

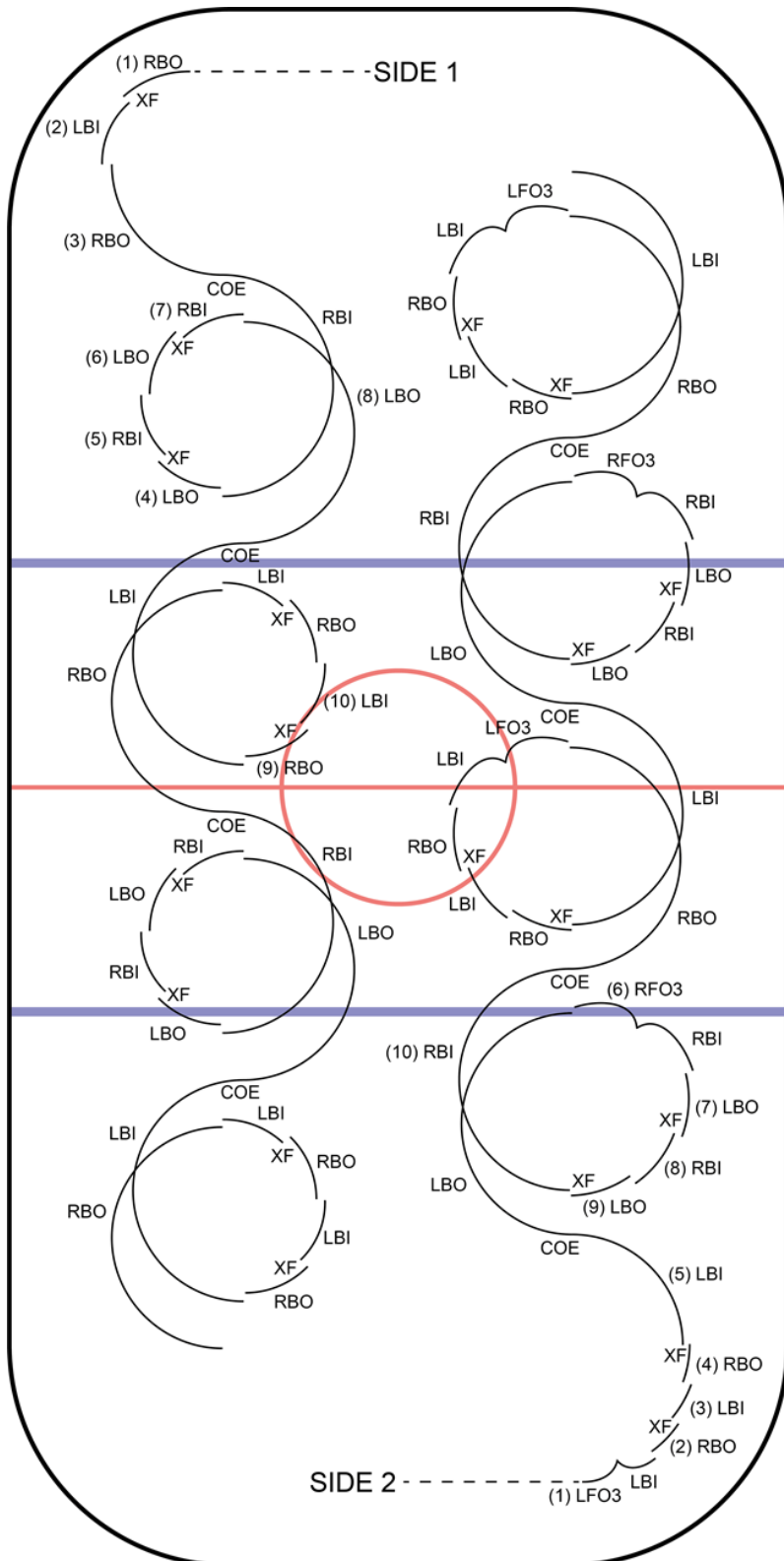
SKILLS TEST 4

The candidate must skate 4 of the 5 Skills exercises listed below:

- **BACKWARD CHANGES OF EDGE**
- **BACKWARD DOUBLE 3-TURNS**
 - **INSIDE ROCKERS**
- **FORWARD INSIDE TWIZZLES & BACKWARD
OUTSIDE TWIZZLE MOVEMENT**
 - **BACKWARD CHOCTAWS**

SKILLS 4

EXERCISE 1 - BACKWARD CHANGES OF EDGE



LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action.
- Control and transfer of bodyweight.

OUTCOME:

Demonstrate a fluid and controlled backward changes of edge.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)RBO (2)XF-LBI (3)RBO/l change of edge (hold for ½ circle), (4)LBO (5)XF-RBI (6)LBO (7)XF-RBI (8)LBO/l change of edge (hold for ½ circle), (9)RBO-(10)XF-LBI.

Then repeat the sequence.

- Minimum four maximum six lobes

From a moving start the skater will begin the exercise with:

SIDE 2 (1)LFO 3 turn (2)RBO (3)XF-LBI (4)RBO (5)XF-LBI/O change of edge (hold for ½ circle) (6)RFO 3 turn (7)LBO (8)XF-RBI (9)LBO (10)XF-RBI/O change of edge (hold for ½ circle).

Then repeat the sequence.

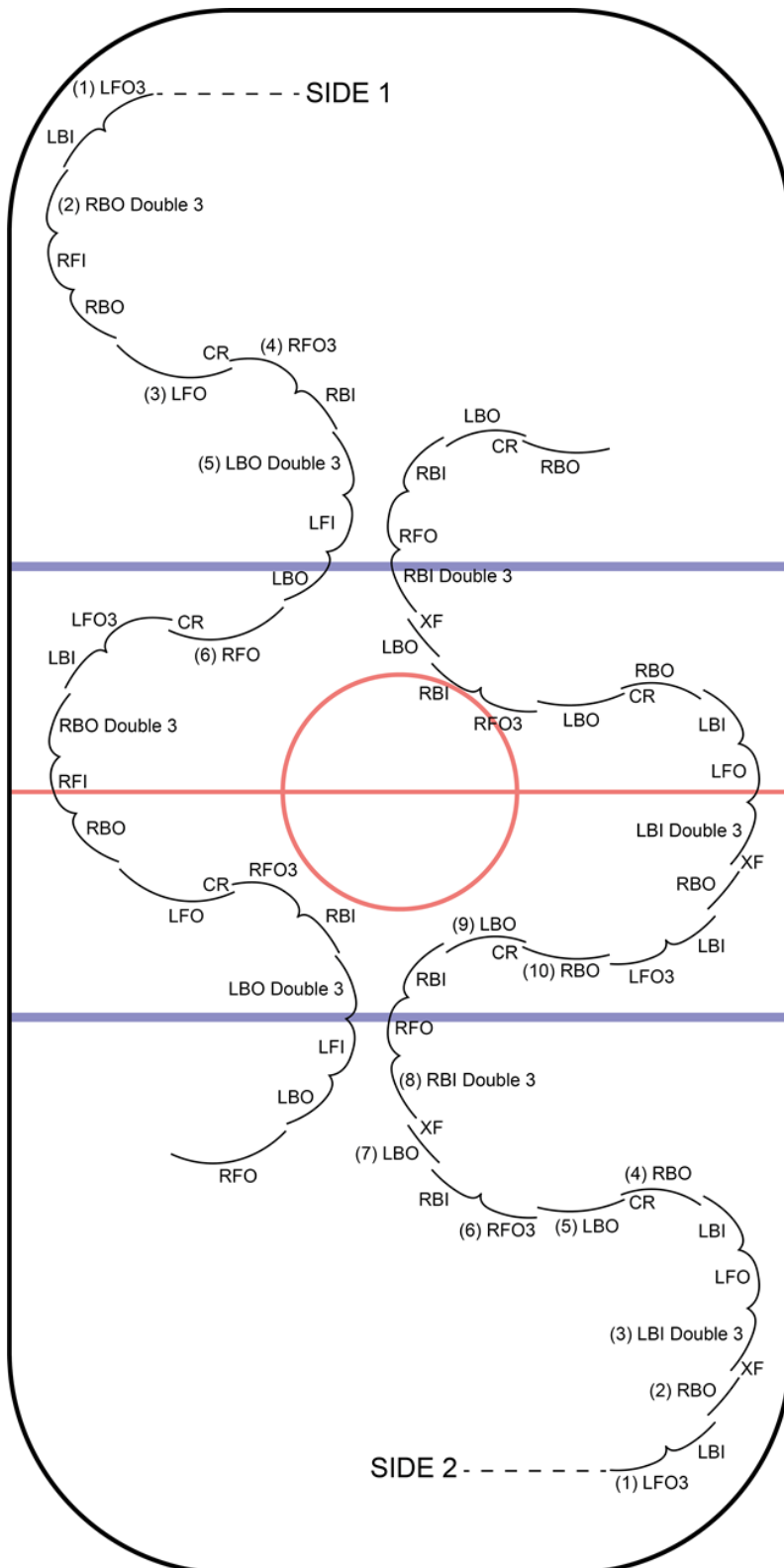
- Minimum four maximum six lobes

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 4

EXERCISE 2 - BACKWARD DOUBLE 3-TURNS



LEARNING OBJECTIVES:

- Equal edges on 3 turns.
- Control of transfer of body weight from one lobe to another.
- Control of rhythm on the double 3 turns.

OUTCOME:

Demonstrate good control of 3 turns and maintain speed, flow, and rhythm throughout.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)LFO 3 turn (2)RBO double 3 turn (3)LFO cross roll (4)RFO 3 turn (5)LBO double 3 turn (6)RFO cross roll. Then repeat the sequence.

- Minimum two lobes on each foot

From a moving start the skater will begin the exercise with:

SIDE 2 (1)LFO 3 turn (2)RBO (3)XF-LBI double 3 turn (4)RBO cross roll (5)LBO double 3 turn (6)RFO 3 turn (7)LBO (8)XF-RBI double 3 turn (9)LBO cross roll (10)RBO. Then repeat the sequence.

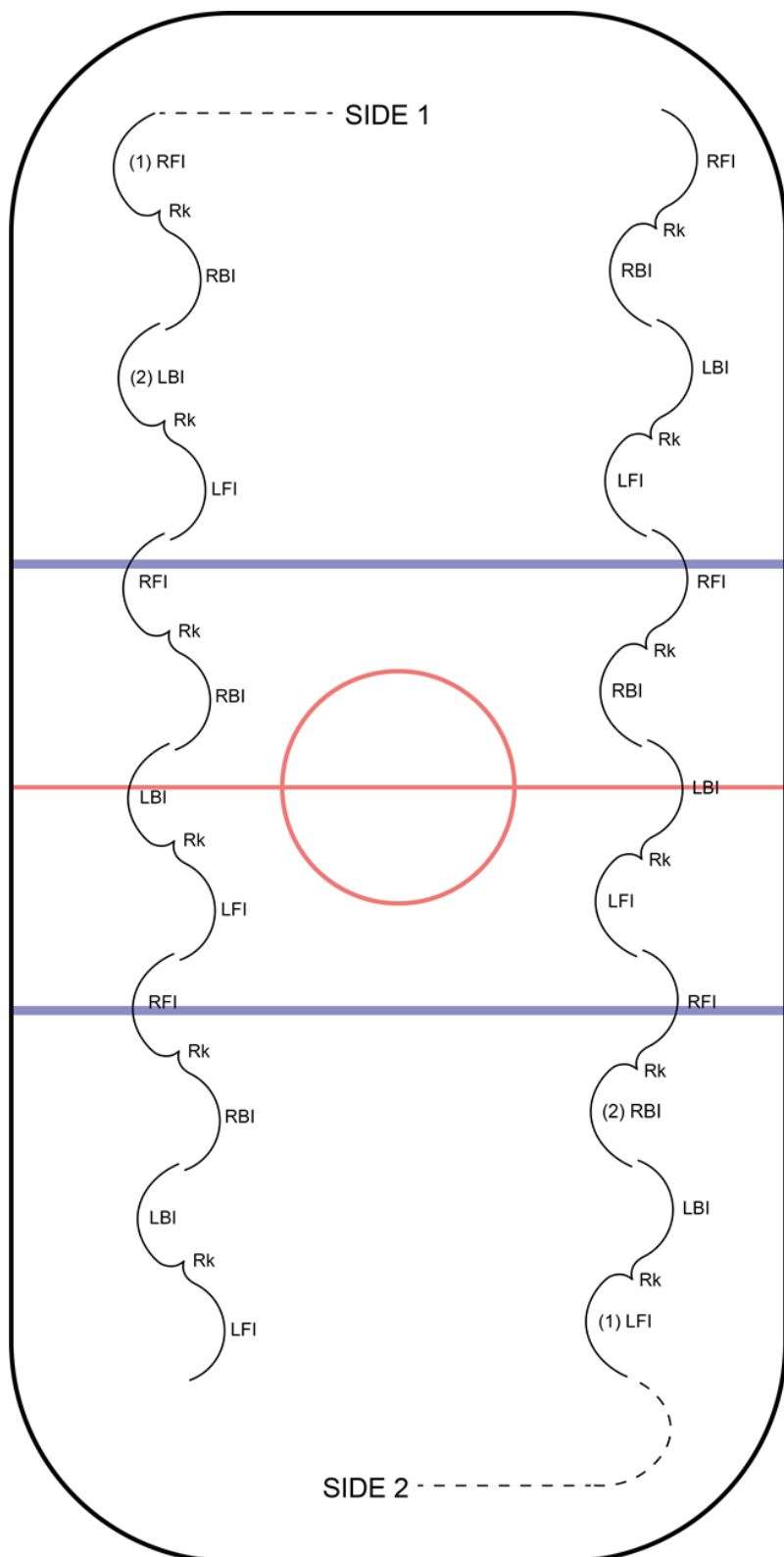
- Minimum two lobes on each foot

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Coach's/Judge's/Skater's/Personal Notes:

SKILLS 4

EXERCISE 3 – INSIDE ROCKERS



LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action through the rocker turns.
- Control and check of the shoulders on the exit of the turn.

OUTCOME:

Demonstrate the rocker turns with control and rhythm.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)RFI rocker (2)LBI rocker.
Then repeat the sequence.

- minimum six rockers (must fully utilize the length of the ice surface)

From a moving start the skater will begin the exercise with:

SIDE 2 (1)LFI rocker (2)RBI rocker.
Then repeat the sequence.

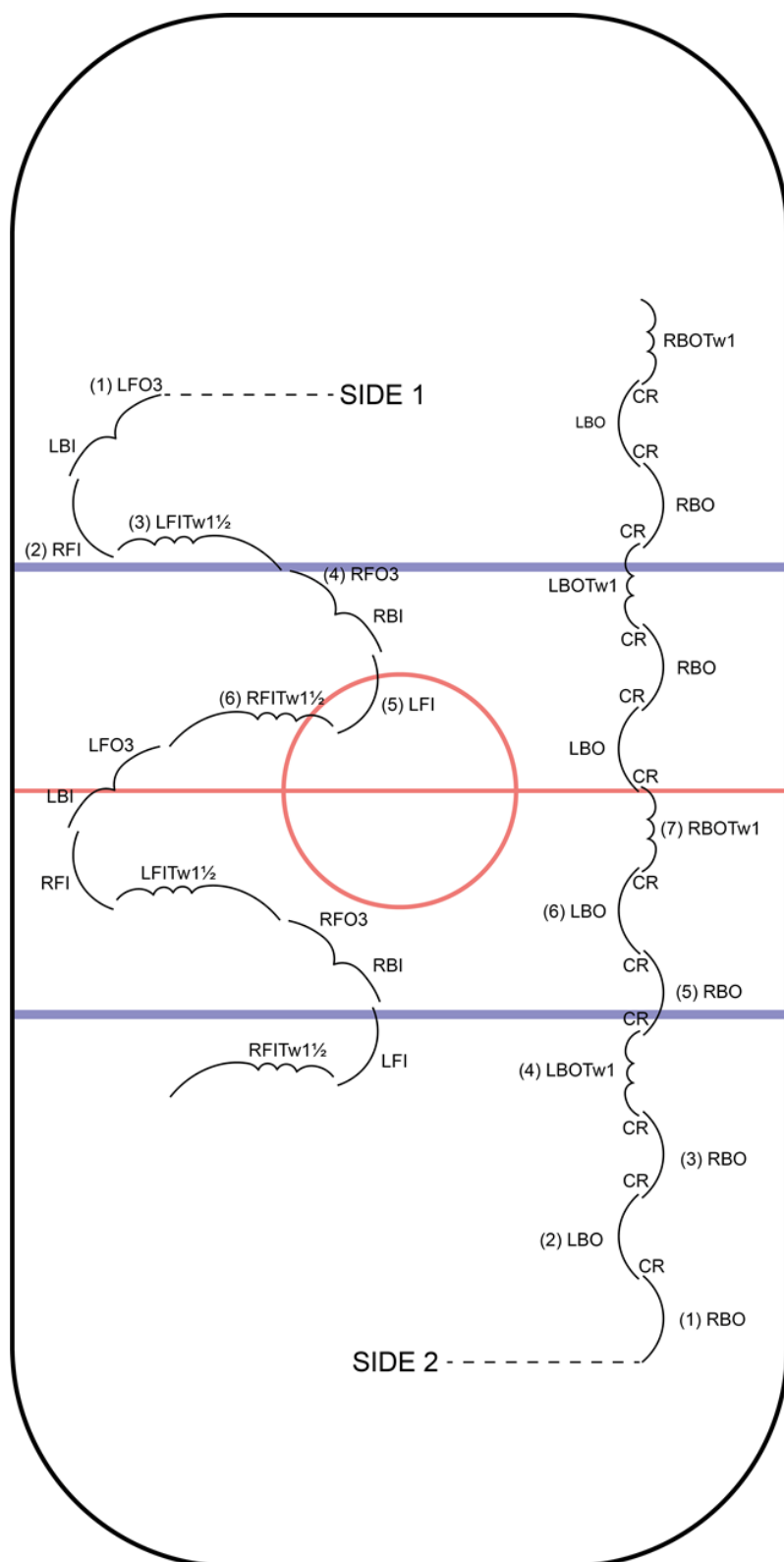
- minimum six rockers (must fully utilize the length of the ice surface)

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 4

EXERCISE 4 – FORWARD INSIDE TWIZZLES & BACKWARD OUTSIDE TWIZZLE MOVEMENT



LEARNING OBJECTIVES SIDE 1:

- Weight on correct part of blade on twizzle.
- Control of shoulders throughout.

LEARNING OBJECTIVES SIDE 2:

- Introduction to a backward outside twizzle.
- Correct body positioning prior to twizzle movement.

OUTCOME:

Demonstrate forward inside twizzles and an understanding of a backward twizzle movement all with control of the upper body throughout.

From a moving start the skater will begin the exercise with:

SIDE 1 (1)LFO 3 turn (2)RFI (3)LFI Twizzle 1 ½ exiting with an extended position (4)RFO 3 turn (5)LFI (6)RFI twizzle 1 ½ exiting with an extended position. Then repeat the sequence.

- A minimum of two twizzles on each foot

From a moving start the skater will begin the exercise with:

SIDE 2 (1)RBO cross roll (2)LBO cross roll (3)RBO cross roll (4)LBO Twizzle 1, cross roll (5)RBO cross roll (6) LBO cross roll (7)RBO Twizzle 1, cross roll. Then repeat the sequence.

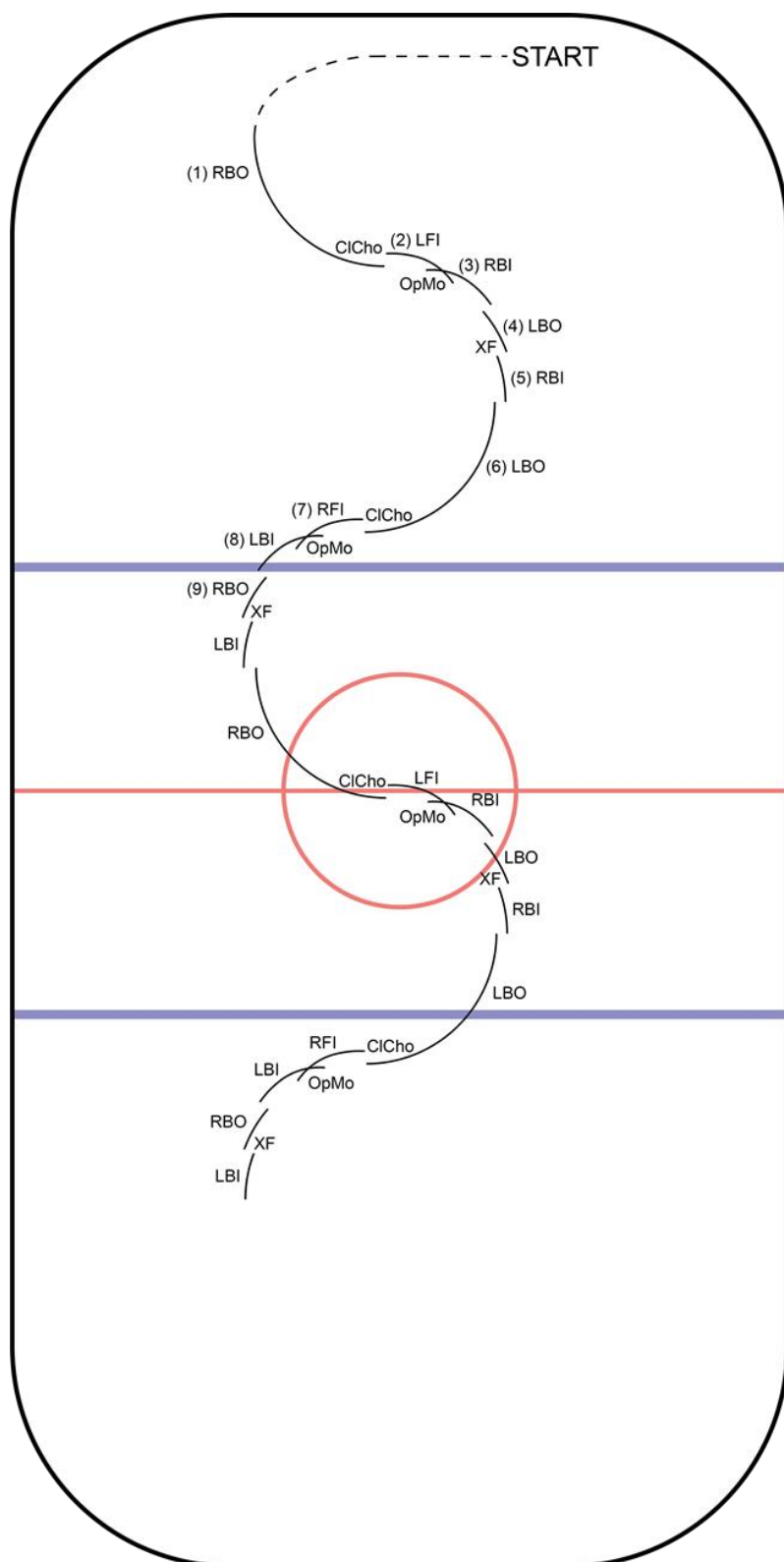
- A minimum of two twizzle movements on each foot
- Optional free leg position on twizzles

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 4

EXERCISE 5 – BACKWARD CHOCTAWS



LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Understanding the use of the short axis as a guide for the placement of the choctaw.
- Control of upper body between the choctaw and mohawk.

OUTCOME:

Demonstrate an understanding of the choctaw within the exercise with control and maintenance of speed throughout.

From a moving start the skater will begin the exercise with:

1)RBO extended edge-closed choctaw
 (2)LFI open mohawk (3)RBI (4)LBO
 (5)XF-RBI (6)LBO extended edge-closed choctaw (7)RFI open mohawk (8)LBI
 (9)RBO (10)XF-LBI.

Then repeat the sequence.

- A minimum of two lobes on each foot

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes: