

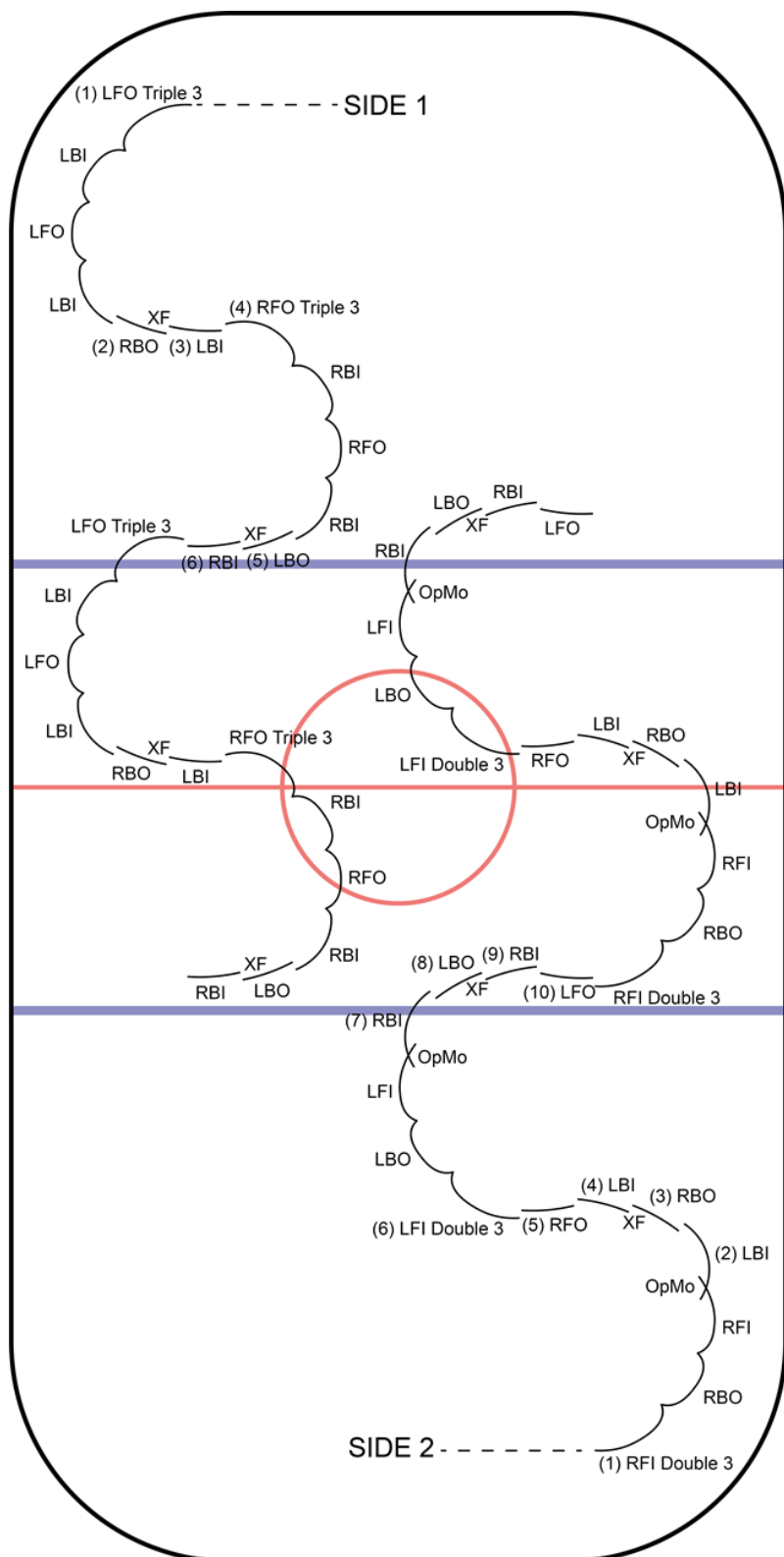
SKILLS TEST 5

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

- **MULTI-DIRECTIONAL 3-TURNS**
 - **FORWARD ROCKERS**
 - **CHOCTAWS & MOHAWKS**
 - **INSIDE BRACKETS**
 - **SKATING EXERCISE**

