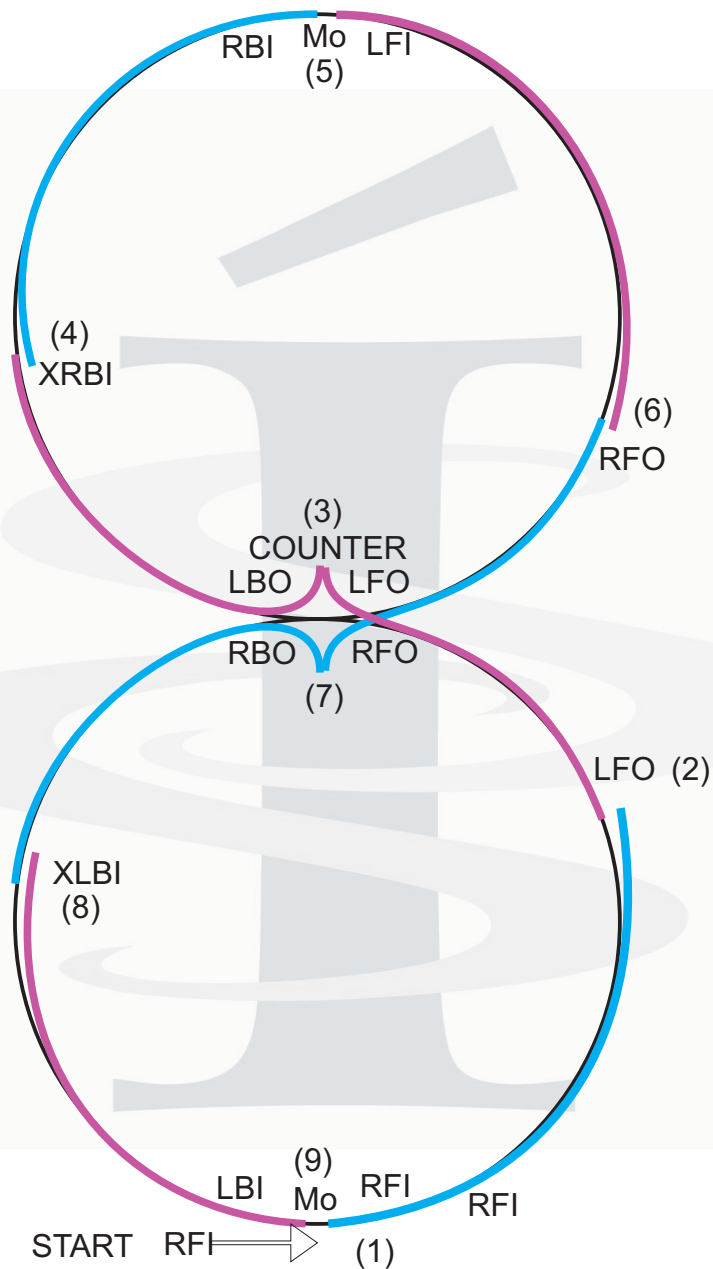
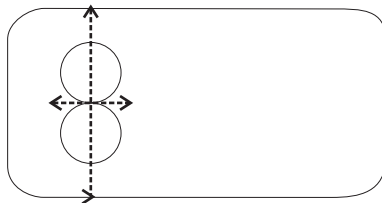


