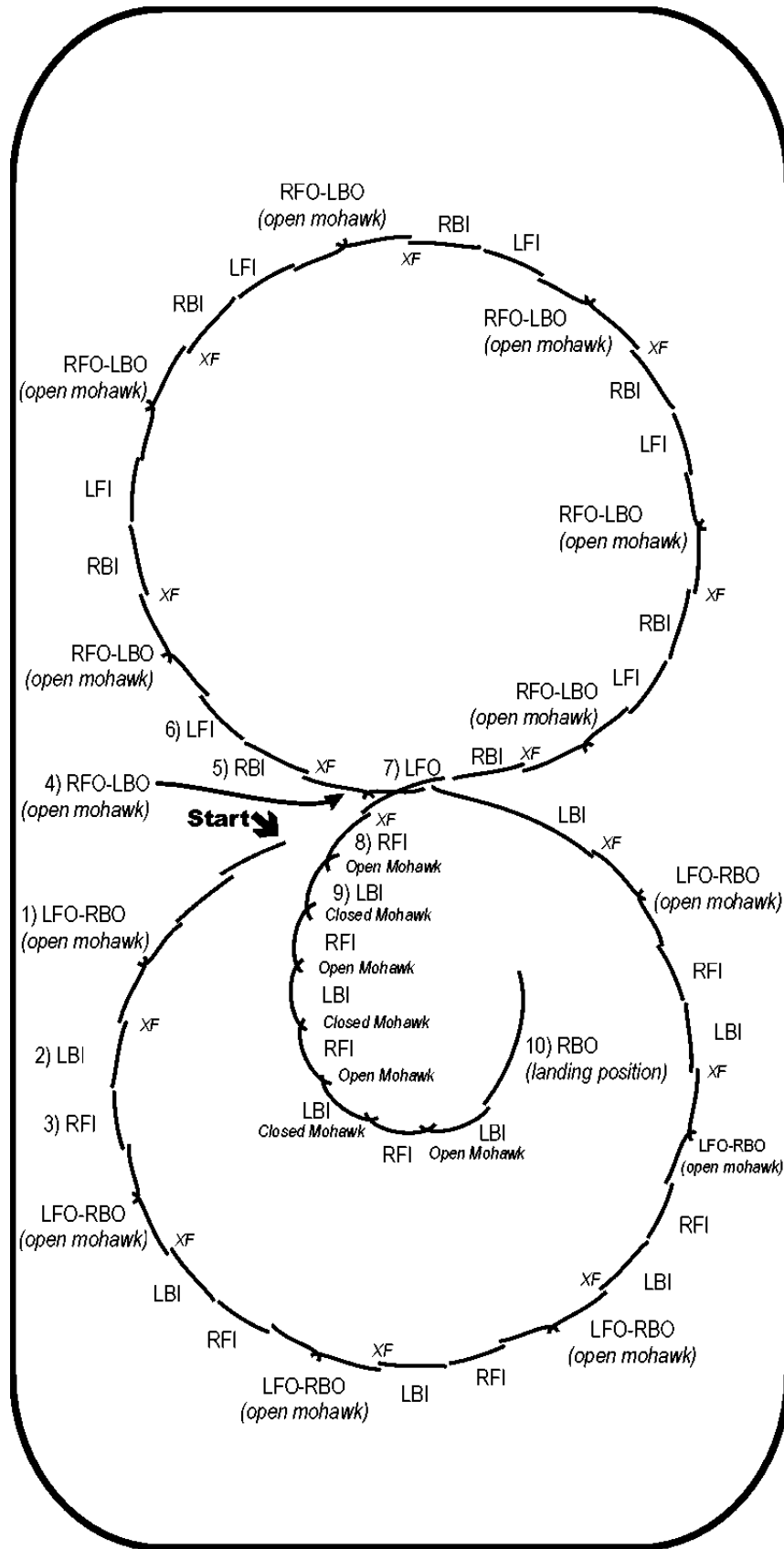
- | | |
|---|---|
| × Incorrect edge on steps 1 and 4 (Choctaw instead of Mohawk) | × Inability to create power for correct pattern |
| × Wide stepping (wider than hip width) | × Poor posture and weak lean and knee bend |
| × Uneven timing (beat) and poor speed | × Poor control of rotation and shoulders |
| | × Weak extension and edge quality |

