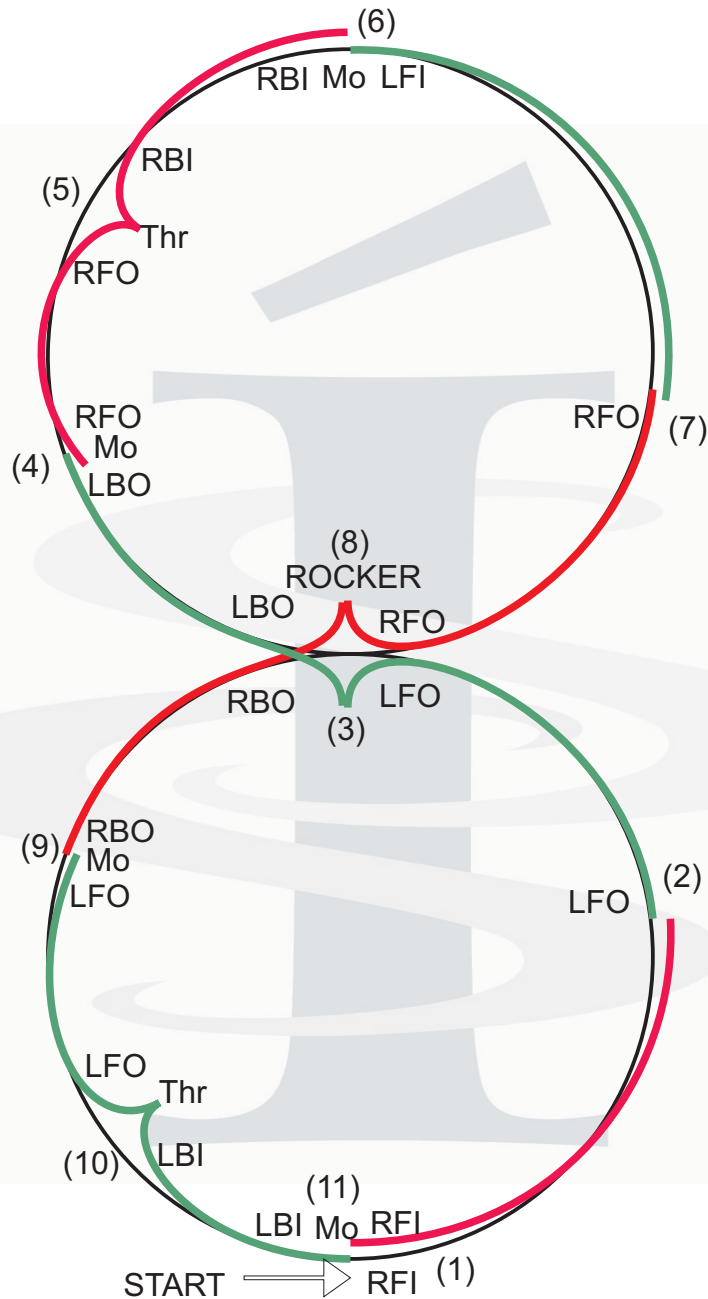
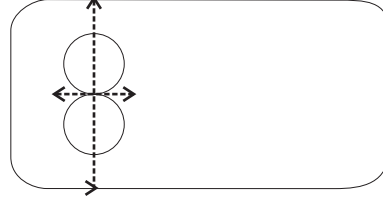


Basic Test - Exercise 14

FORWARD OUTSIDE  
ROCKER 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 rocker with the free leg extended to the front upon exit.
4. LBO to RFO Mohawk in preparation for 5)
5. RFO to RBI three turn
6. RBI to LFI Mohawk extending the free leg behind upon exit
7. Place the right foot beside the left foot and push onto a right forward outside edge in preparation for 8)
8. RFO to RBO Rocker with the free leg extended to the front upon exit.
9. RBO to LFO Mohawk in preparation for 10)
10. LFO to LBI three turn
11. LBI to RFI Mohawk extending the free leg behind upon exit then continue for two (2) more complete patterns until exit at 11)

