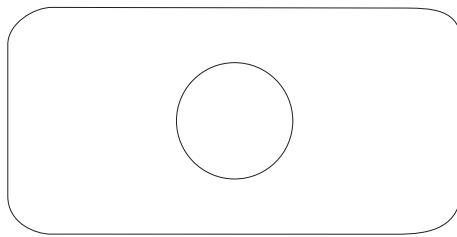


Exercise 0 (Anti Clockwise)

Backward

Crossovers



Focus:

Glide, Acceleration, Understanding of curves / circles and direction

Description:

The exercise begins from a standing position in the centre of the circle.

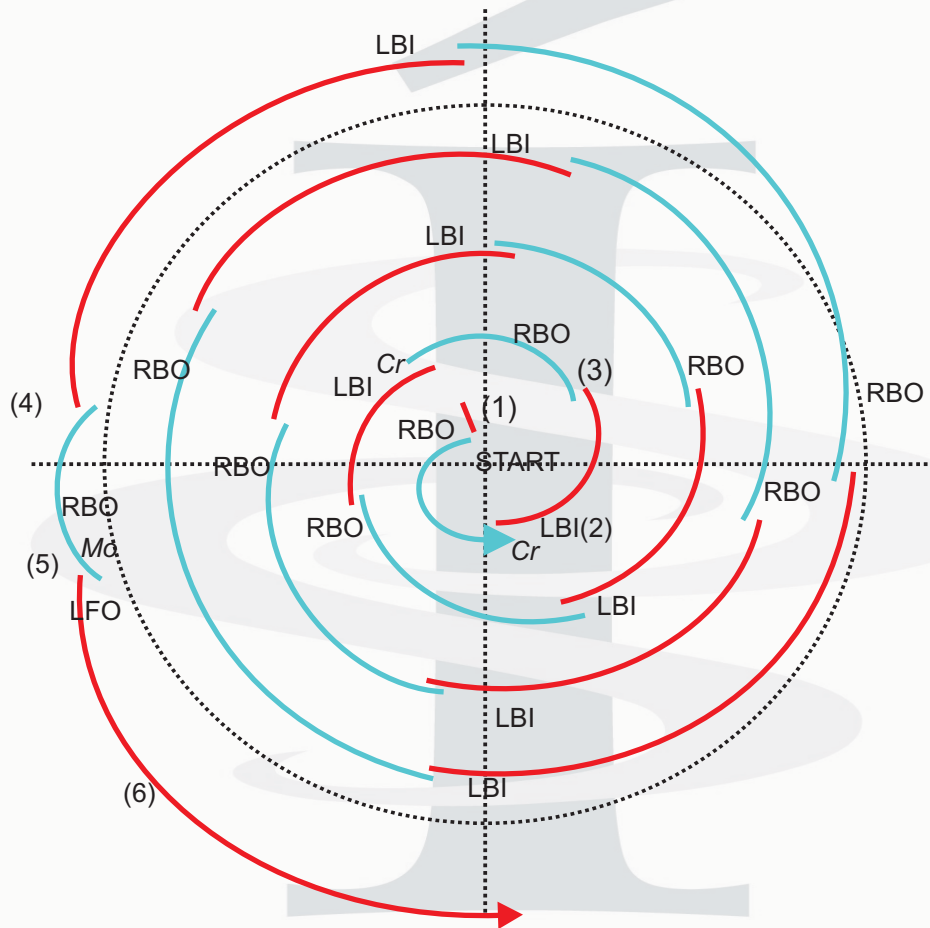
1. Push off from a standing position LBI to RBO
 2. Cross L foot over R foot ending on a left backwards inside edge
 3. Place the R foot beside the L foot and push off ending, on a right backwards outside edge
- Continue with the crossovers - until (4), holding the edges evenly on each foot as the circle becomes bigger and the speed increases
4. Place the R foot beside the L foot ending on a RBO edge
 5. RBO mohawk to LFO
 6. The free leg is extended behind the skating leg on a LFO edge to complete the exercise

Remarks:

The size of the circle / exercise is related to the size and age of the skater

The execution of this exercise requires the skater to demonstrate a rhythmic and smooth acceleration with good knee action.

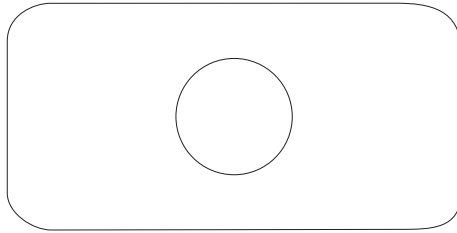
Push off and crosses must be performed with clean edges.



Exercise 0 (Clockwise)

Backward

Crossovers



Focus:

Glide, Acceleration, Understanding of curves / circles and direction

Description:

The exercise begins from a standing position in the centre of the circle.

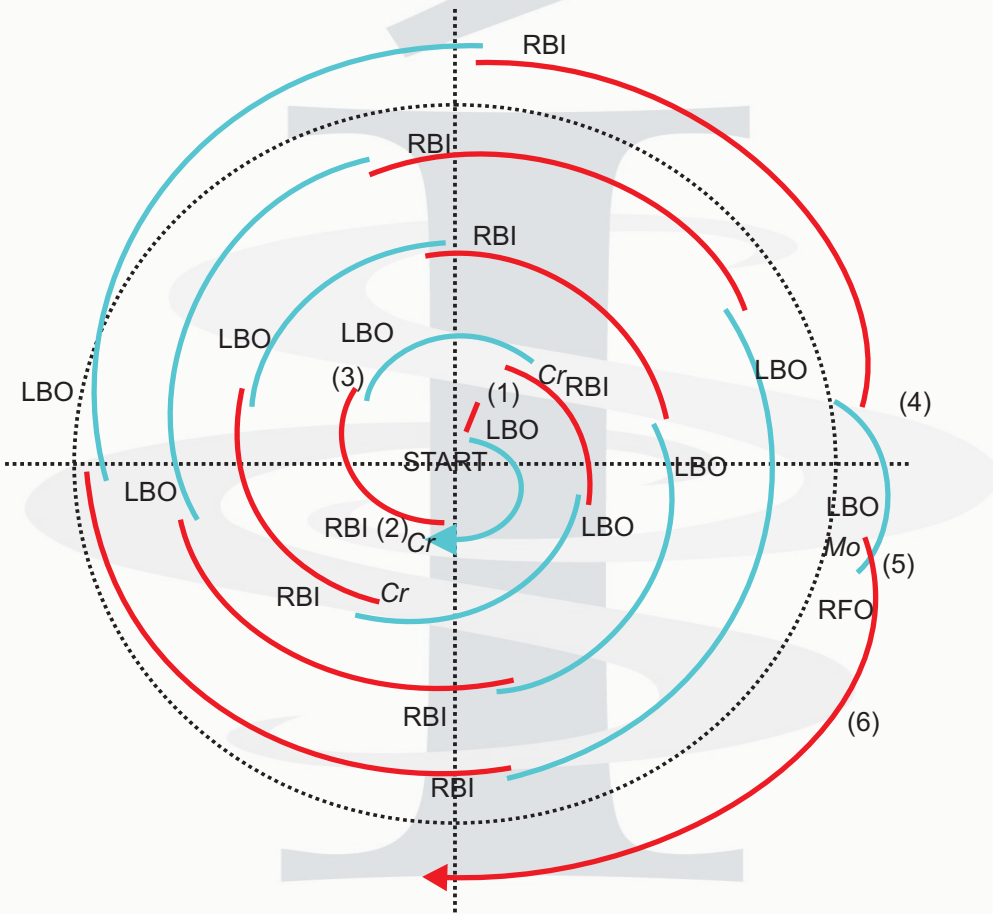
1. Push off from a standing position RBI to LBO
 2. Cross R foot over L foot ending on a right backwards inside edge
 3. Place the L foot beside the R foot and push off ending, on a left backwards outside edge
- Continue with the crossovers - until (4), holding the edges evenly on each foot as the circle becomes bigger and the speed increases
4. Place the L foot beside the R foot ending on a LBO edge
 5. LBO mohawk to RFO
 6. The free leg is extended behind the skating leg on a RFO edge to complete the exercise

Remarks:

The size of the circle / exercise is related to the size and age of the skater

The execution of this exercise requires the skater to demonstrate a rhythmic and smooth acceleration with good knee action.

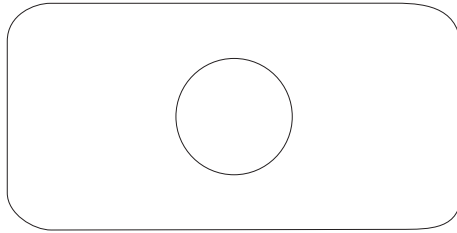
Push off and crosses must be performed with clean edges.



Exercise 0 (Clockwise)

Forward

Crossovers



Focus:

Glide, Acceleration, Understanding of curves / circles and direction

Description:

The exercise begins from a standing position in the centre of the circle.

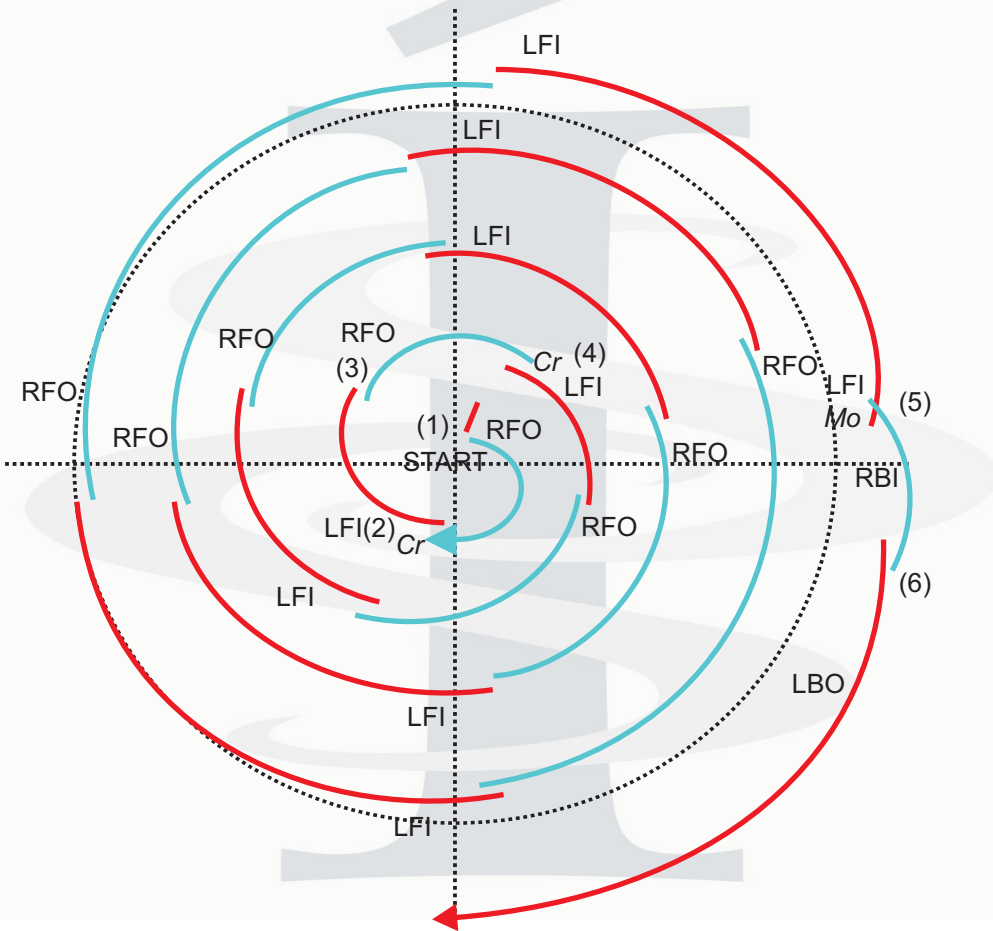
1. Push off from a standing position LFI to RFO
2. Cross L foot over R foot ending on a left forward inside edge
3. Place the R foot beside the L foot and push off ending, on a right forward outside edge
4. Continue with the crossovers - until (5), holding the edges evenly on each foot as the circle becomes bigger and the speed increases
5. LFI mohawk to RBI
6. Place the L foot beside the R foot ending on an left backward outside edge and extend the free leg behind the skating leg to complete the exercise

Remarks:

The size of the circle / exercise is related to the size and age of the skater

The execution of this exercise requires the skater to demonstrate a rhythmic and smooth acceleration with good knee action.

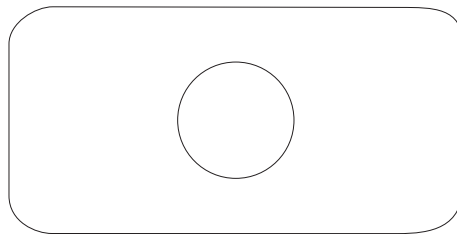
Push off and crosses must be performed with clean edges.



Exercise 0 (Anti Clockwise)

Forward

Crossovers

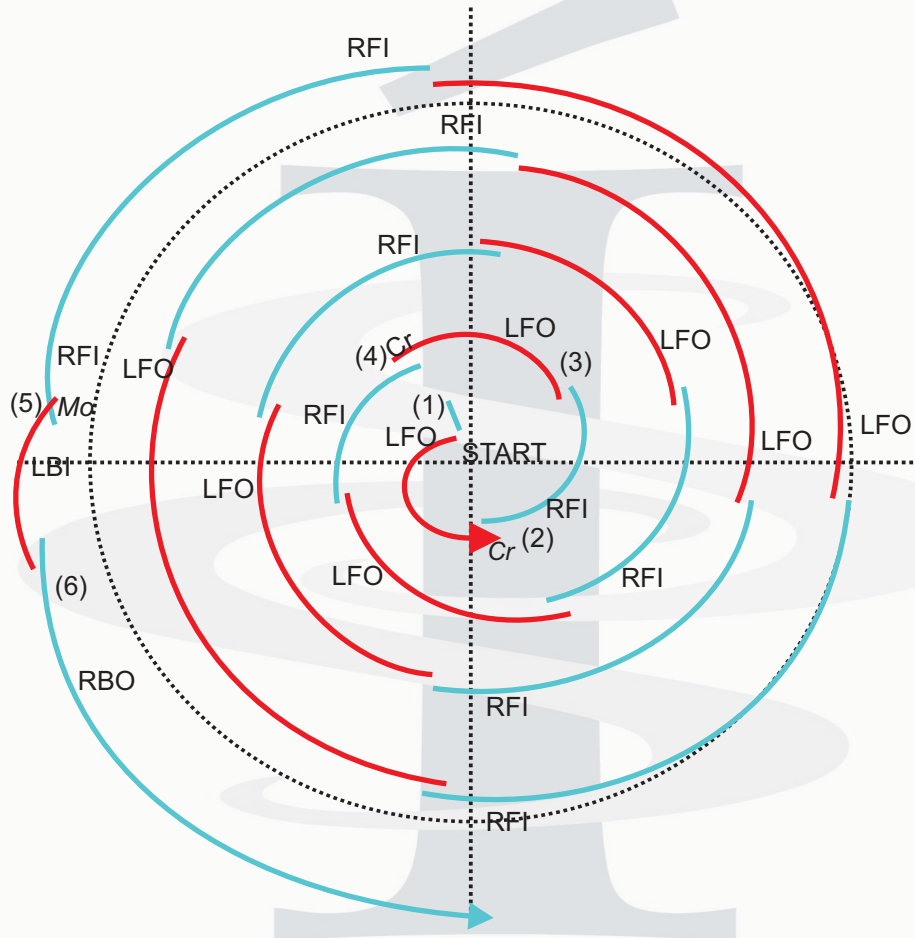


Focus:

Glide, Acceleration, Understanding of curves / circles and direction

Description:

The exercise begins from a standing position in the centre of the circle.



1. Push off from a standing position RFI to LFO
2. Cross R foot over L foot ending on a right forward inside edge
3. Place the L foot beside the R foot and push off ending, on a left forward outside edge
4. Continue with the crossovers - until (5), holding the edges evenly on each foot as the circle becomes bigger and the speed increases
5. RFI mohawk to LBI
6. Place the R foot beside the L foot ending on an right backward outside edge and extend the free leg behind the skating leg to complete the exercise

Remarks:

The size of the circle / exercise is related to the size and age of the skater

The execution of this exercise requires the skater to demonstrate a rhythmic and smooth acceleration with good knee action.

Push off and crosses must be performed with clean edges.