



***SAFSA REVISED SKATING SKILLS TESTS 1 and 2***  
*NTC Handbook for coaches and judges: April 2013*





# Abbreviations

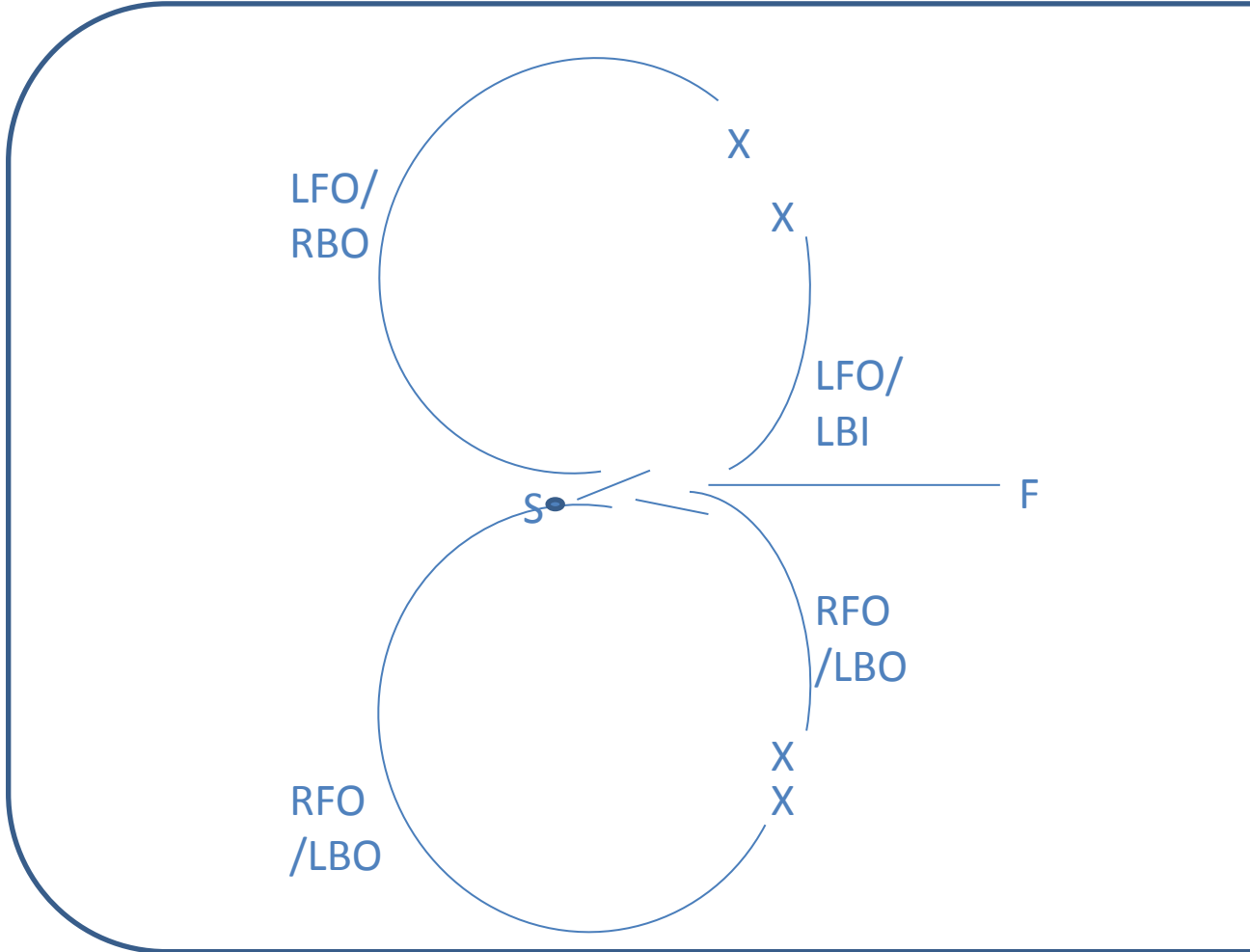
Abbreviation	Meaning
S ●	Start
X	Cross over
MH	Mo-Hawk
3	3 Turn
CE	Change of edge
LFO	Left Forward outside
LFI	Left Forward inside
RFO	Right Forward outside
RFI	Right Forward inside
LBO	Left Back outside
LBI	Left Back inside
RBO	Right Back outside
RBI	Right Back inside
Sp	Spiral
F ●	Finish
⊗	2 Foot spin



## *LEVEL 1. Exercise 1a*

- **Exercise Name:** Forward and backward crossovers and outside edges in figure 8
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, strong outside edges and a swing mo-hawk. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Full body lean, Knee bend, posture, edge quality
- **Common Errors:** Flat edges, lack of control, weak crossovers with toe pushing, incorrect patterns, weak upper body posture.
- 2 Figures of 8 must be completed.
- NB. The pattern for this exercise shows the first completion of the figure 8. The steps listed need to be followed as the pattern completes one round of 8 forwards before the swing mohawk to backwards, followed by one round of 8 backwards.