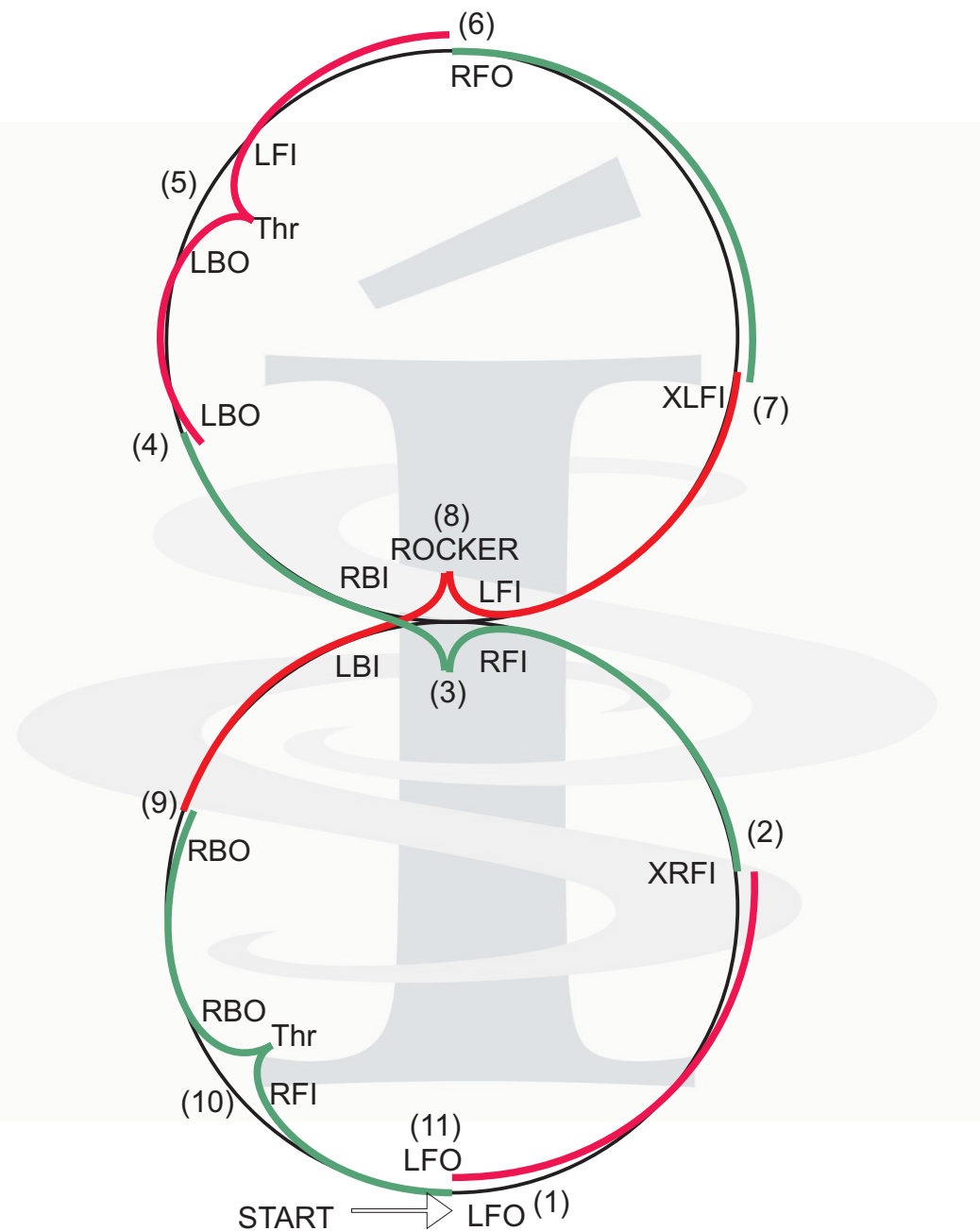
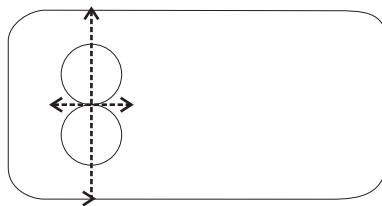
The size of the circles and the eight will vary depending on the age, strength and development of the skater.

