

# Basic Test - Exercise 1

## Focus

SPEED - FLOW - RHYTHM

## Description

- 1) The skater begins the exercise by performing two/three introductory steps towards the START and proceeds to make a series of forward crossovers from (1) towards (2).
- 2) The skater performs (2) LBI to RFI Mohawk with the free leg extended behind both before and after the turn.
- 3) The skater proceeds towards (3) by making series of backward crossovers.
- 4) The skater performs a change of arms and continues towards a series of backwards crossovers in an opposite direction in a new circle from (3) towards (4). The change of arms takes place with both blades on the ice.
- 5) The skater performs (4) RBI to LFI Mohawk with the free leg extended behind both before and after the turn.
- 6) The skater proceeds from (4) towards (5) by making a series of forward crossovers.
- 7) The skater performs a change of arms and continues towards a series of forward crossovers in an opposite direction in the other circle from (4) towards (5). The change of arms takes place with both blades on the ice.
- 8) After three complete eight patterns have been skated the skater exits the figure by performing an open mohawk RFI to LBI in the middle of the pattern (after forward crossovers towards the middle) and pushes on to the RBO edge in a landing position for at least quarter of a circle.

The size of the circles and the eight will vary depending on the age, strength and development of the skater. The pattern can either be skated along the long axis of the ice covering two thirds (2/3) of the ice or by using the short axis of the ice from barrier to barrier.

The pattern may be started and continued either clockwise or counter clockwise.

The skater must maintain speed, flow and rythm throughout the exercise.