SKILLS 5

EXERCISE 1 – MULTI DIRECTIONAL 3-TURNS



LEARNING OBJECTIVES:

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

OUTCOME:

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

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

SIDE 1 (1)LFO triple 3 turn (2)RBO (3)XF-LBI (4)RFO triple 3 turn (5)LBO (6)XF-RBI. Then repeat the sequence.

- Minimum two lobes on each foot

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

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

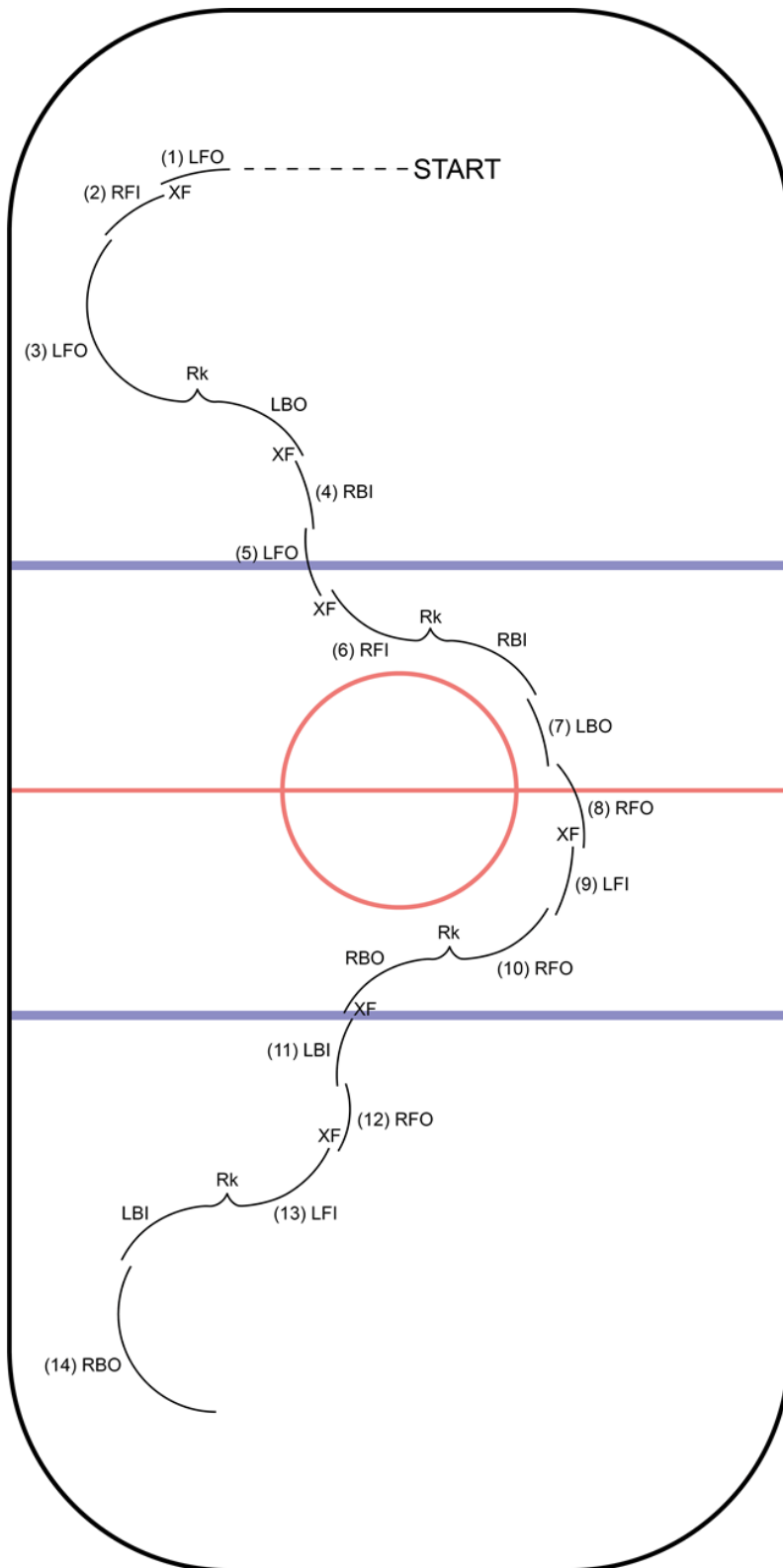
- Minimum two lobes on each foot

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:

SKILLS 5

EXERCISE 2 - FORWARD ROCKERS



LEARNING OBJECTIVES:

- Deep strong edges.
- Good ice coverage.
- Clean/flowing rocker turns.

OUTCOME:

Demonstrate consistent speed with flowing rockers throughout.

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

(1)LFO (2)XF-RFI (3)LFO rocker (4)XF-RBI (5)LFO (6)XF-RFI rocker (7)LBO (8)RFO (9)XF-LFI (10)RFO rocker (11)XF-LBI (12)RFO (13)XF-LFI rocker (14)RBO extended position.

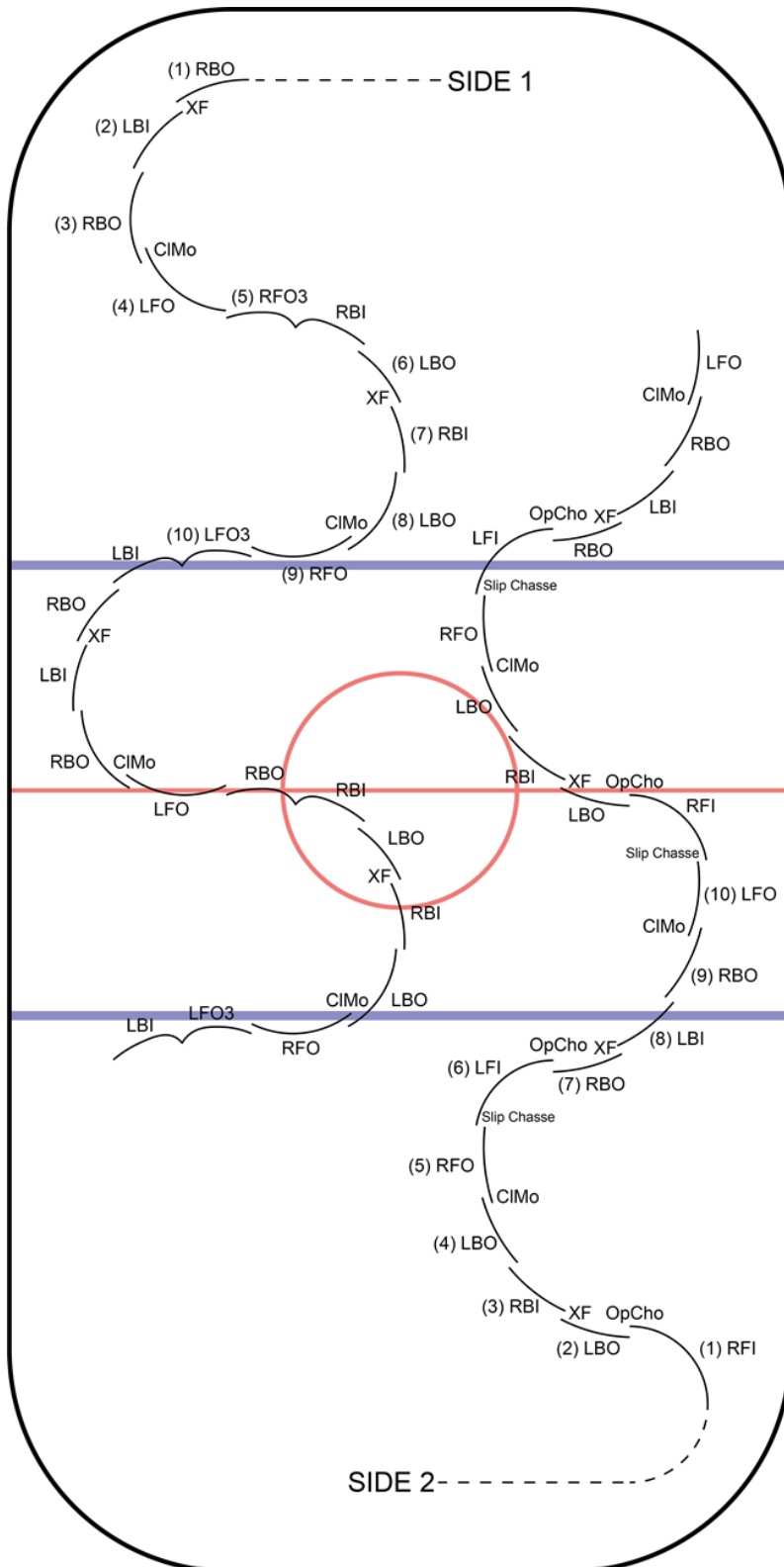
This completes the exercise.

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 5

EXERCISE 3 – CHOCTAWS & MOHAWKS



LEARNING OBJECTIVES:

- Understanding of the body positions and weight on the choctaws and mohawks.
- Executing clean turns and steps.
- Understanding rhythm to perform the exercise on side 2.

OUTCOME:

Demonstrate consistent speed and flow throughout with rhythm on side 2.

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

SIDE 1 (1)RBO (2)XF-LBI (3)RBO closed mohawk (4)LFO (5)RFO 3 turn (6)LBO (7)XF-RBI (8)LBO closed mohawk (9)RFO (10)LFO 3 turn.

Then repeat the sequence.

- Minimum two lobes on each foot

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

SIDE 2 (1)RFI open choctaw (2)LBO (3)XF-RBI (4)LBO closed mohawk (5)RFO slip chase (6)LFI open choctaw (7)RBO (8)XF-LBI (9)RBO closed mohawk (10)LFO slip chase. Then repeat the sequence.

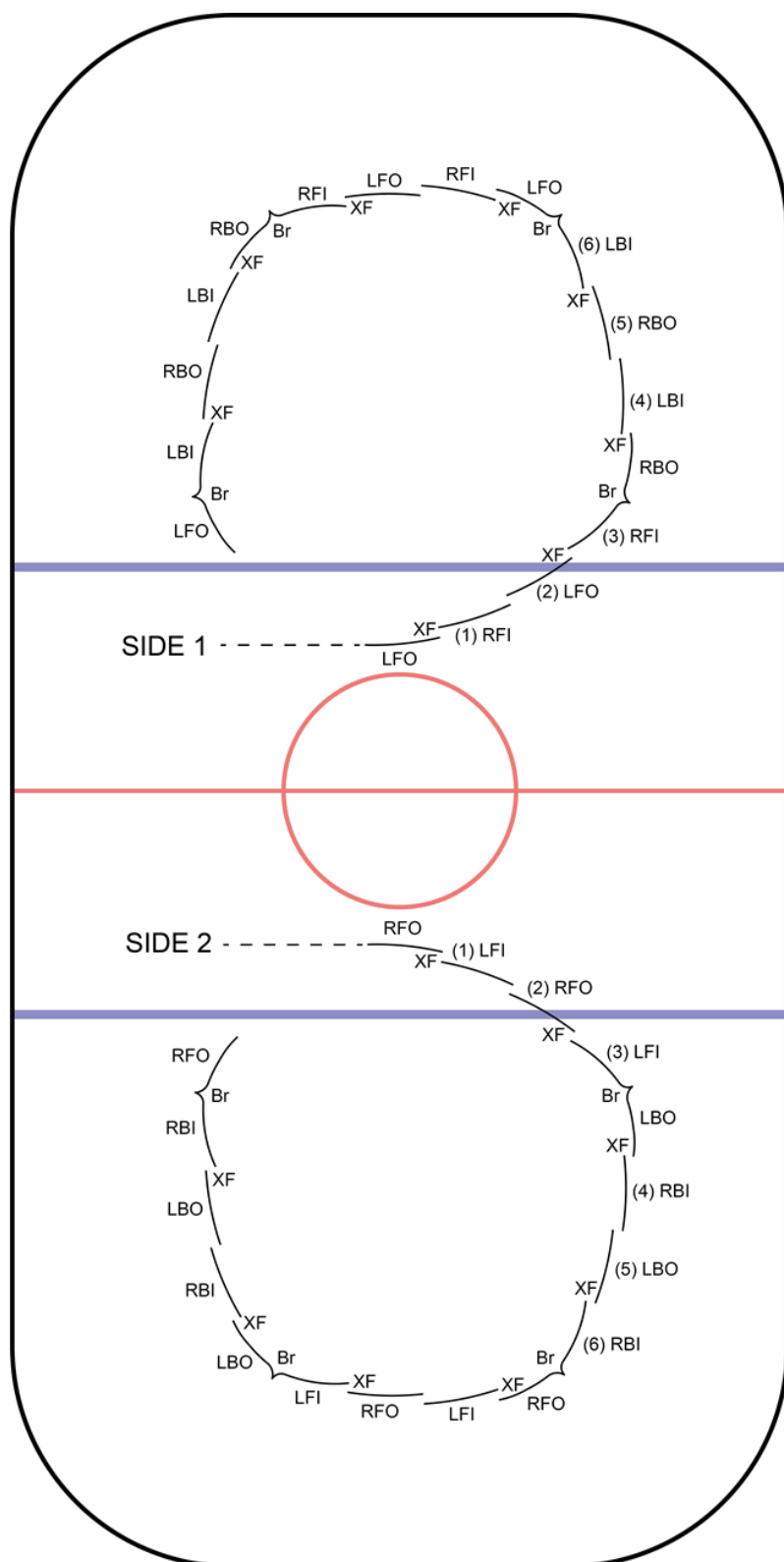
- Minimum two lobes on each foot

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:

SKILLS 5

EXERCISE 4 - INSIDE BRACKETS



LEARNING OBJECTIVES:

- Understanding a bracket turn.
- Controlling the speed to facilitate a bracket turn.
- Aiming for equal quality in both directions (clockwise and anti-clockwise).

OUTCOME:

Demonstrate a steady controlled exercise throughout.

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

SIDE 1 LFO (1)XF-RFI (2)LFO (3)XF-RFI bracket (4)XF-LBI (5)RBO (6)XF-LBI bracket.

Then repeat the sequence.

- Optional shape (figure of eight or circular)
- A minimum of four and maximum of six brackets in total

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

SIDE 2 RFO (1)XF-LFI (2)RFO (3)XF-LFI bracket (4)XF-RFI (5)LBO (6)XF-RFI bracket.

Then repeat the sequence.