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 15

### FORWARD INSIDE ROCKER FIGURE



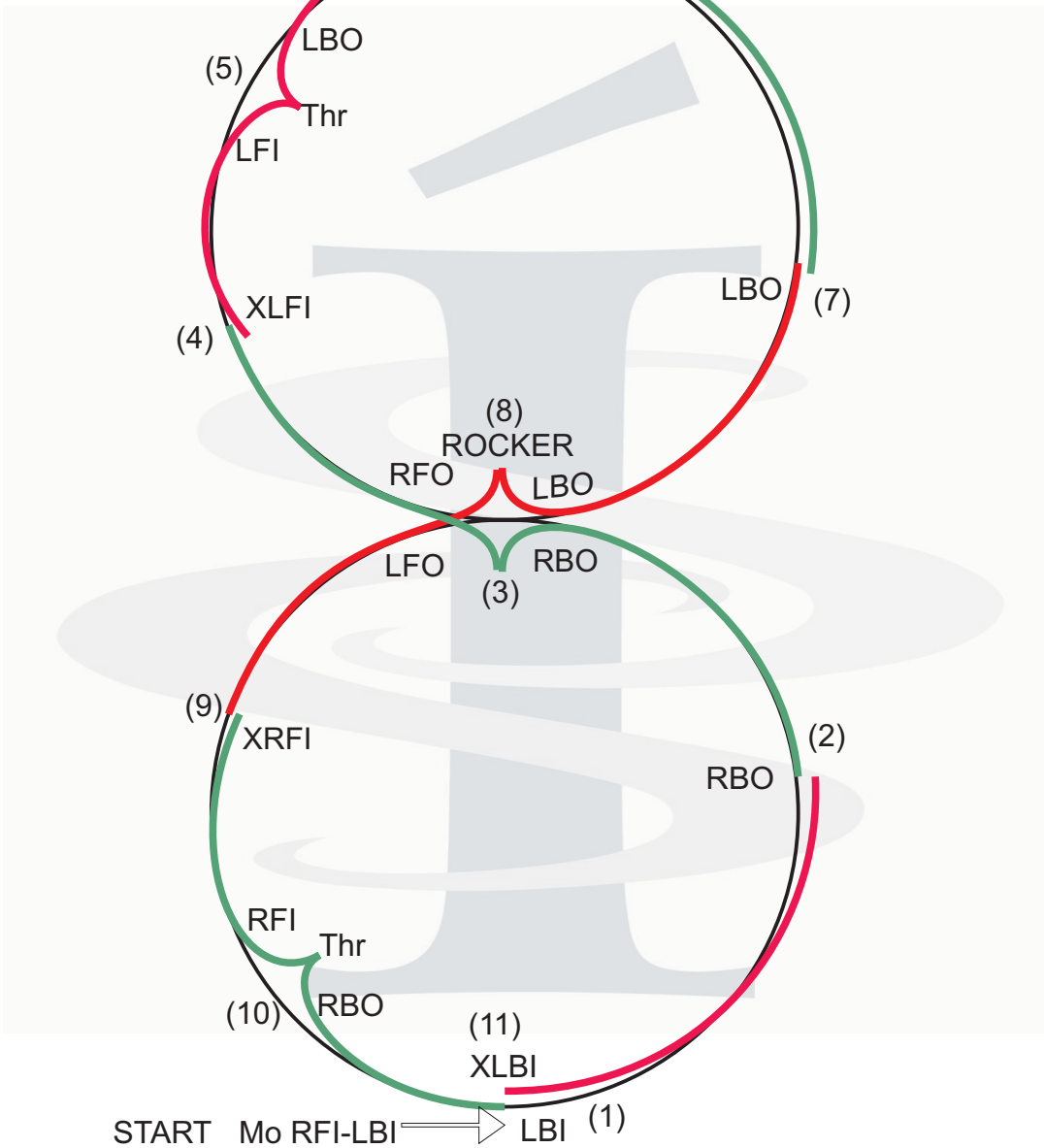
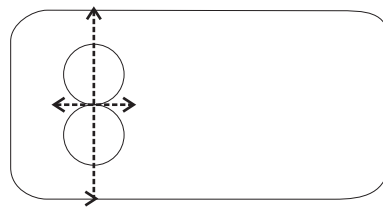
1. Start with optional preparatory steps ending at 1) on a left forward outside edge with the free leg extended behind.
2. Cross the right foot over the left and push onto a right forward inside edge in preparation for 3)
3. RFI to RBI rocker with the free leg extended to the front upon exit.
4. Place the left foot beside the right foot and push onto a left backward outside edge in preparation for 5)
5. LBO to LFI three turn
6. Place the right foot beside the left and push onto a right forward outside edge
7. Cross the left foot over the right and push onto a left forward inside edge in preparation for 8)
8. LFI to LBI rocker with the free leg extended to the front upon exit.
9. Place the right foot beside the left foot and push onto a right backward outside edge in preparation for 10)
10. RBO to RFI three turn
11. Place the left foot beside the right and push onto a left forward outside edge then continue for two (2) more complete patterns until exit at 11)

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 16

BACKWARD OUTSIDE  
ROCKER FIGURE



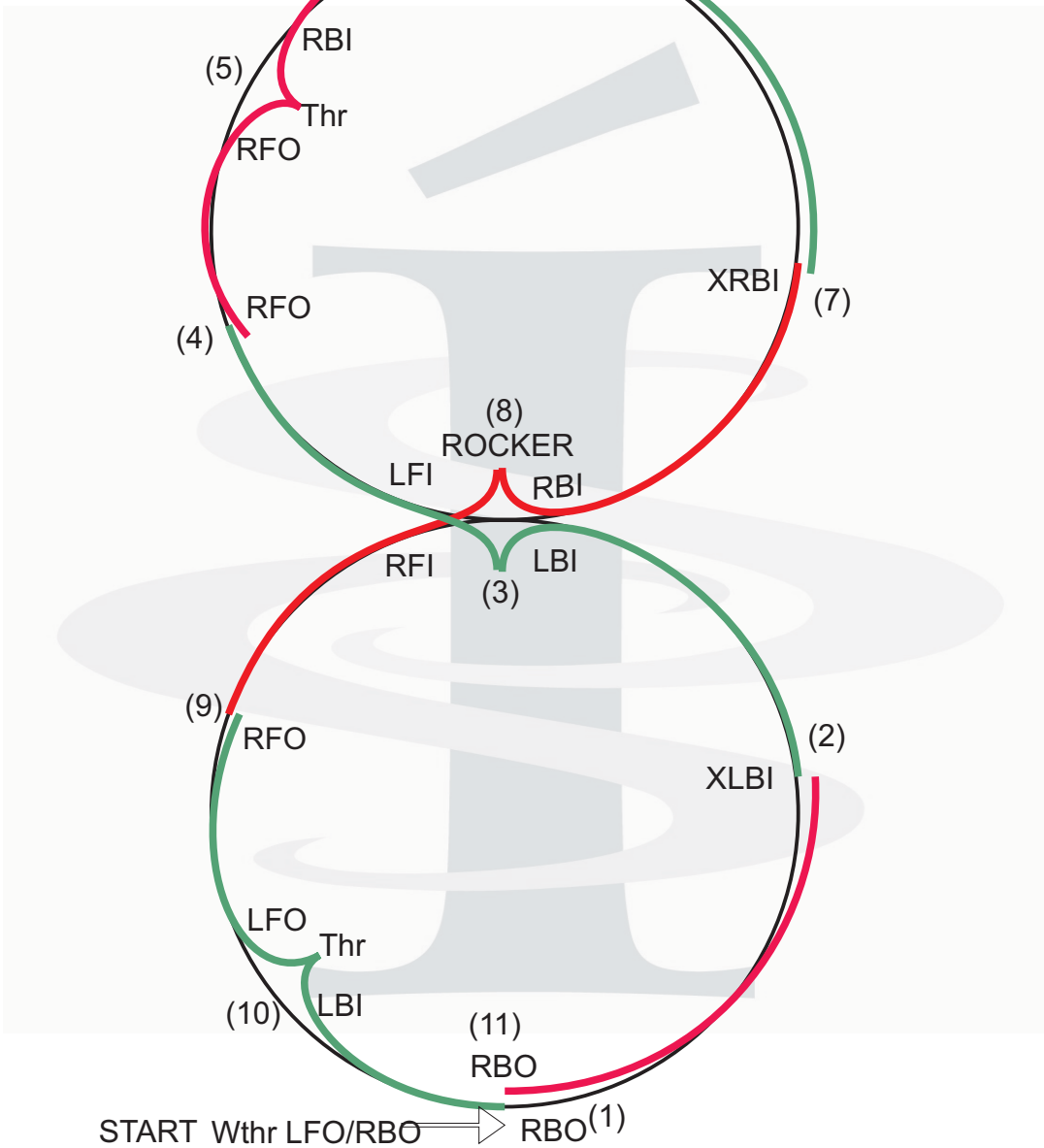
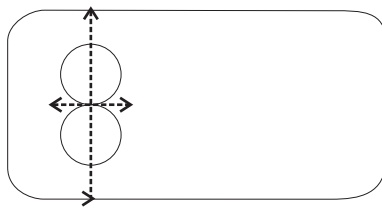
- 1 .Start with optional preparatory steps ending at 1) on a left backward inside edge with the free leg extended behind.
2. Place the right foot beside the left and push onto a right backward outside edge in preparation for 3)
3. RBO to RFO rocker with the free leg extended to the back upon exit.
4. Cross the left foot over the right ending on a forward inside edge in preparation for 5)
5. LFI to LBO three turn
6. Cross the right foot over the left ending on a backward inside edge
7. Place the left foot beside the right and push onto a left backward outside edge in preparation for 8)
8. LBO to LFO Rocker with the free leg extended to the back upon exit.
9. Cross the right foot over the left ending on a forward inside edge in preparation for 10)
10. RFI to RBO three turn
11. Cross the left foot over the right ending on a backward inside edge then continue for two (2) more complete patterns until exit at 11)

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

Basic Test - Exercise 17

BACKWARD INSIDE  
ROCKER 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 rocker with the free leg extended to the back upon exit.
4. Place the right foot beside the left foot and push onto a right forward outside edge in preparation for 5)
5. RFO to RBI three turn
6. Place the left foot beside the right foot and push onto a left backward outside edge
7. Cross the right foot over the left ending on a right backward inside edge in preparation for 8)
8. RBI to RFI Rocker with the free leg extended to the back upon exit.
9. Place the left foot beside the right foot and push onto a left forward outside edge in preparation for 10)
10. LFO to LBI three turn
11. Place the right foot beside the left foot and push onto a right backward outside edgethen continue for two (2) more complete patterns until exit at 11)

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