Basic Test - Exercise 10

FORWARD OUTSIDE
COUNTER FIGURE



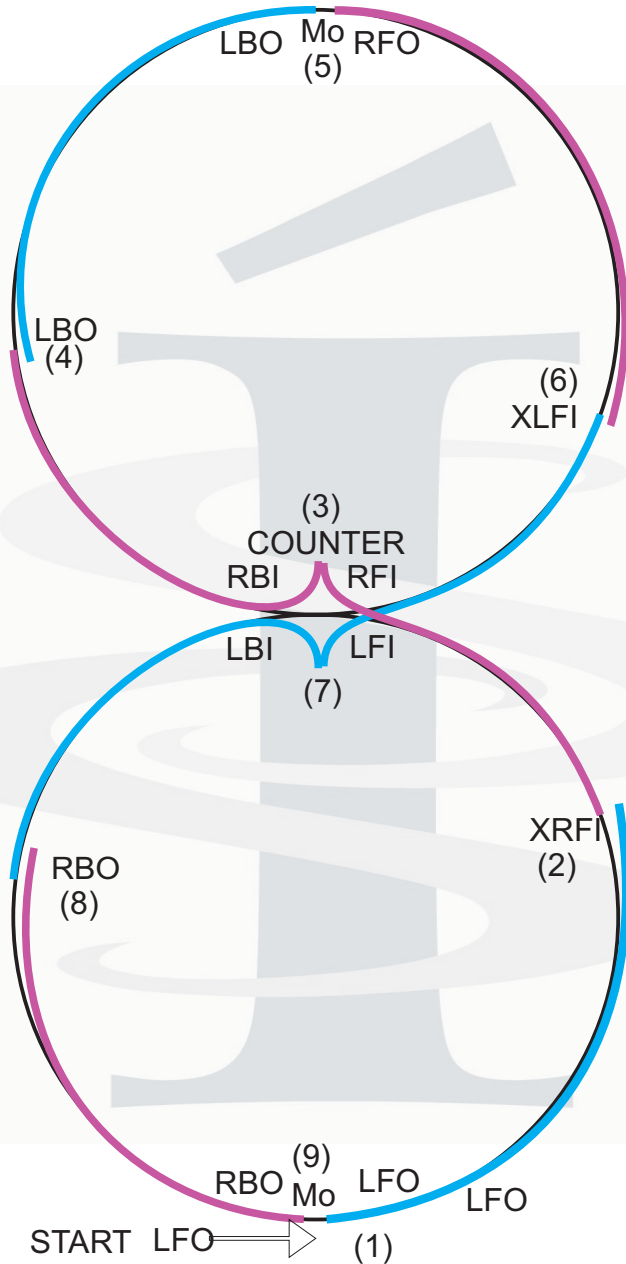
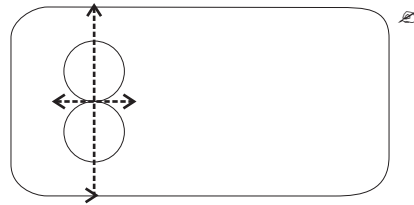
1. Start with optional preparatory steps ending at 1) on a right forward inside edge with the free leg extended behind.
2. Place the left foot beside the right foot and push onto a left forward outside edge in preparation for 3)
3. LFO to LBO counter with the free leg extended to the front upon exit.
4. Cross the right foot over the left ending on a back inside edge
5. RBI to LFI Mohawk extending the free leg behind upon exit
6. Place the right foot beside the left foot and push onto a right forward outside edge in preparation for 7)
7. RFO to RBO counter with the free leg extended to the front upon exit.
8. Cross the left foot over the right ending on a back inside edge
9. LBI to RFI Mohawk extending the free leg behind upon exit - then continue for two (2) more complete patterns until exit at 9)

The size of the circles and the eight will vary depending on the age, strength and development of the skater. A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

The skater should attempt to keep a constant speed and flow throughout the exercise.

Basic Test - Exercise 11

FORWARD INSIDE
COUNTER FIGURE



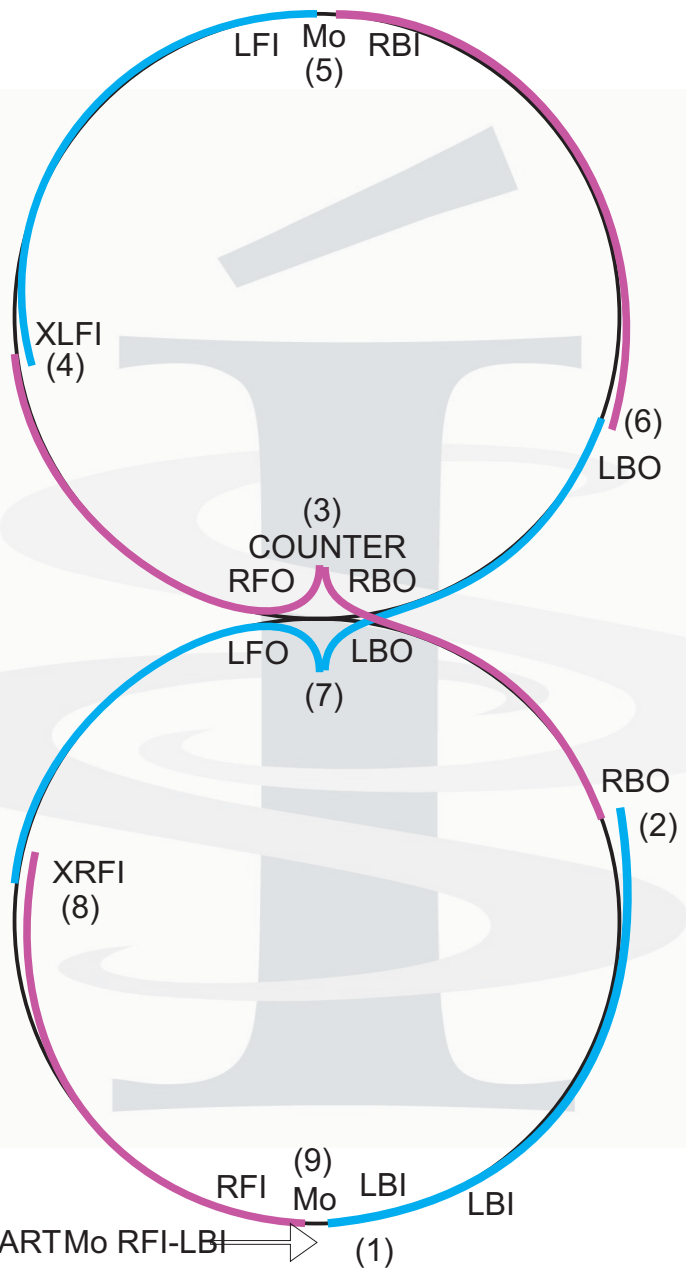
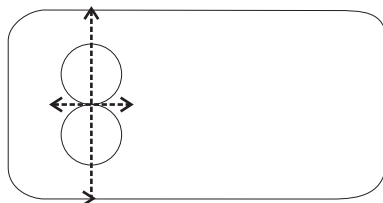
1. Start with optional preparatory steps ending at 1) on a left forward outside edge with the free leg extended behind.
2. Cross the right foot over the left and push onto a right forward inside edge in preparation for 3)
3. RFI to RBI counter with the free leg extended to the front upon exit.
4. Place the left foot beside the right foot ending on a back outside edge
5. LBO to RFO Mohawk extending the free leg behind upon exit
6. Cross the left foot over the right and push onto a left forward inside edge in preparation for 7)
7. LFI to LBI counter with the free leg extended to the front upon exit.
8. Place the right foot beside the left foot ending on a back outside edge
9. RBO to LFO Mohawk extending the free leg behind upon exit - then continue for two (2) more complete patterns until exit at 9)

The size of the circles and the eight will vary depending on the age, strength and development of the skater.
A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

The skater should attempt to keep a constant speed and flow throughout the exercise.