# LEVEL 1. Exercise 1a. Ice Pattern. Forwards and Backwards



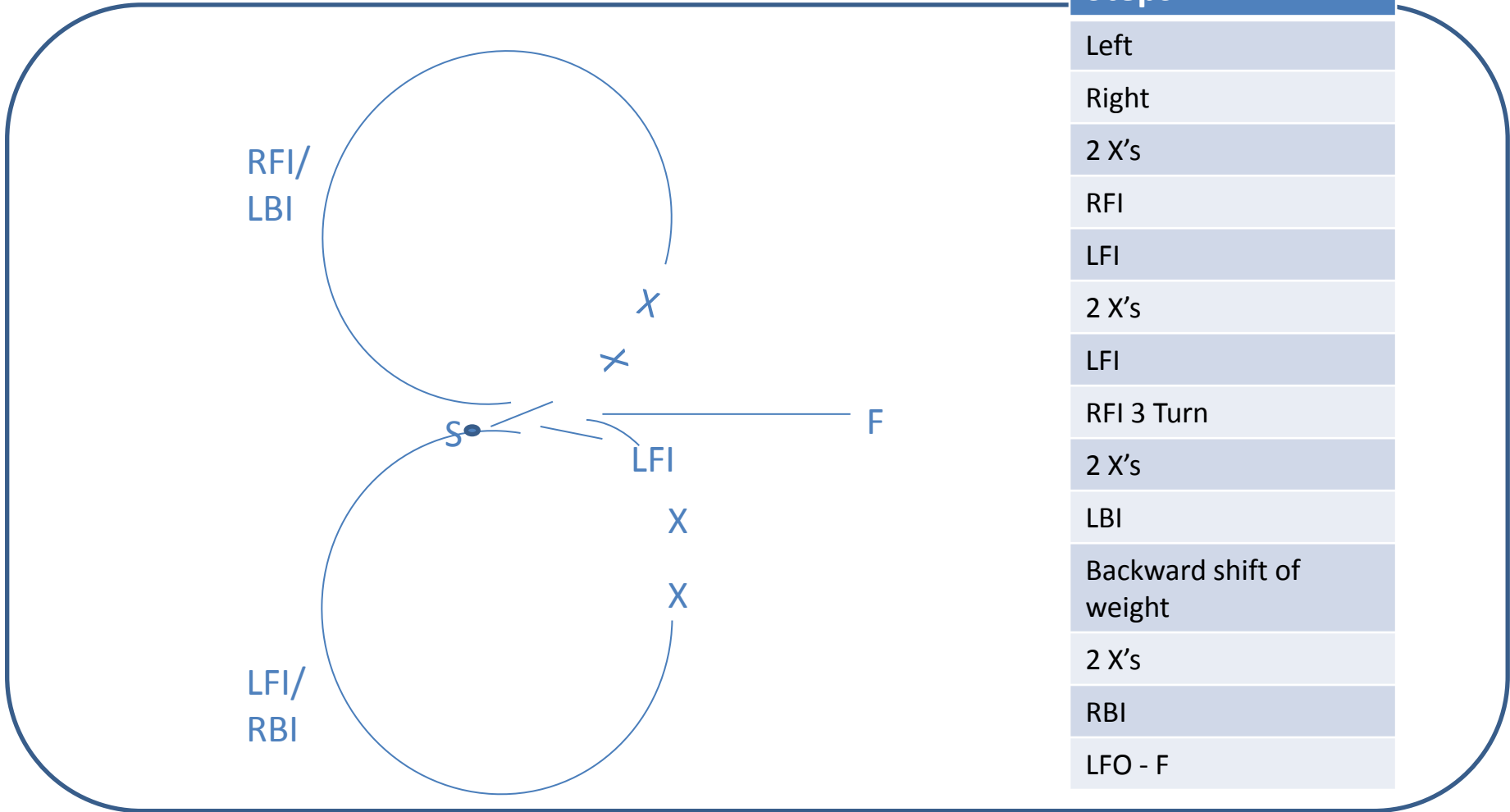
Steps
Left
Right
LFO
2 X's
LFO
RFO
2 X's
RFO
Swing MH
RBI
2 X's
RBO
LBO
2 X's
LBO
RFO - F



## *LEVEL 1. Exercise 1a*

- **Exercise Name:** Forward and backward crossovers and inside edges in figure 8
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, strong inside edges and a swing mo-hawk. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Full body lean, Knee bend, posture, edge quality
- **Common Errors:** Flat edges, lack of control, weak crossovers with toe pushing, incorrect patterns, weak upper body posture.
- 2 Figures of 8 must be completed.
- NB. The pattern for this exercise shows the first completion of the figure 8. The steps listed need to be followed as the pattern completes one round of 8 forwards before the swing mohawk to backwards, followed by one round of 8 backwards.

# LEVEL 1. Exercise 1a. Ice Pattern. Forwards and Backwards



Steps
Left
Right
2 X's
RFI
LFI
2 X's
LFI
RFI 3 Turn
2 X's
LBI
Backward shift of weight
2 X's
RBI
LFO - F

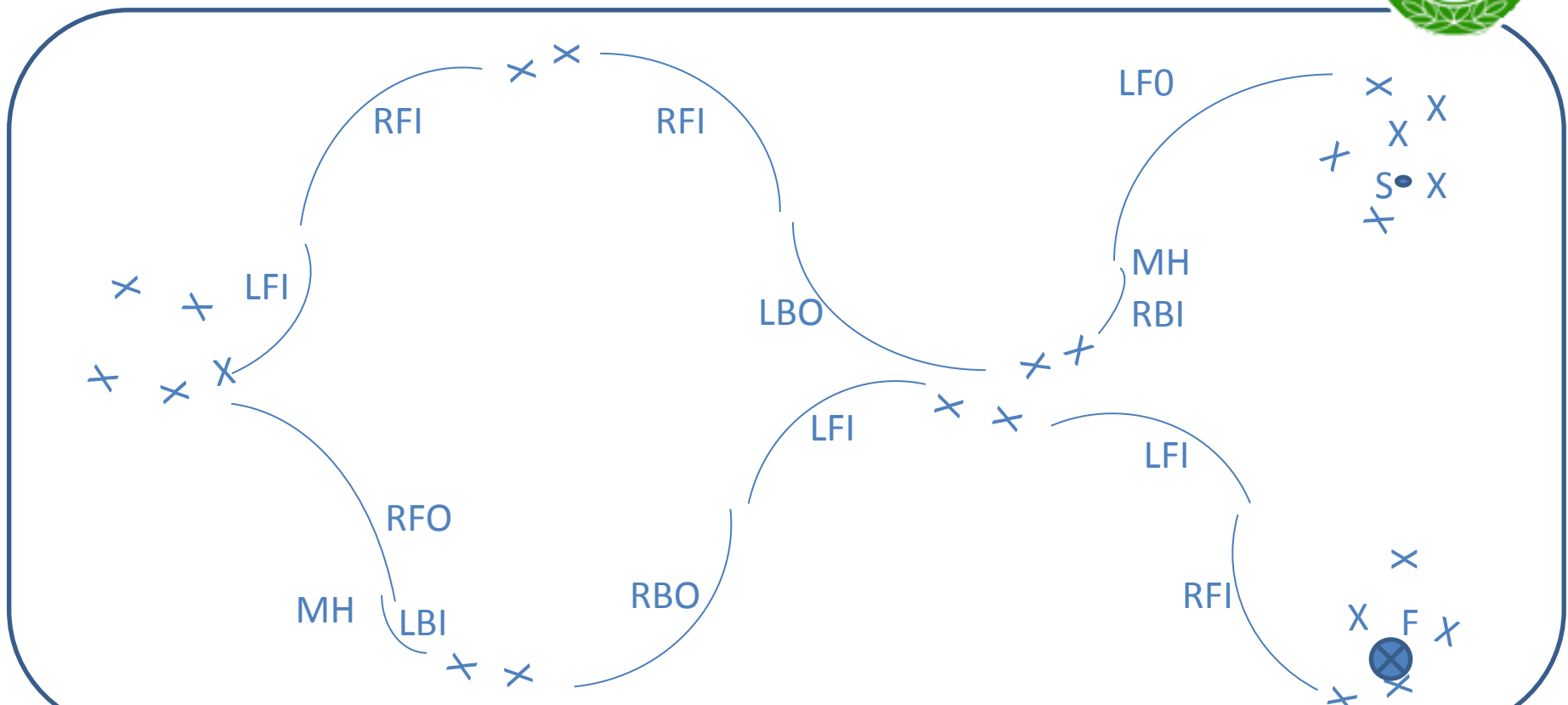


## *LEVEL 1. Exercise 1b*

- **Exercise Name:** Forward and backward edges and mo-hawk using the full ice surface
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of crossovers, (Generating power) strong edges and swing mo-hawks. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Free leg extension, full body lean, Quality of edges, Knee bend, power on crossovers
- **Common Errors:** Flat edges, lack of control, weak crossovers with toe pushing, incorrect patterns, weak upper body posture, Weak RFI edges



# LEVEL 1. Exercise 1b



Steps					
6 X's	2 X's	RFI	Swing MH	LFI	5 x's
LFO	LBO	LFI	LBI	2 X's	2 Foot Spin
Swing MH	RFI	5 X's	2 X's	LFI	
RBI	2 X's	RFO	RBO	RFI	





## *LEVEL 1. Exercise 1c*

- **Exercise Name:** Spiral and lean/hydroblade using the full ice surface
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of Spirals, 2 foot glides in a circle and hydroblading . The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Free leg extension, full body lean, posture
- **Common Errors:** weak spiral position and flat edges, no flow, no body lean on the circles.

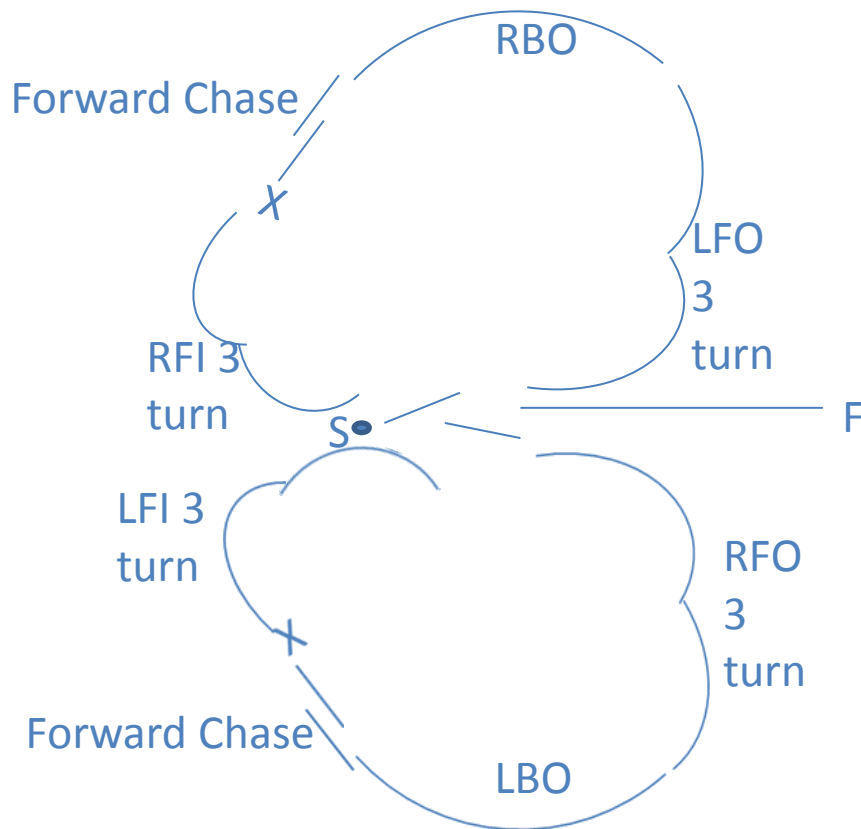




## *LEVEL 1. Exercise 1d*

- **Exercise Name: 3 turn in figure 8**
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, 2 turns and chase's. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Knee bend, posture, edge quality
- **Common Errors:** Lack of control, incorrect patterns, weak upper body posture.
- 2 Figures of 8 must be completed.

# LEVEL 1. Exercise 1d



Steps
Left
Right
LFO 3 turn
RBO
Forward chase
1 X
RFI 3 turn LFO Swing
RFO 3 turn
LBO
Forward chase
1 X
LFI 3 Turn
RFO - F



## *LEVEL 1. Exercise 1 e*

- **Exercise Name:** Choreo sequence including 5 of the following using the full ice surface.
- **Exercise Description:** Choreo sequence including 5 of the following using the full ice surface. inside spread eagles, inside in a batters, ballet jumps, teapots, forward pivots, toe runs, Step Sequence, Spiral with variation for 3 seconds. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Ice coverage, flow, control and ability in elements
- **Common Errors:** Lack of control, lack of ice coverage, Poor edge quality.
- Only the first 5 elements will be judged by the judges. 4 of the 5 elements must be passed in the choreo sequence for the exercise to receive a pass evaluation.

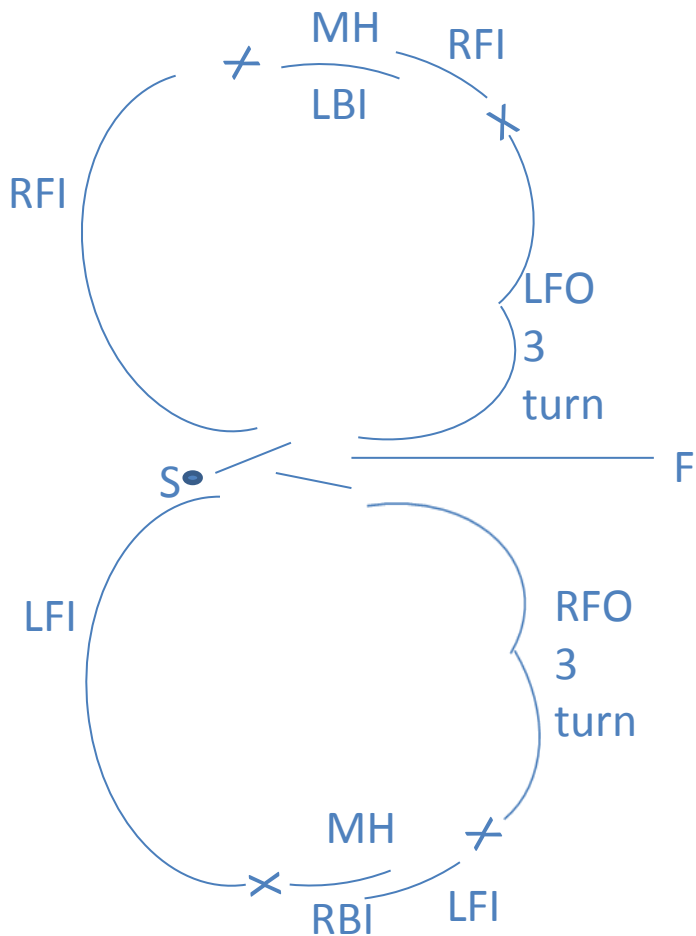


## *LEVEL 2. Exercise 2 a*

- **Exercise Name: 3 turn open mo-hawk in figure 8**
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of 3 turns, open mo hawks and strong edges. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Edge quality, rhythm, extension
- **Common Errors:** Lack of control, incorrect patterns, weak upper body posture, swinging motion on 3 turns.
- 2 Figures of 8 must be completed.



# LEVEL 2. Exercise 2a



Steps
Left
Right
LFO 3 turn
1 X
MH
1 X
RFI
LFO
RFO 3 turn
1 X
MH
1 X
LFI
RFO - F



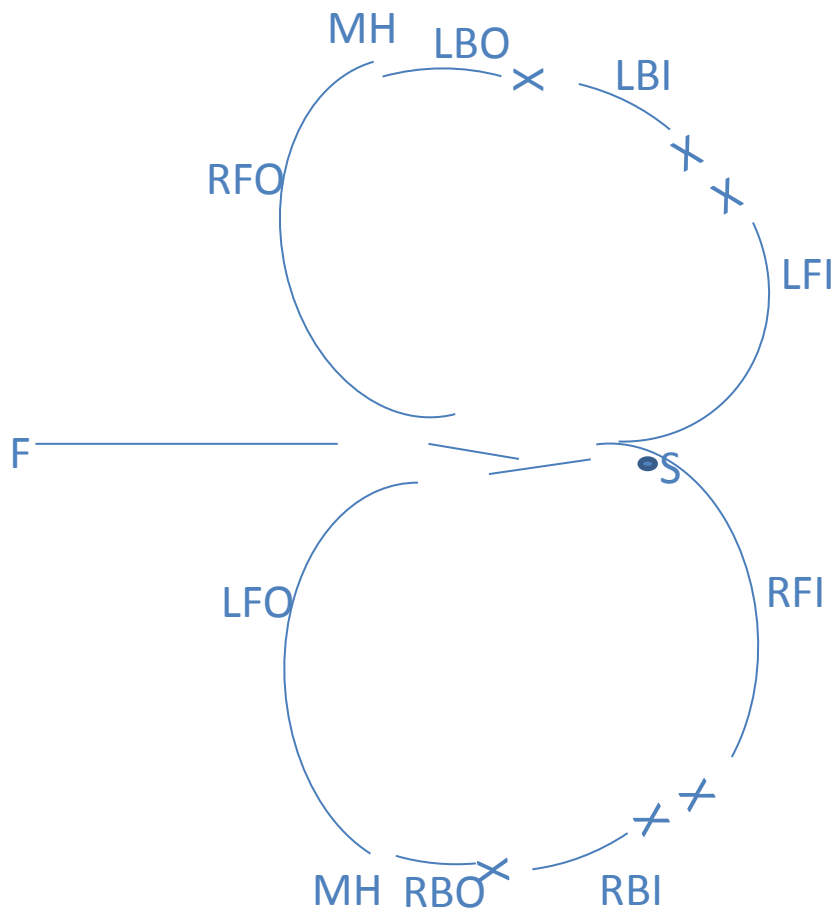
## *LEVEL 2. Exercise 2 b*

- **Exercise Name: Swing open mo-hawk in figure 8**
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of Swing open mo hawks and strong outside and inside edges. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Edge quality, speed and power, leg extension
- **Common Errors:** Lack of control, incorrect patterns, no power, weak outside edges
- 2 Figures of 8 must be completed.





# LEVEL 2. Exercise 2 b



Steps
Left
Right
LFO
Open swing mo hawk
RBO
1 X (Backward)
RBI
2 X's (Backward)
RFI
LFO
RFO
Open swing Mo hawk
LBO
1 X (Backward)
LBI
2 X's (Backward)
LFI

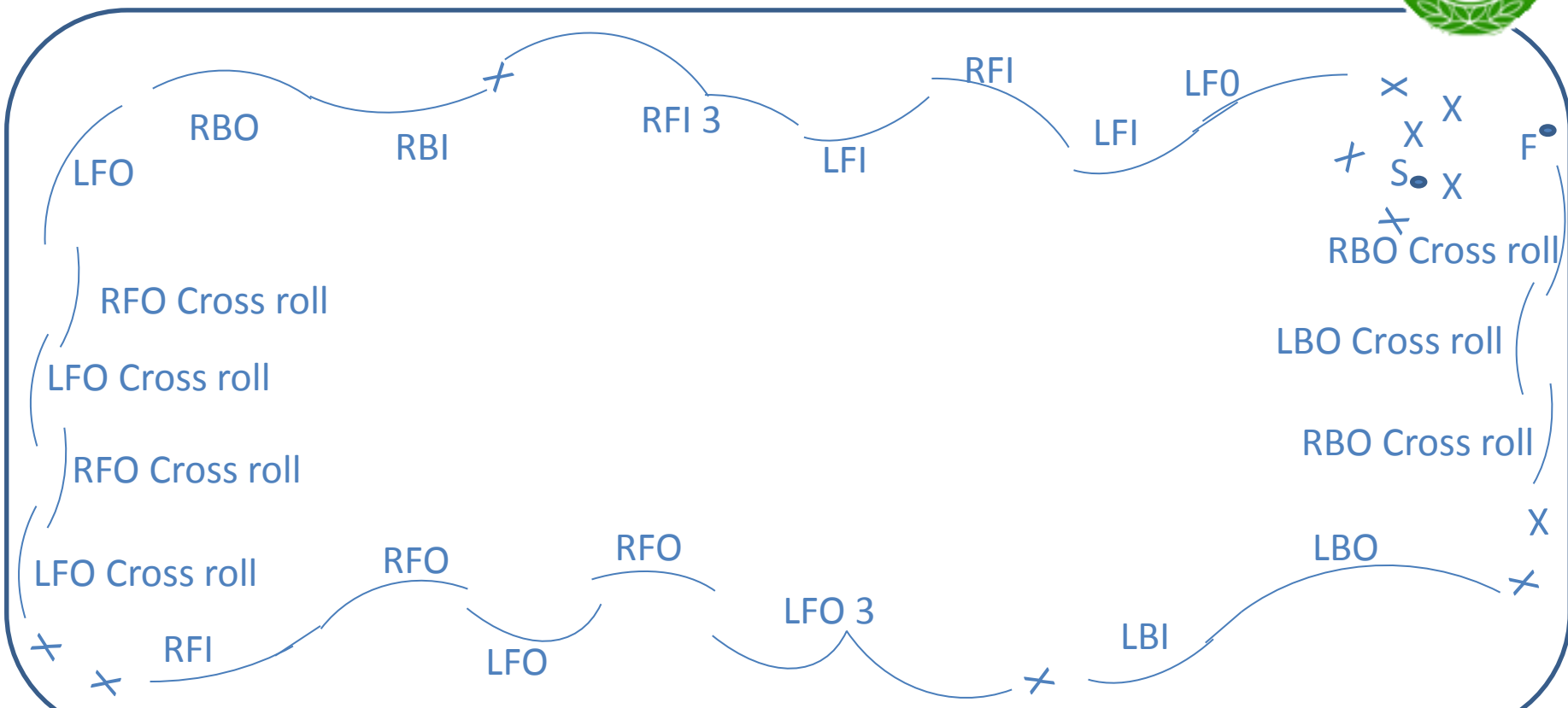


## *LEVEL 2. Exercise 2c : Power pulls, cross rolls Change of edge*

- **Exercise Name:** Powerpull, cross roles change of edge using the full ice surface
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of Change of edges, power pulls, three turns and cross roles. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Power, Edge quality, Extension, posture
- **Common Errors:** weak changes of edge, flat edges, no flow, no body lean and lack of speed.



