

Basic Test - Exercise 1

Focus:

SPEED - FLOW - RHYTHM

Description:

The skater begins the exercise by performing two/three introductory steps towards the START and proceeds to make a series of forward crossovers (1) towards (2).

2) The skater performs a LFO to RBI Choctaw, transferring into the new circle (3) and proceeding to make a series of backward crossovers towards (4).

(4) The skater performs a RBI to LFO Choctaw, transferring into the new circle (5) and proceeding to make a series of backward crossovers towards (6).

6) The skater performs a RFI to LBI open Mohawk with the free leg extended behind both before and after the turn.

7) The skater proceeds towards (8) by making a series of backwards crossovers.

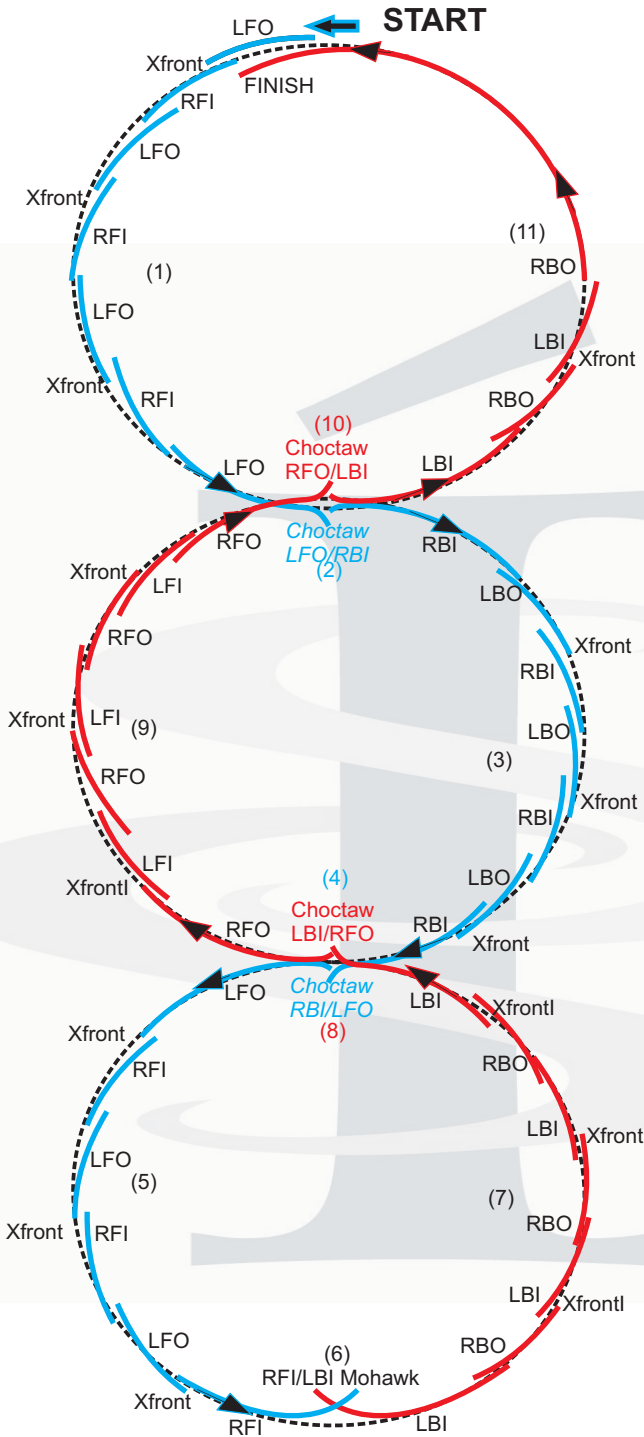
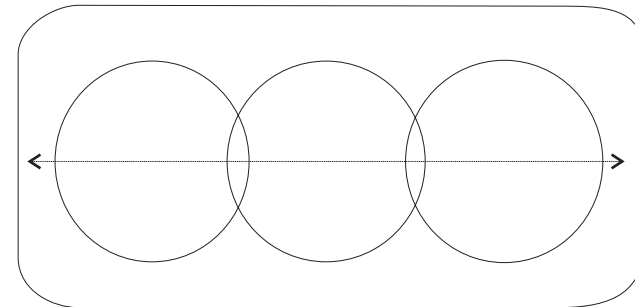
8) The skater performs a LBI to RFO Choctaw, extending the free leg to the back both before and after the turn, transferring into the new circle (9) and proceeding to make a series of forward crossovers towards (10).

(10) The skater performs a RFO to LBI Choctaw, extending the free leg to the front both before and after the turn, transferring into the new circle and proceeding to make a series of backward crossovers towards (11) when the skater will hold the RBO edge in a landing position for at least a quarter of a circle towards the finish

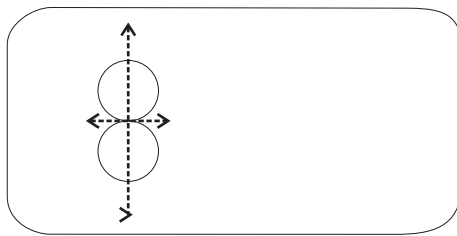
The size of the pattern will vary depending on the age, strength and development of the skater.

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

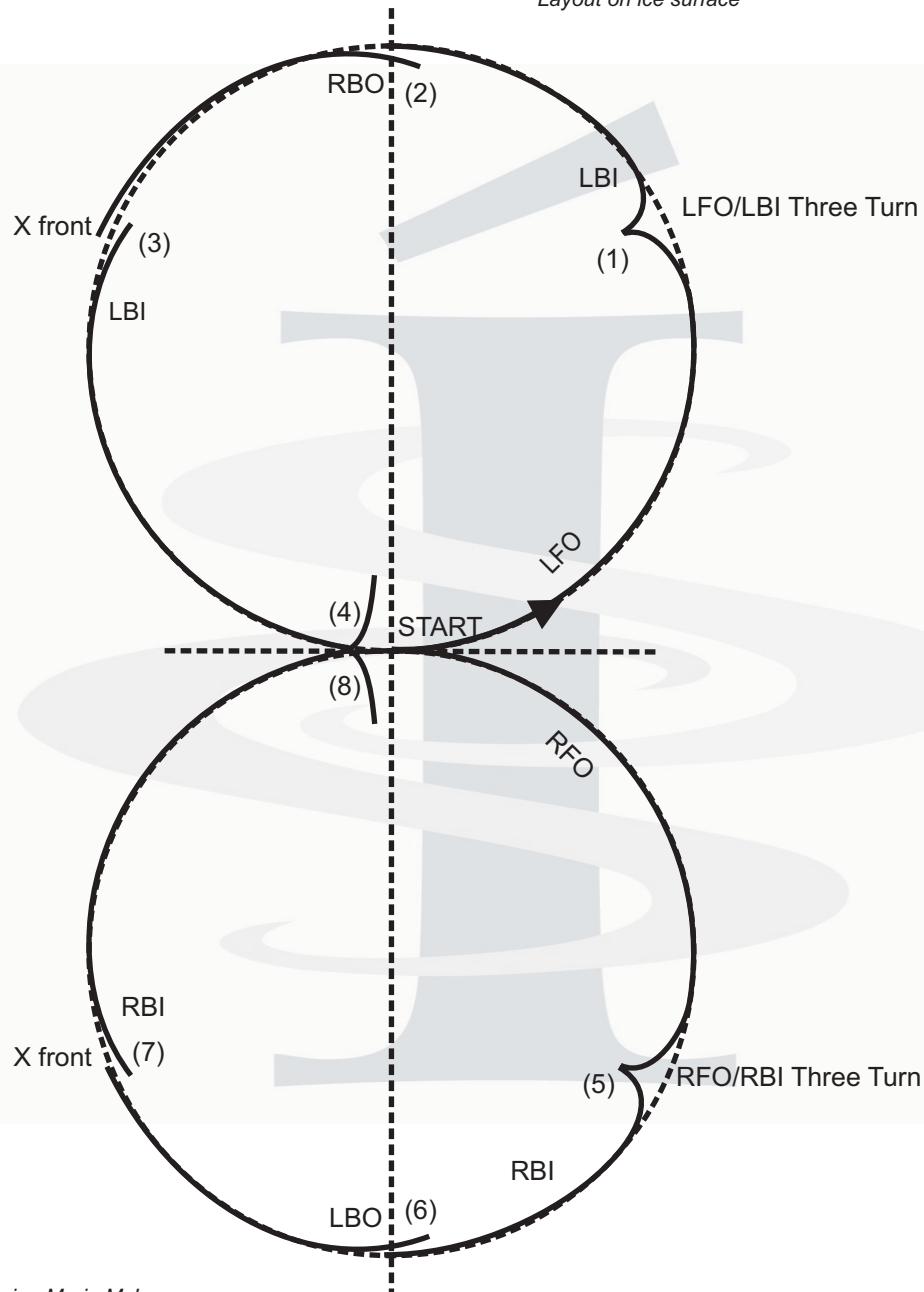
The skater must maintain speed, flow and rhythm throughout the exercise.



Basic Test - Exercise 2



Layout on ice surface



Focus:

RHYTHM - FLOW - CONTROL

Description:

The skater begins the exercise by performing two optional introductory steps towards the centre (START) of the eight.

1) LFO/LBI Three turn. The skater performs the three turn, at approximately one third of the way round the circle, with flowing movement and extension of the free leg.

2) The skater prepares to step onto a RBO edge.

3) The skater performs a backwards crossover, at approximately the start of the final third of the circle, by crossing the left foot over the right skating foot onto a LBI edge. The LBI edge is held with an extended free leg, with the free hip held in preparation to step forward into the new circle (4).

4) The skater steps into the new circle onto a RFO edge.

5) RBO/RBI Three turn. The skater performs the three turn, at approximately one third of the way round the circle, with flowing movement and extension of the free leg.

6) The skater prepares to step onto a LBO edge.

7) The skater performs a backward crossover, at approximately the start of the final third of the circle, by crossing the right foot over the left skating foot onto a RBI edge. The RBI edge is held with an extended free leg, with the free hip held in preparation to step forward into the new circle (8).

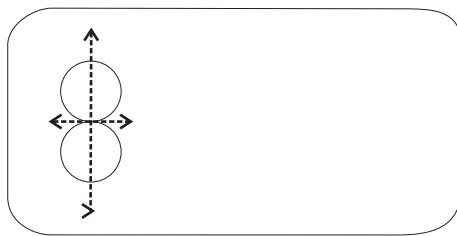
8) The skater steps into the new circle onto a LFO edge and steps (1) to (8) are repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis.

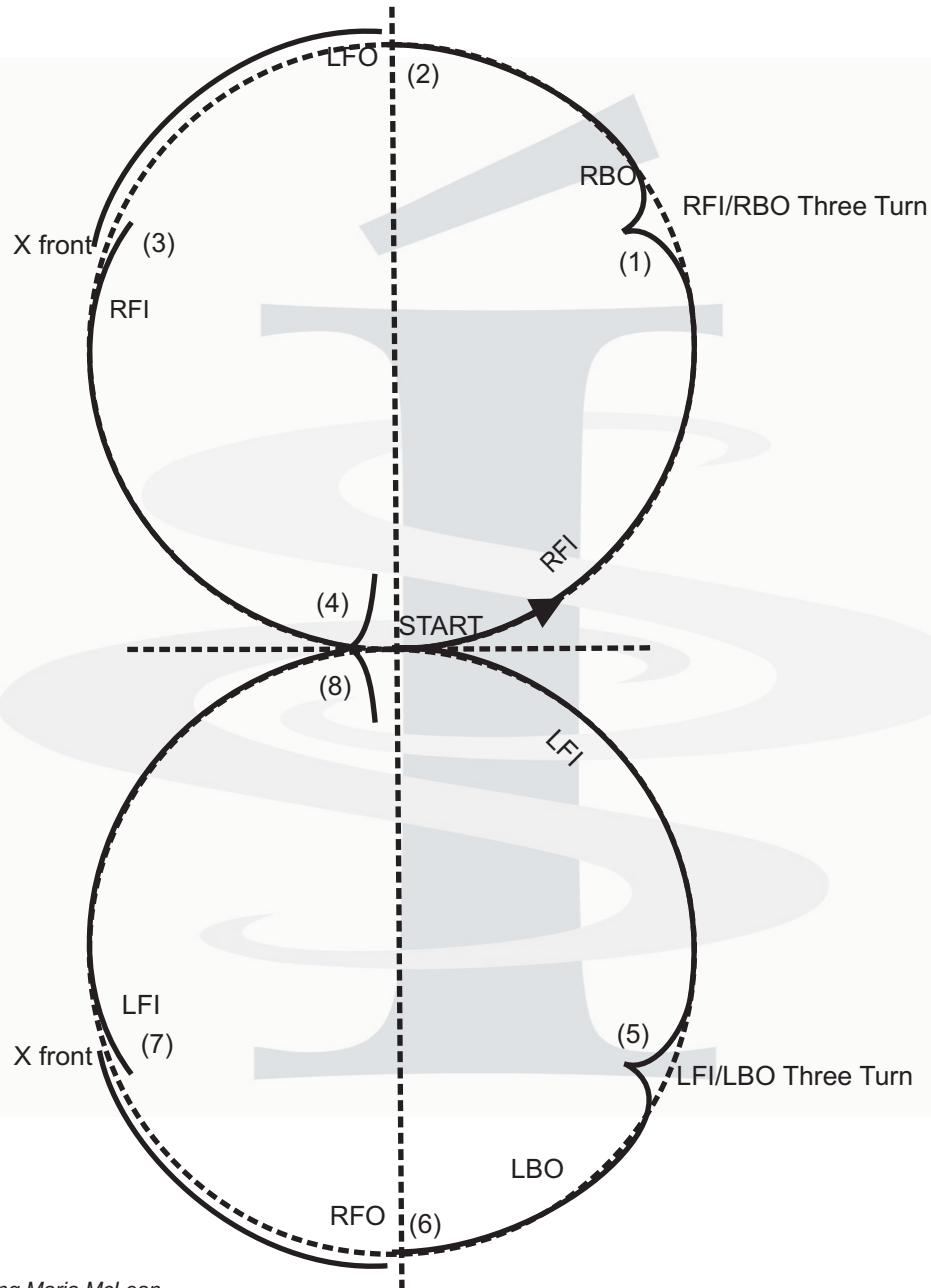
The size of the circles and the eight will vary depending on the age, strength and development of the skater. A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

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

Basic Test - Exercise 3



Layout on ice surface



Focus:

RHYTHM - FLOW - CONTROL

Description:

The skater begins the exercise by performing two introductory steps towards the centre (START) of the eight.

1) RFI/RBO Three turn. The skater performs the three turn, at approximately one third of the way round the circle, with flowing movement and extension of the free leg.

2) The skater prepares to step onto a LFO edge.

3) The skater performs a forward crossover, at approximately the start of the final third of the circle, by crossing the right foot over the left skating foot onto a RFI edge. The RFI edge is held at first with an extended free leg to the back, then the skater will pass the free foot to the front of the skating foot in preparation to step forward into the new circle (4).

4) The skater steps into the new circle onto a LFI edge.

5) LFI/LBO Three turn. The skater performs the three turn, at approximately one third of the way round the circle, with flowing movement and extension of the free leg.

6) The skater prepares to step onto a RFO edge.

7) The skater performs a forward crossover, at approximately the start of the final third of the circle, by crossing the left foot over the right skating foot onto a LFI edge. The LFI edge is held at first with an extended free leg, then the skater will pass the free foot to the front of the skating foot in preparation to step forward into the new circle (8).

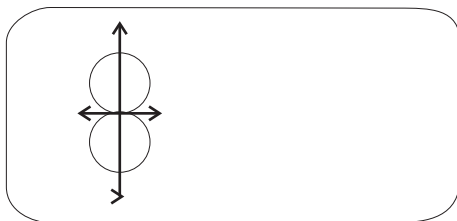
8) The skater steps into the new circle onto a RFI edge and steps (1) to (8) are repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis.

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 4



Layout on ice surface

Focus:

RELAXED KNEE ACTION - RHYTHM - CLEAN CONTROLLED EDGE CHANGES

Description:

The skater begins the exercise by performing two introductory steps towards the centre (START) of the eight and proceeds on a RFI edge with the free leg extended behind the skating leg.

1) The skater places the left foot at the side of the skating foot and changes to a LFO edge with the free leg extended to the back.

2) The skater performs a forward crossover onto the RFI edge.

3) Step 1) is repeated, then the skater passes the free leg to the front of the skating leg and changes edge from LFO to LFI (4), passing the free leg to the back and then extending it, after the change of edge.

5) The skater places the right foot at the side of the skating foot and changes to a RFO edge with the free leg extended to the back.

6) The skater performs a forward crossover onto the LFI edge.

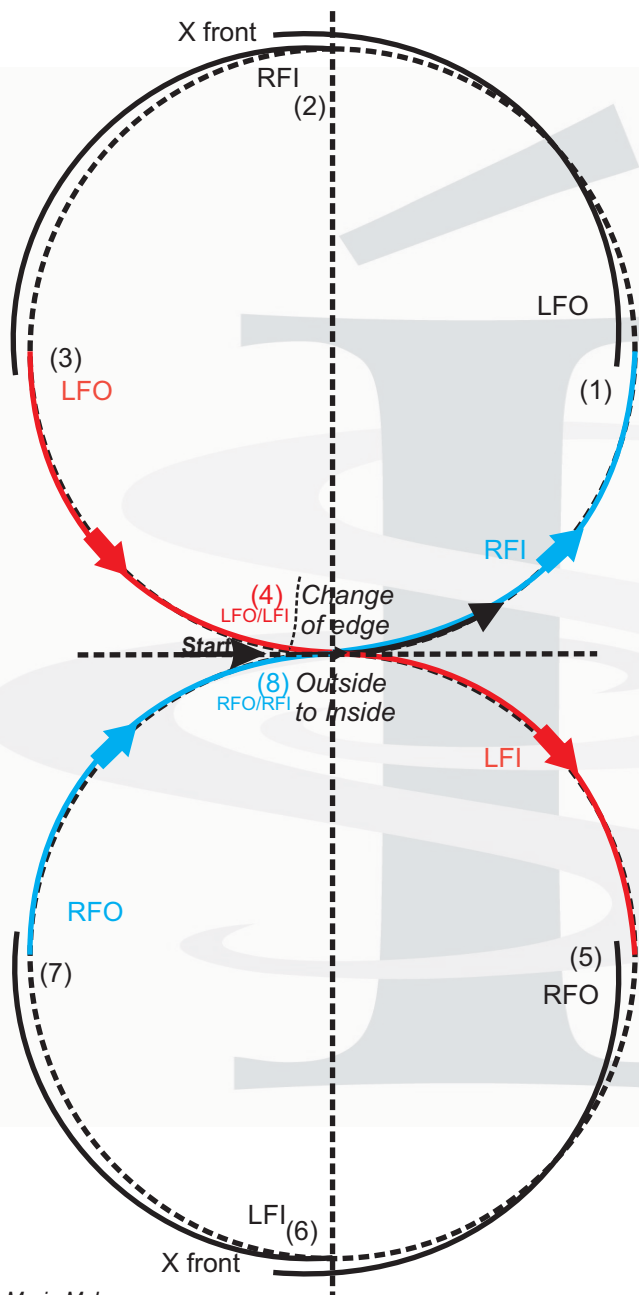
7) Step 5) is repeated, then the skater passes the free leg to the front of the skating leg and changes edge from RFO to RFI (8), passing the free leg to the back and then extending it, after the change of edge.

Steps (1) to (8) are then repeated.

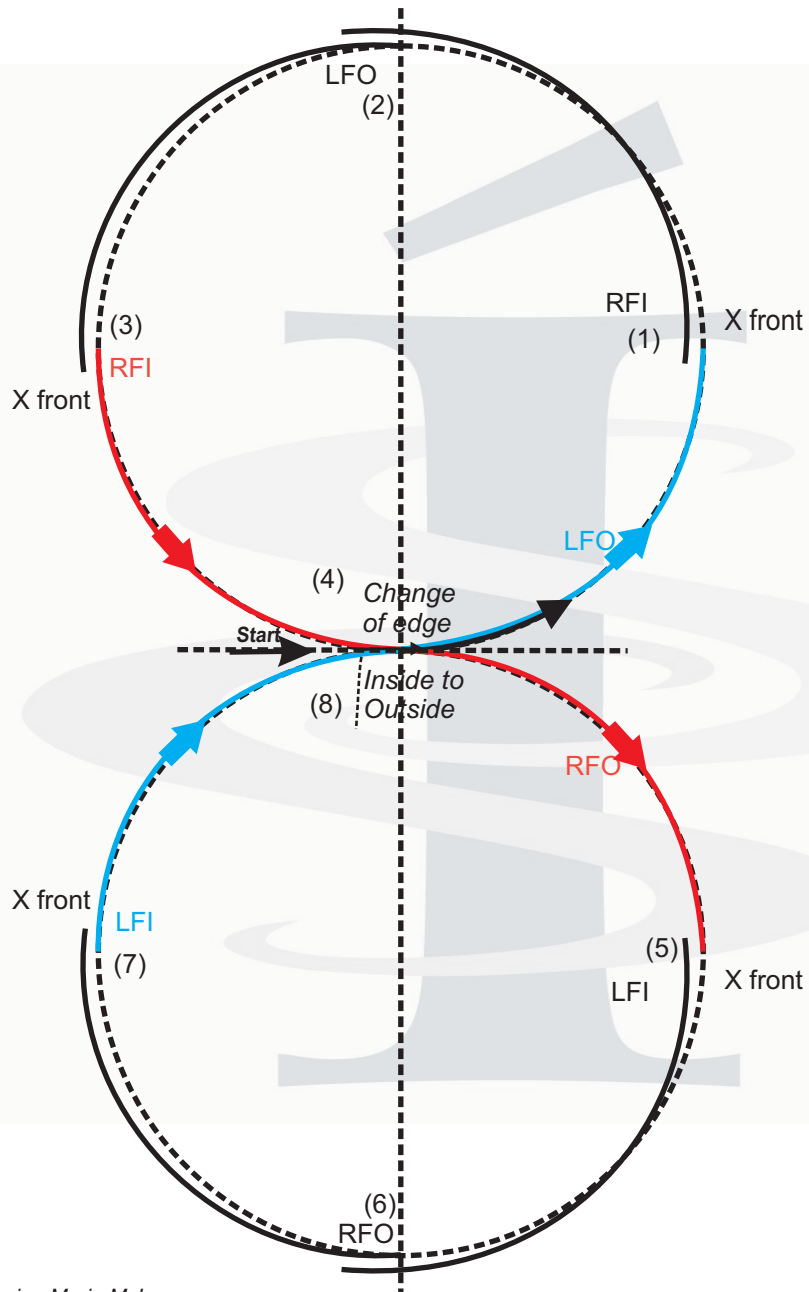
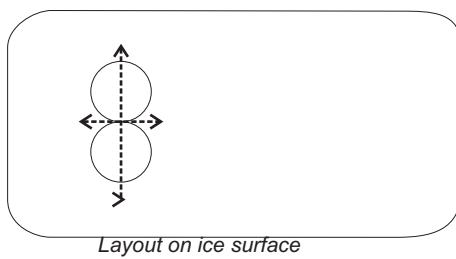
After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis at (8).

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 5



Focus:

RELAXED KNEE ACTION - RHYTHM - CLEAN CONTROLLED EDGE CHANGES

Description:

The skater begins the exercise by performing two introductory steps towards the centre (START) of the eight and proceeds on a LFO edge with the free leg extended behind the skating leg.

1) The skater performs a forward crossover onto the RFI edge.

2) The skater places the left foot at the side of the skating foot and changes to a LFO edge with the free leg extended to the back.

3) Step 1) is repeated, then the skater passes the free leg to the front of the skating leg and changes edge from RFI to RFO (4), passing the free leg to the back and then extending it, after the change of edge.

5) The skater performs a forward crossover onto the LFI edge.

6) The skater places the right foot at the side of the skating foot and changes to a RFO edge with the free leg extended to the back.

7) Step 5) is repeated, then the skater passes the free leg to the front of the skating leg and changes edge from LFI to LFO (8), passing the free leg to the back and then extending it, after the change of edge.

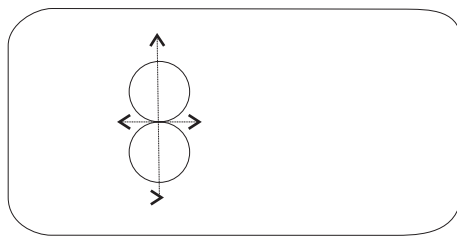
Steps (1) to (8) are then repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis at (8).

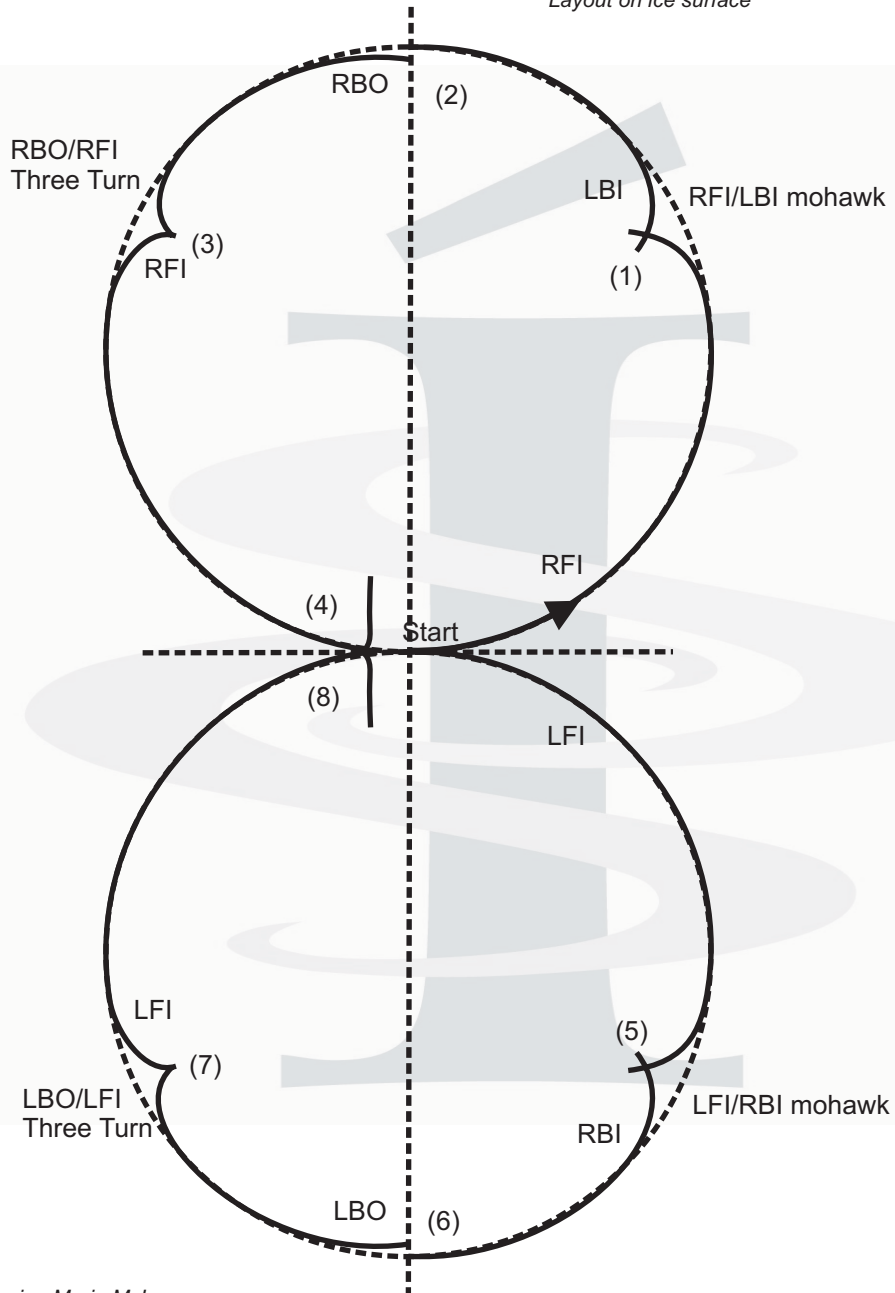
The size of the circles and the eight will vary depending on the age, strength and development of the skater. A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

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

Basic Test - Exercise 6



Layout on ice surface



Focus:

CLEAN THRUSTS - RHYTHM - UPPER BODY CONTROL

Description:

The skater begins the exercise by performing two introductory steps towards the centre (START) of the eight and proceeds on a RFI edge with the free leg extended behind the skating leg.

1) The skater performs an open mohawk RFI/LBI. The free leg should be extended behind the skating leg before and after the mohawk.

2) The skater places the right foot close to the skating foot and steps onto a RBO edge. After the transfer onto the right foot, the free leg may be held in front or behind.

3) The skater performs a RBO to RFI Three turn with the free foot extended to the front of the skating foot after the turn on the approach to the centre (4).

4) The skater makes a clean push off from the inside edge and transfers to the new circle onto a LFI edge.

5) The skater performs an open mohawk LFI/RBI. The free leg should be extended behind the skating leg before and after the mohawk.

6) The skater places the left foot close to the skating foot and steps onto a LBO edge. After the transfer onto the left foot, the free leg may be held in front or behind.

7) The skater performs a LBO to LFI Three turn with the free foot extended to the front of the skating foot after the turn on the approach to the centre (8).

8) The skater makes a clean push off from the inside edge and transfers to the new circle onto a RFI edge.

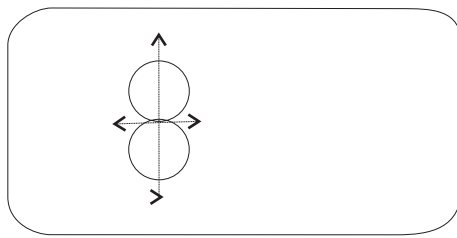
Steps (1) to (8) are then repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis.

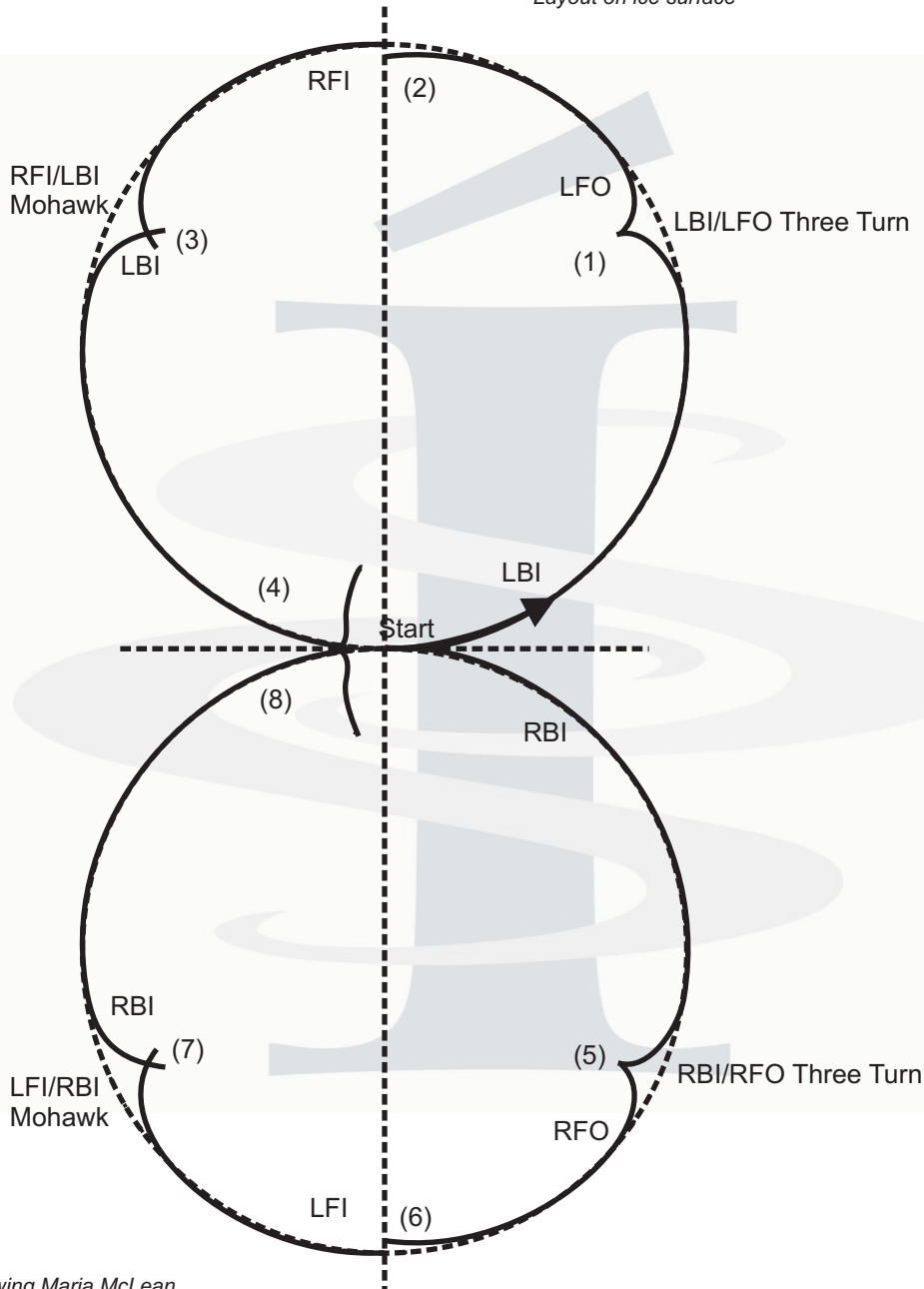
The size of the circles and the eight will vary depending on the age, strength and development of the skater. A useful guideline would be that each circle would correspond to approximately three times the height of the skater.

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

Basic Test - Exercise 7



Layout on ice surface



Focus:

CLEAN PUSH-OFFS - RHYTHM

Description:

The skater begins the exercise by performing two/three introductory steps towards the centre (START) of the eight and proceeds on a LBI edge with the free leg extended in front of the skating leg.

- 1) The skater performs a LBI to LFO Three Turn. The free leg should be extended in front before and after the turn.
- 2) The skater places the right foot next to the left foot and makes a clean push-off onto the RFI edge with the free leg extended behind the skating foot after the transfer.
- 3) The skater performs a RFI to LBI open Mohawk. The free leg should be extended behind the skating leg before and after the mohawk and this position held with a strong check of the shoulders on the approach to the centre (4).
- 4) The skater makes a clean backward inside push off from the left foot and onto the right foot at the centre and transfers into the new circle onto the RBI edge with the free leg extended in front of the skating leg.
- 5) The skater performs a RBI to RFO Three Turn. The free leg should be extended in front before and after the turn.
- 6) The skater places the left foot next to the right foot and makes a clean push-off onto the LFI edge with the free leg extended behind the skating foot after the transfer.
- 7) The skater performs a LFI to RBI open Mohawk. The free leg should be extended behind the skating leg before and after the mohawk and this position held with a strong check of the shoulders on the approach to the centre (8).
- 8) The skater makes a clean backward inside push off from the right foot and onto the left foot at the centre and transfers into the new circle onto the LBI edge with the free leg extended in front of the skating leg.

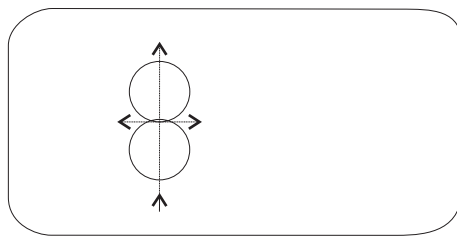
Steps (1) to (8) are then repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards through the short axis.

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 8



Layout on ice surface

Focus:

RELAXED KNEE ACTION AND UPPER BODY CONTROL

Description:

The skater begins the exercise by performing two/three introductory steps* towards the centre (START) of the eight and proceeds on a LBI edge with the free leg extended in front of the skating leg. The free leg is then passed to the back of the free leg and extended as the skater moves towards (1).

1) The skater performs a LBI to RFI open Mohawk with the free leg extended behind both before and after the turn.

2) The skater performs a RFI to LBI open Mohawk with the free leg extended behind both before and after the turn.

3) The skater places the right foot next to the left foot and makes a clean push onto the RBO edge, extending the free leg behind the skating leg, with the body rotated looking out of the circle on the approach to (4).

4) The skater performs a change of edge from the RBO edge to the RBI edge passing the free leg to the front after the edge change, on transfer into the new circle. The free leg is then passed to the back of the free leg and extended as the skater moves towards (5).

5) The skater performs a RBI to LFI open Mohawk with the free leg extended behind both before and after the turn.

6) The skater performs a LFI to RBI open Mohawk with the free leg extended behind both before and after the turn.

7) The skater places the left foot next to the right foot and makes a clean push onto the LBO edge, extending the free leg behind the skating leg, with the body rotated looking out of the circle on the approach to (8).

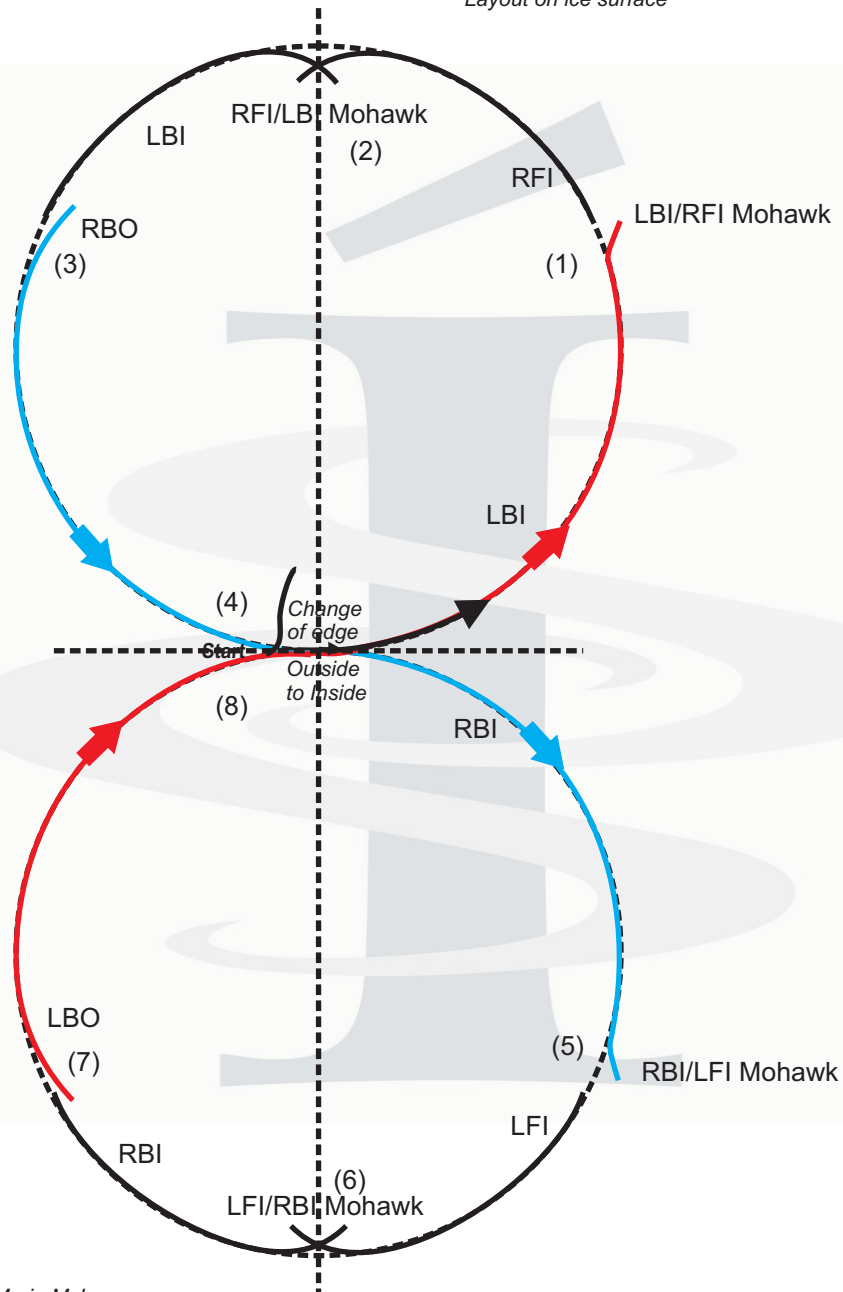
8) The skater performs a change of edge from the LBO edge to the LBI edge passing the free leg to the front after the edge change, on transfer into the new circle. The free leg is then passed to the back of the free leg and extended as the skater moves towards (1).

Steps (1) to (8) are then repeated.

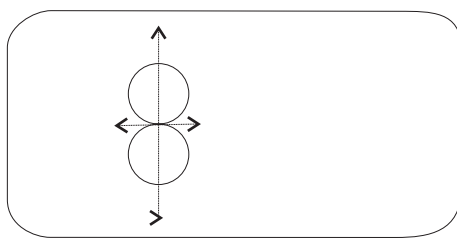
After three complete eight patterns have been skated the skater exits the figure by skating forwards after (1) holding the RFI edge.

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 9



Layout on ice surface

Focus:

RELAXED KNEE ACTION AND UPPER BODY CONTROL

Description:

The skater begins the exercise by performing two/three introductory steps towards the centre (START) of the eight and proceeds on a RBO edge with the free leg extended in front of the skating leg. The free leg is then passed to the back of the free leg and extended and the upper body rotated to face out of the circle as the skater moves towards (1).

1) The skater performs a RBO to LFO open Mohawk with the free leg extended behind both before and after the mohawk.

2) The skater performs LFO to LBI Three turn with the free leg extended behind both before and after the turn.

3) The skater places the right foot next to the left skating foot and onto a RBO edge and immediately proceeds to perform a backward crossover by crossing the left foot in front of the right foot and stepping onto the LBI edge. The free leg is then extended behind and the upper body rotated inwards to face the inside of the skating circle on the approach to (4).

4) The skater performs a change of edge from the LBI edge to the LBO edge passing the free leg to the front after the edge change on transfer into the new circle. The free leg is extended to the front and the upper body rotated and facing outwards. The free leg is then passed to the back of the left skating leg in preparation for (5).

5) The skater performs a LBO to RFO open Mohawk with the free leg extended behind both before and after the mohawk.

6) The skater performs RFO to RBI Three turn with the free leg extended behind both before and after the turn.

7) The skater places the left foot next to the right skating foot and onto a LBO edge and immediately proceeds to perform a backward crossover by crossing the right foot in front of the left foot and stepping onto the RBI edge. The free leg is then extended behind and the upper body rotated inwards to face the inside of the skating circle on the approach to (8).

8) The skater performs a change of edge from the RBI edge to the RBO edge passing the free leg to the front after the edge change on transfer into the new circle. The free leg is extended to the front and the upper body rotated and facing outwards. The free leg is then passed to the back of the left skating leg in preparation for (1).

Steps (1) to (8) are then repeated.

After three complete eight patterns have been skated the skater exits the figure by skating forwards after (1) holding the LFO edge.

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.