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

The judge should expect the following:

- ✓ Very good ice coverage due to power (sharp, quick powerful thrusts)
- ✓ Even rhythm and flow with very good maintenance of speed
- ✓ Each step should be fairly equal on each lobe with an even beat throughout
- ✓ Very good carriage and posture with very little upper body movement, deep knee bends and strong lean
- ✓ Correct edges and Mohawks with well extended free leg

Quick Mohawks



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7.2**Perimeter Skating - Flying Choctaws****F O C U S**

- ✓ Edge Quality – *Strong, consistent and precise edge control and flow in accordance with the pattern*
- ✓ 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 optional steps towards the corner of the skating rink. All Choctaw steps must be performed on a diagonal axis. The starting direction must be drawn.

PART 1**1 & 3) LFO****2) RFI****4) RFI-LBO Open Choctaw**

The skater will bring the free leg towards the inside of the skating foot with turn out in order to step on a backward outside edge.

5 & 7) LBO**6) RBI****8) RBI-LFO Open Choctaw**

Steps 1 through 8 are then repeated. The skater performs optional steps similar to the diagram to continue with the second required part of the exercise.

PART 2**9 & 11) RFO****10) LFI****12) LFI-RBO Open Choctaw**

The skater will bring the free leg towards the inside of the skating foot with turn out in order to step on a backward outside edge.

13 & 15) RBO**14) LBI****16) LBI-RFO Open Choctaw**

Steps 9 through 16 are then repeated. The skater performs optional steps similar to the diagram to continue with the first required part of the exercise. The skater must repeat Part1 and Part2.

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

- | | |
|---|--|
| × Pattern lobes too small | × Incorrect and/or weak edges and knee bends |
| × Poor posture, shoulder control and lean during Choctaws | × Poor thrusting on the strokes |
| × Lack of power, speed, rhythm and ice coverage | × Incorrect leg placement through Choctaws |
| | × Incorrect axis (not on diagonal) |