# LEVEL 2. Exercise 2c



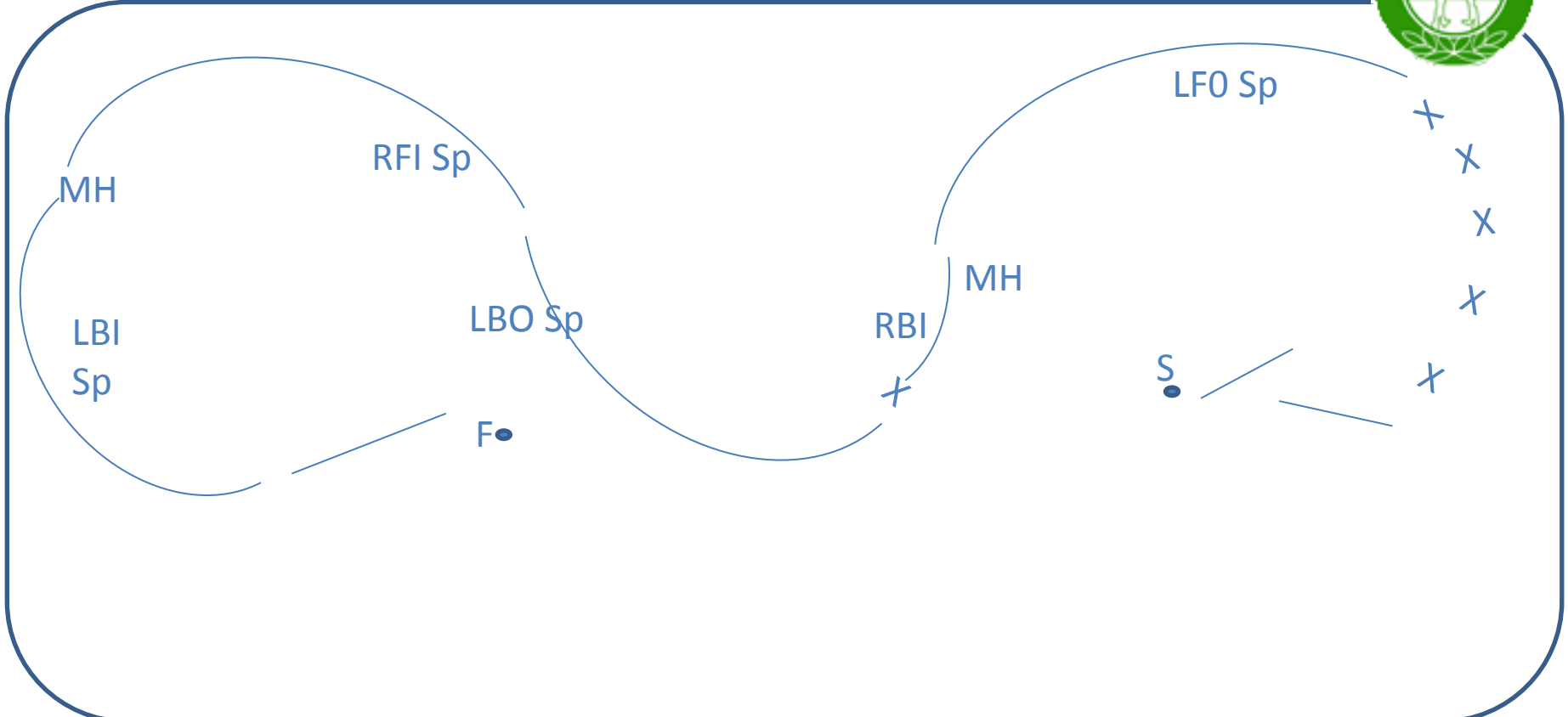
Steps					
6 X's	LFI	LFO	RFO	1 X	Backward cross rolls
LFO - CE	RFI 3 turn	Forward Cross rolls	LFO	LBI - CE	
LFI	RBI - CE	2 X's	RFO	LBO	
RFI	RBO	RFI - CE	LFO 3 Turn	2 X's	



## *LEVEL 2. Exercise 2d: Spiral Exercise*

- **Exercise Name:** Spiral exercise using the full ice surface
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of spirals, no hawks and cross overs. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Power, Edge quality, Extension, posture.
- **Common Errors:** Weak spiral positions, flat edges, not using the full ice surface.