Basic Test - Exercise 12

BACKWARD OUTSIDE
COUNTER FIGURE



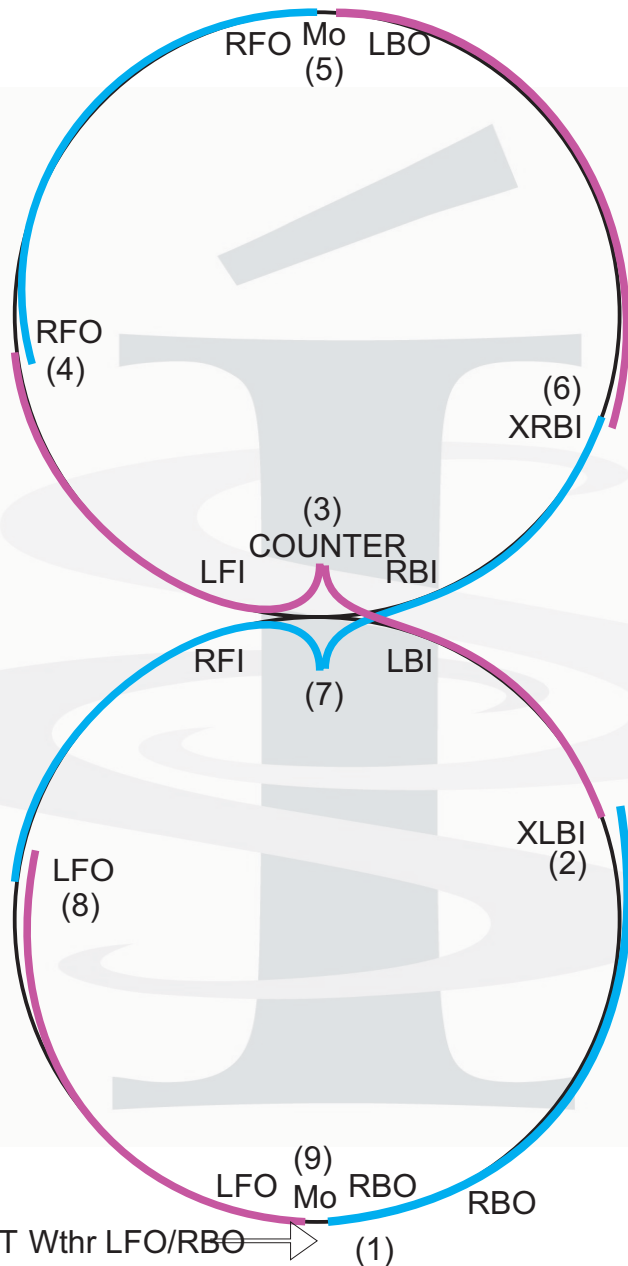
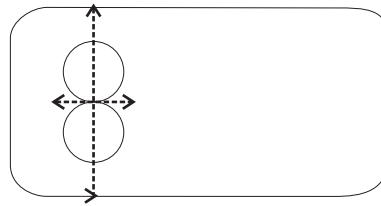
1. Start with optional preparatory steps ending at 1) on a left backward inside edge with the free leg extended behind.
2. Place the right foot beside the left and push onto a right backward outside edge in preparation for 3)
3. RBO to RFO counter with the free leg extended to the back upon exit.
4. Cross the left foot over the right ending on a forward inside edge
5. LFI to RBI Mohawk extending the free leg behind upon exit
6. Place the left foot beside the right and push onto a left backward outside edge in preparation for 7)
7. LBO to LFO counter with the free leg extended to the back upon exit.
8. Cross the right foot over the left ending on a forward inside edge
9. RFI to LBI Mohawk extending the free leg behind upon exit - then continue for two (2) more complete patterns until exit at 9)

The size of the circles and the eight will vary depending on the age, strength and development of the skater. A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

The skater should attempt to keep a constant speed and flow throughout the exercise.

Basic Test - Exercise 13

BACKWARD INSIDE
COUNTER FIGURE



1. Start with optional preparatory steps ending at 1) on a right backward outside edge with the free leg extended in front.
2. Cross the left foot over the right ending on a left backward inside edge in preparation for 3)
3. LBI to LFI counter with the free leg extended to the back upon exit.
4. Place the right foot beside the left and push onto a right forward outside edge.
5. RFO to LBO Mohawk extending the free leg in front upon exit
6. Cross the right foot over the left ending on a right backward inside edge in preparation for 7)
7. RBI to RFI counter with the free leg extended to the back upon exit.
8. Place the left foot beside the right and push onto a left forward outside edge.
9. LFO to RBO Mohawk extending the free leg in front upon exit - then continue for two (2) more complete patterns until exit at 9)

The size of the circles and the eight will vary depending on the age, strength and development of the skater.
A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

The skater should attempt to keep a constant speed and flow throughout the exercise.