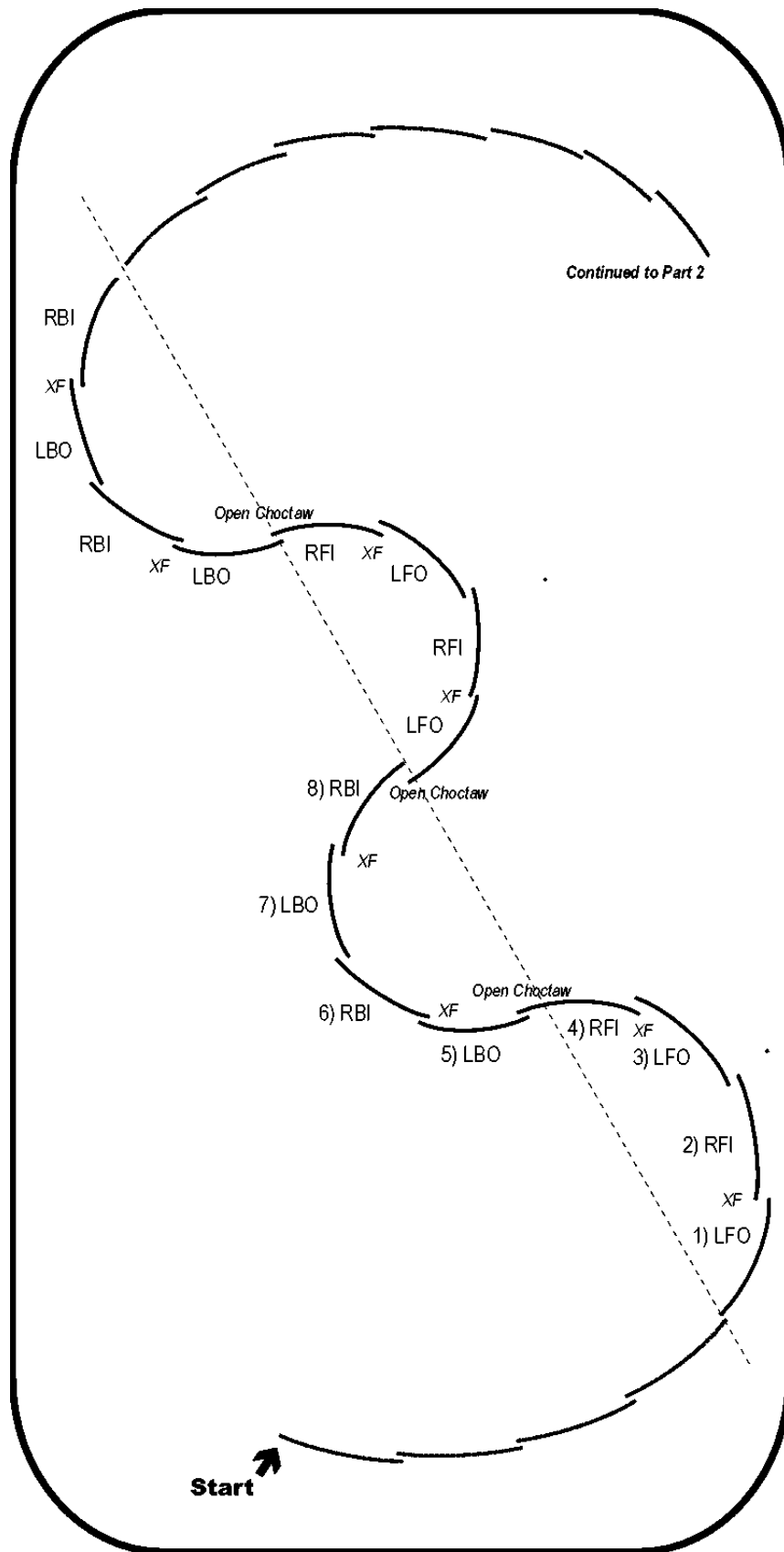
T E S T S T A N D A R D S

The judge should expect the following:

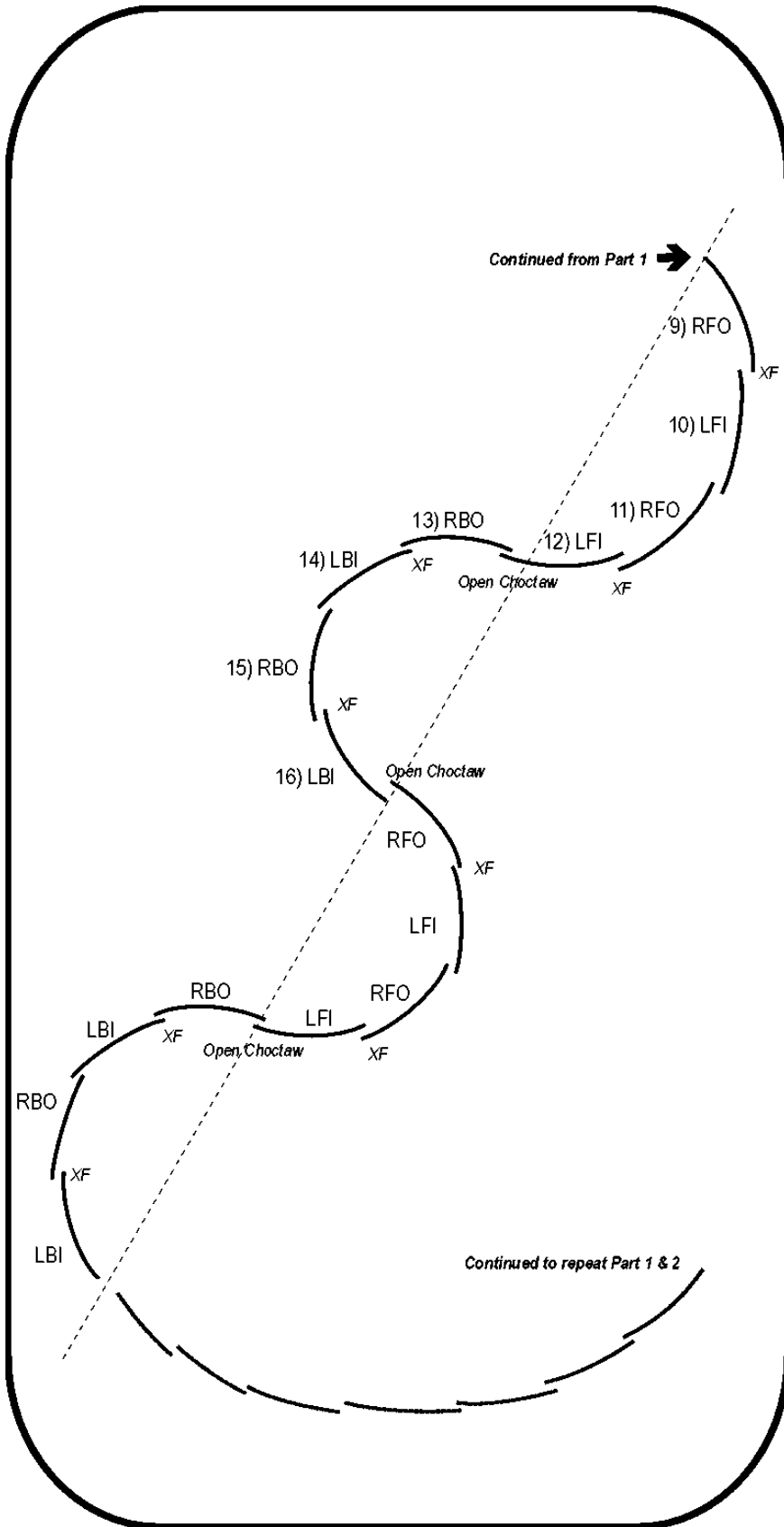
- ✓ Very good and controlled upper body movement with good posture, strong lean and deep knee bend
- ✓ Large bold lobes on the correct axis covering the full ice surface
- ✓ Correctly executed Choctaws with deep edges in and out of the turn
- ✓ Good generation of speed and power with rhythm and fluidity
- ✓ Strong thrusting thereby developing power with no toe-pushing

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

7.2 Perimeter Skating - Flying Choctaws - Part 1



7.2 Perimeter Skating - Flying Choctaws - Part 2



BLANK

7.3 Perimeter Skating - Forward Rockers

FOCUS

- ✓ Edge Quality – *Strong, consistent, 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 Rocker**
The skater must push onto a strong outside edge with the free side preparing to lead into the rocker. The free leg position is optional. As the skater exits the turn, the shoulders will be rotated facing outside the circle with the free leg preparing to cross in front of the skating foot.
- 5) **RBI**
The shoulder should be rotated and facing outside the circle
- 6) **LBO**
The shoulder should be rotated and facing 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 Rocker**
The skater must push onto a strong inside edge with the skating side leading and rotating into the circle. The free leg must be extended behind 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 Rocker** (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 Rocker** (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, poor thrusting and speed | * Lack of equal proficiency in rockers |
| * Lack of control after the rockers | * Turns not on common long axis |
| * Lack of edge quality during the connecting steps | * Insufficient knee bend and poor posture |
| * Obvious or blatant change of edge after the rocker | * Weak cross strokes or connecting steps |

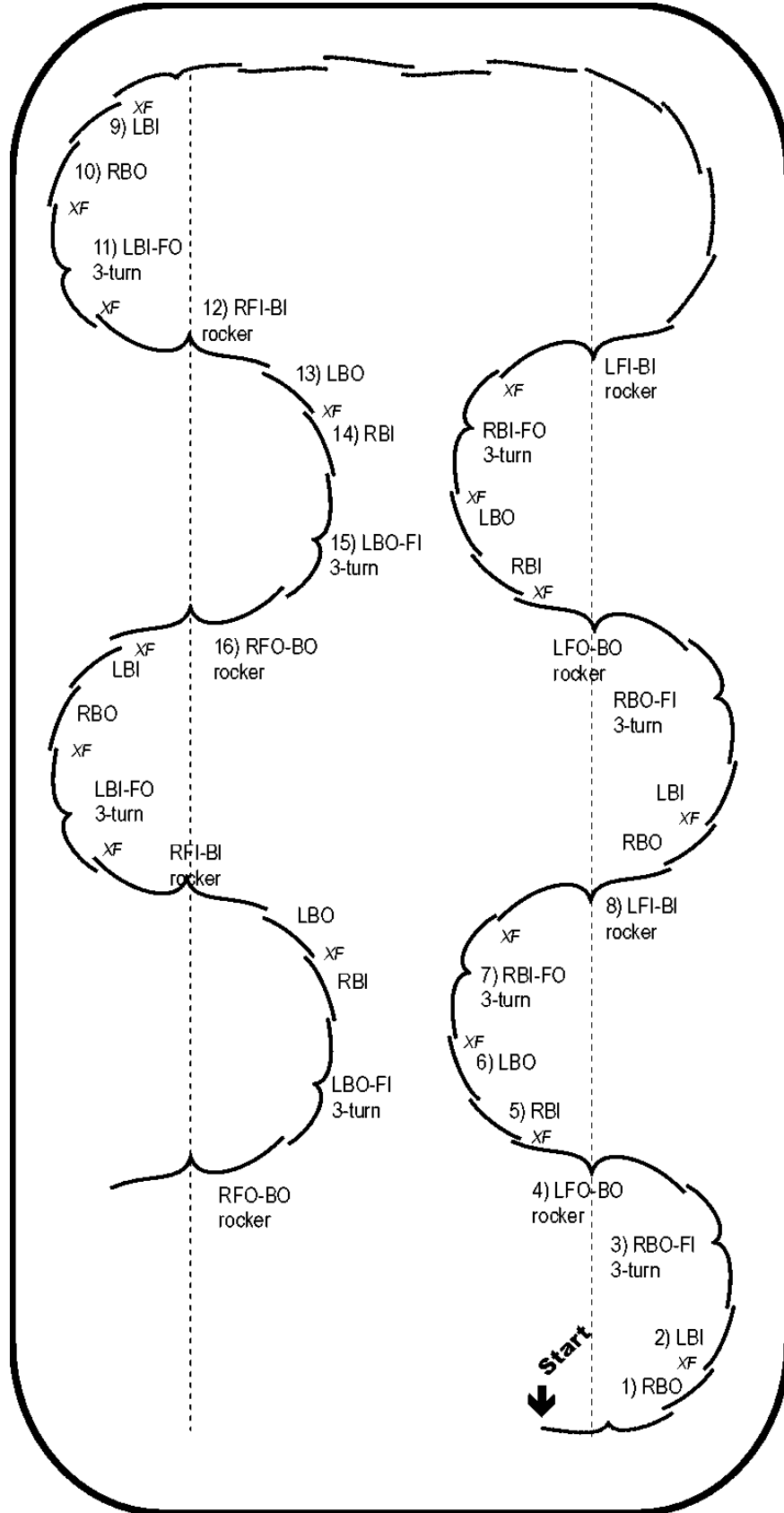
TEST STANDARDS

The judge should expect the following:

- | | |
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| ✓ No obvious (blatant) change of edge after the rocker | ✓ Strong rocker-body-action during turns must be demonstrated |
| ✓ Turns pointed up the ice and placed on the continuous long axis (also connecting steps) and no toe-pushing | ✓ 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 very good upper body carriage, posture and free leg position | |

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

7.3 Perimeter Skating - Forward Rockers



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7.4 Perimeter Skating - Backward Rockers

F O C U S

- ✓ 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*

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. 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 Rocker

The skater must push onto a strong outside edge with the shoulders rotating in order to prepare for the rocker 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 Rocker

The skater must push onto a strong inside edge with the shoulders rotating in order to prepare for the rocker 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 Rocker (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 Rocker (refer to step 4)

Steps 9 through 16 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

- | | |
|--|---|
| × Skated too slowly, poor thrusting and speed | × Lack of equal proficiency in rockers |
| × Lack of control after the rockers | × Turns not on common long axis |
| × Lack of edge quality during the connecting steps | × Insufficient knee bend and poor posture |
| × Obvious or blatant change of edge after the rocker | × Weak cross strokes or connecting steps |

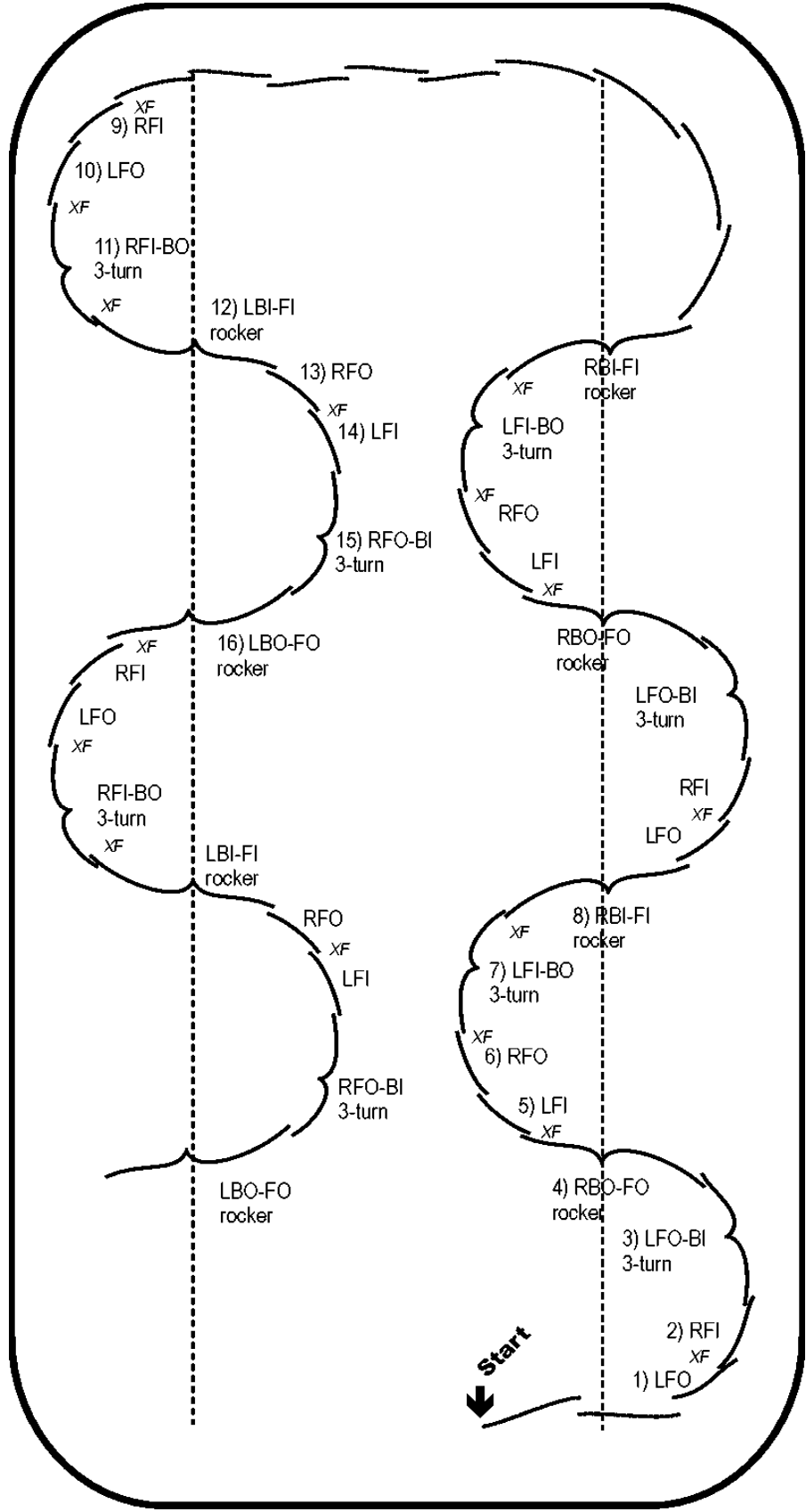
T E S T S T A N D A R D S

The judge should expect the following:

- | | |
|--|--|
| ✓ No obvious (blatant) change of edge after the rocker | ✓ Strong rocker-body-action during turns must be demonstrated |
| ✓ Turns pointed up the ice and placed on the continuous long axis (also connecting steps) and no toe-pushing | ✓ 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 very good upper body carriage, posture and free leg position | |

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

7.4 Perimeter Skating - Backward Rockers



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7.5 Creative Exercise - Footwork Sequence & Field Moves

F O C U S

- ✓ Edge Quality - *Bilateral ability to control turns and skate flowing deep edges*
- ✓ Power – *Strong ability to generate and maintain speed from beginning to end without interruption*
- ✓ Quickness/Agility - *Strong, bilateral control of foot speed with precise rhythm*
- ✓ Extension - *Bilateral ability to extend body lines and maintain control of body alignment*

D E F I N I T I O N

The skater begins the exercise by performing a footwork sequence, either in a serpentine, circular or straight-line pattern. The skater must incorporate various turns, edges and hops in both directions using different rhythms and tempos. All turns, edges and hops must be of a high quality and difficulty.

The skater will then perform a sequence of field moves in either a serpentine or circular pattern. The skater must perform a minimum of two different field moves (e.g. spirals, Ina Bauers, spread eagles, lunges, pivots, etc.). All field moves with the connecting turns, edges or hops must be of a high quality and difficulty.

Both sequences, which must be different patterns, must utilise the entire ice surface and be performed with music of between one (1) and two (2) minutes incorporating at least two different tempos. The starting direction is optional.

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

- | | |
|--|---|
| × Insufficient variety of footwork and field moves | × Weak edges and control thereof |
| × Toe-pushing | × Poor thrusting and power |
| × Poor ice coverage and speed | × Poor presentation and creativity |
| × Weak flow and maintenance of speed | × Only one rhythm or tempo |
| × Patterns poorly defined | × Poor difficulty of footwork and field moves |

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

The judge should expect the following:

- ✓ Absolutely no toe-pushing
- ✓ Very good upright posture, extension, body control and alignment (including shoulder control)
- ✓ Very good speed and ice coverage with strong power being generated through edges, turns and thrusts
- ✓ Wide variety and high intricacy of edges, turns, hops and field moves
- ✓ Well defined and different patterns performed with fluidity incorporating varying rhythms and tempos
- ✓ Exceptional skating skills must be demonstrated
- ✓ Very good presentation and interpretation
- ✓ A minimum of two different musical rhythms or tempos

Please note: *Give additional credit when skated with exceptionally high speed and control.*

7.5 Creative Exercise - Footwork Sequence & Field Moves