# LEVEL 2. Exercise 2 d



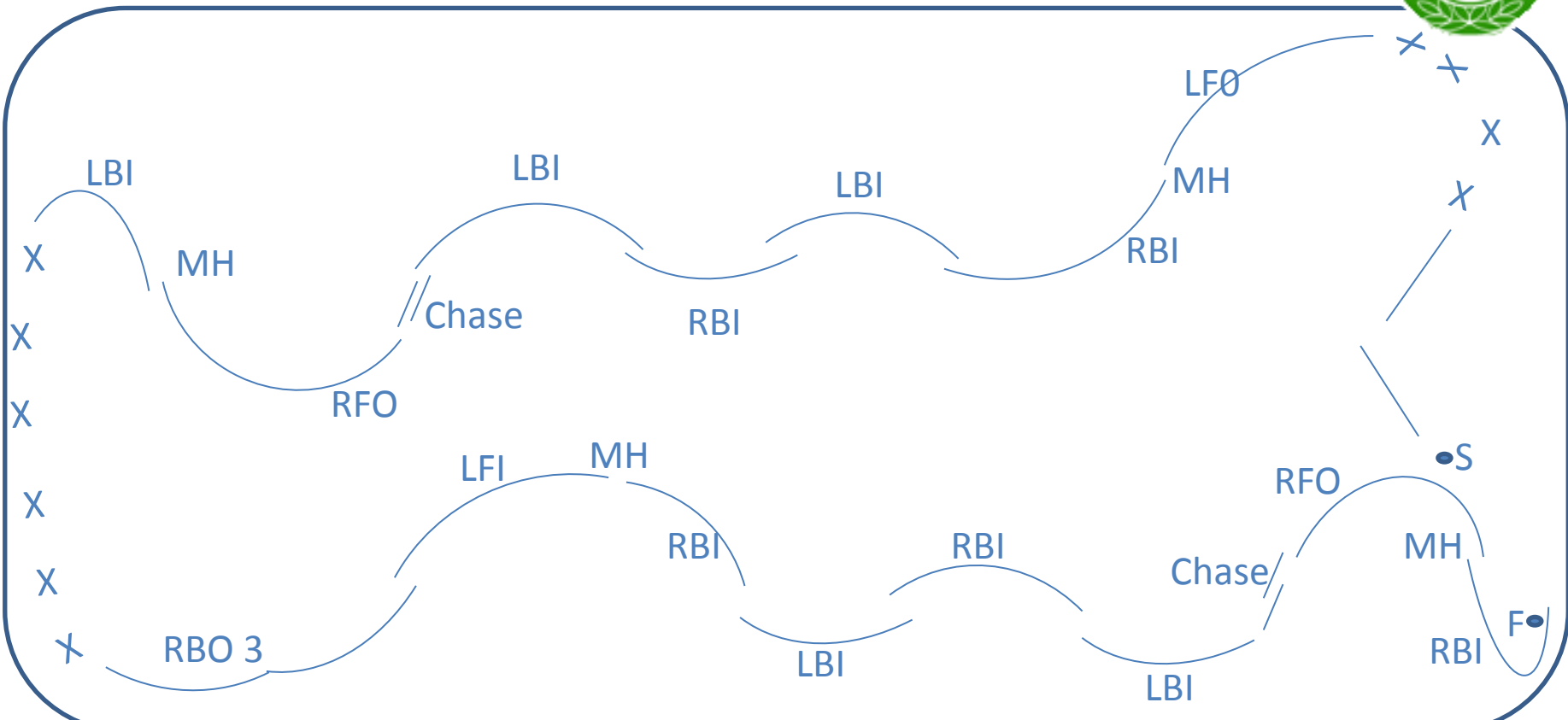
Steps		
Left	↓	MH
Right		RBI
6 X's	1 X	LBI Sp
LFO SP	LBO Sp	Right



## *LEVEL 2. Exercise 2e: Open Swing mohawk and inside edges*

- **Exercise Name:** Open Swing mohawk and inside edges.
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of Strong inside edges and swing mohawks. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Lean, edge quality, flow, rhythm
- **Common Errors:** Weak shallow edges, no body lean, break in posture.

# LEVEL 2. Exercise 2e



Steps						
Left	MH	LBI	LBI	MH	LBI	RBI
Right	RBI	Fwd Chase	Back X's	RBI	Fwd Chase	
4 X's	LBI	RFO	RBO 3 turn	LBI	RFO	
LFO	RBI	MH	LFI	RBI	MH	



## *LEVEL 2. Exercise 2 f*

- **Exercise Name:** Choreo sequence including 5 of the following using the full ice surface.
- **Exercise Description:** Choreo sequence including 5 of the following using the full ice surface. Twizzles on both feet, outside spread eagle, set of 3 forward choctaws, falling leaf, split(90 degrees) or stag jump, forward/backward loops, arabesque, Spiral with variation for 3 seconds, step sequence. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Ice coverage, flow, control and ability in elements
- **Common Errors:** Lack of control, lack of ice coverage, Poor edge quality.
- Only the first 5 elements will be judged by the judges. 4 of the 5 elements must be passed in the choreo sequence for the exercise to receive a pass evaluation.