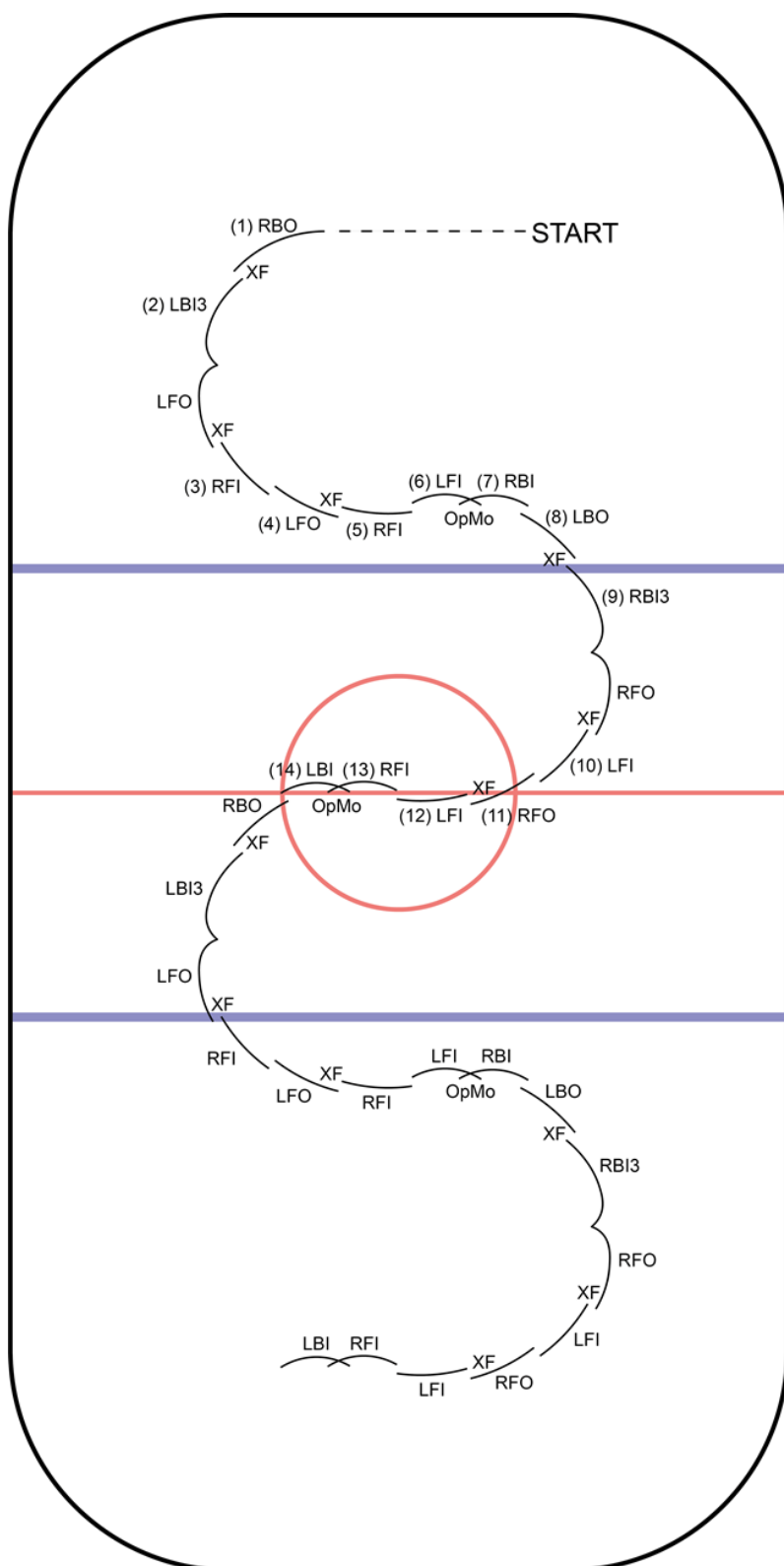
- Optional shape (figure of eight or circular)
- A minimum of four and maximum of six brackets in total

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 5

EXERCISE 5 - SKATING EXERCISE



LEARNING OBJECTIVES:

- To skate with flow, glide, and freedom of movement.
- Controlling the extended entry and exit edges of the 3 turns.
- Good clean foot placement throughout.

OUTCOME:

Demonstrate quality and control when skating with flow and glide.

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

(1)RBO (2)XF-LBI 3 turn (3)XF-RFI (4)LFO (5)XF-RFI (6)LFI open mohawk (7)RBI (8)LBO (9)XF-RBI 3 turn (10)XF-LFI (11)RFO (12)XF-LFI (13)RFI open mohawk (14)LBI.
Then repeat the sequence.

- Two lobes on each foot
- Serpentine shape

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: