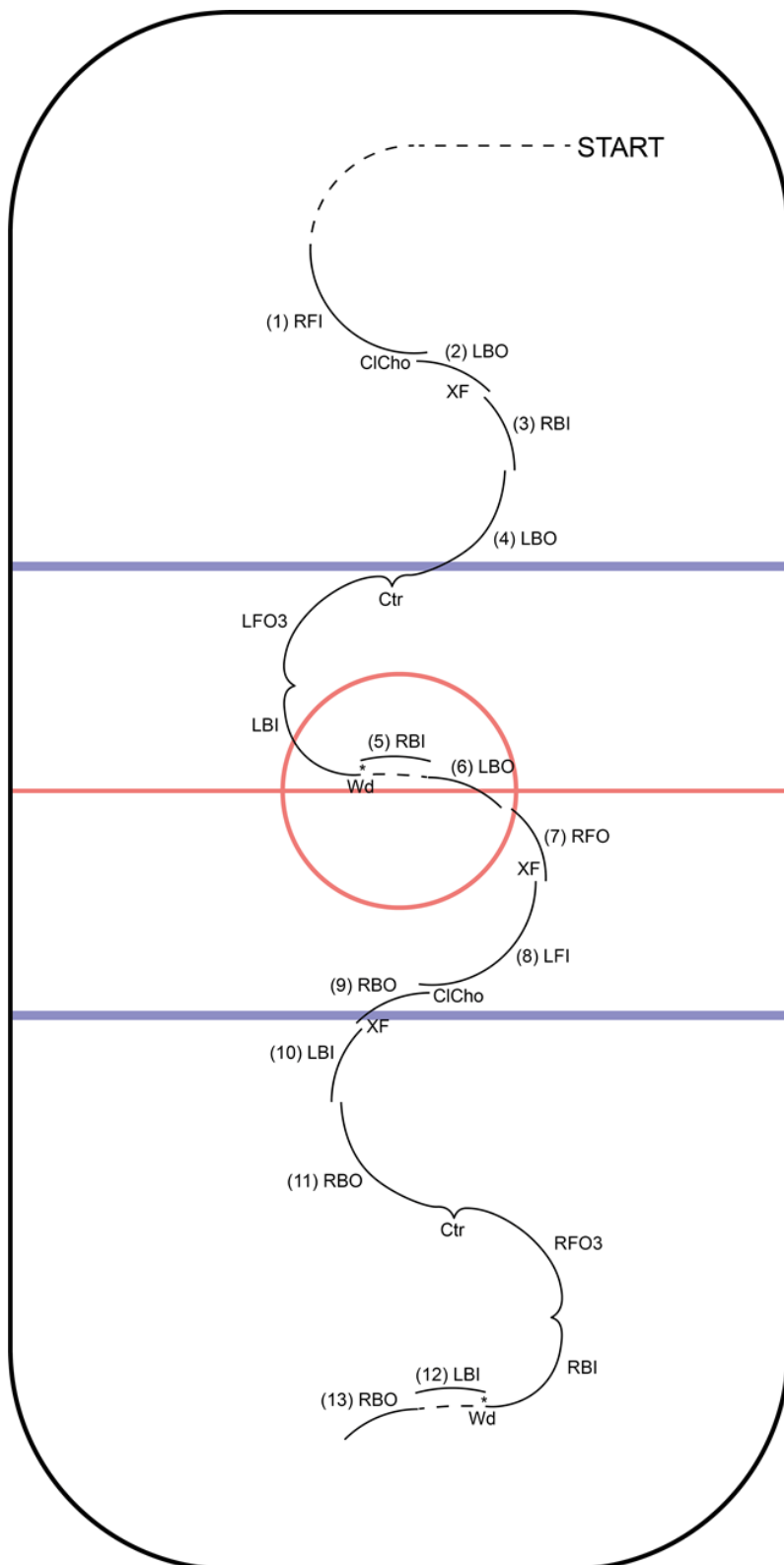


SKILLS TEST 7

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

- ***FORWARD INSIDE CHOCTAWS & BACKWARD
OUTSIDE COUNTERS***
- ***BACKWARD OUTSIDE CHOCTAWS & FORWARD
INSIDE COUNTERS***
- ***BACKWARD INSIDE COUNTERS & TWIZZLES***
 - ***ROCKER-COUNTER***
 - ***OUTSIDE BRACKETS***

EXERCISE 1 - FORWARD INSIDE CHOCTAWS & BACKWARD OUTSIDE COUNTERS

LEARNING OBJECTIVES:

- *Understanding backward outside counter turns.*
- *Controlling the body positions to execute the steps and turns correctly.*
- *Maintaining consistent speed throughout the exercise.*

OUTCOME:

Demonstrate control of the body movement to perform clean steps and turns.

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

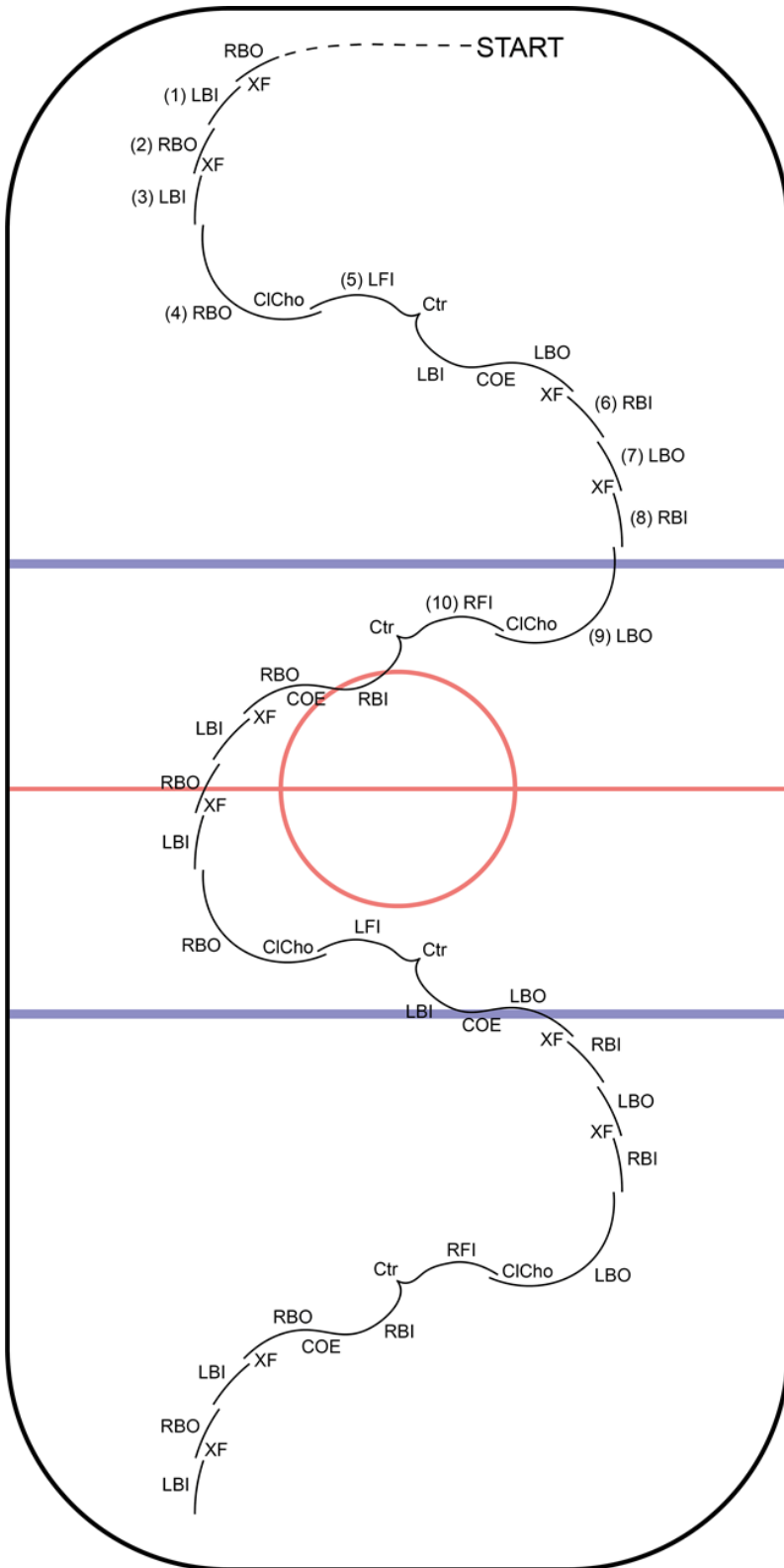
START (1)RFI closed choctaw (2)LBO (3)XF-RBI (4)LBO-LFO counter-3 turn, whilst staying on the left foot step wide to (5)RBI push back to the (6)LBO (7)RFO (8)XF-LFI closed choctaw (9)RBO (10)XF-LBI (11)RBO counter-3 turn, whilst staying on the right foot step wide to the (12)LBI push back to the (13)RBO. This completes the exercise.

- **Utilise the full ice surface**
- **Repeat down both lengths of 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:

EXERCISE 2 - BACKWARD OUTSIDE CHOCTAWS & FORWARD INSIDE COUNTERS



LEARNING OBJECTIVES:

- To hold a strong backward outside edge to perform the choctaw.
- Understanding forward inside counter turn.
- Controlling the body positions to execute the steps and turns correctly.

OUTCOME:

Demonstrate control of the body movement and depth of edge to perform clean steps and turns.

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

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

Then repeat the sequence.

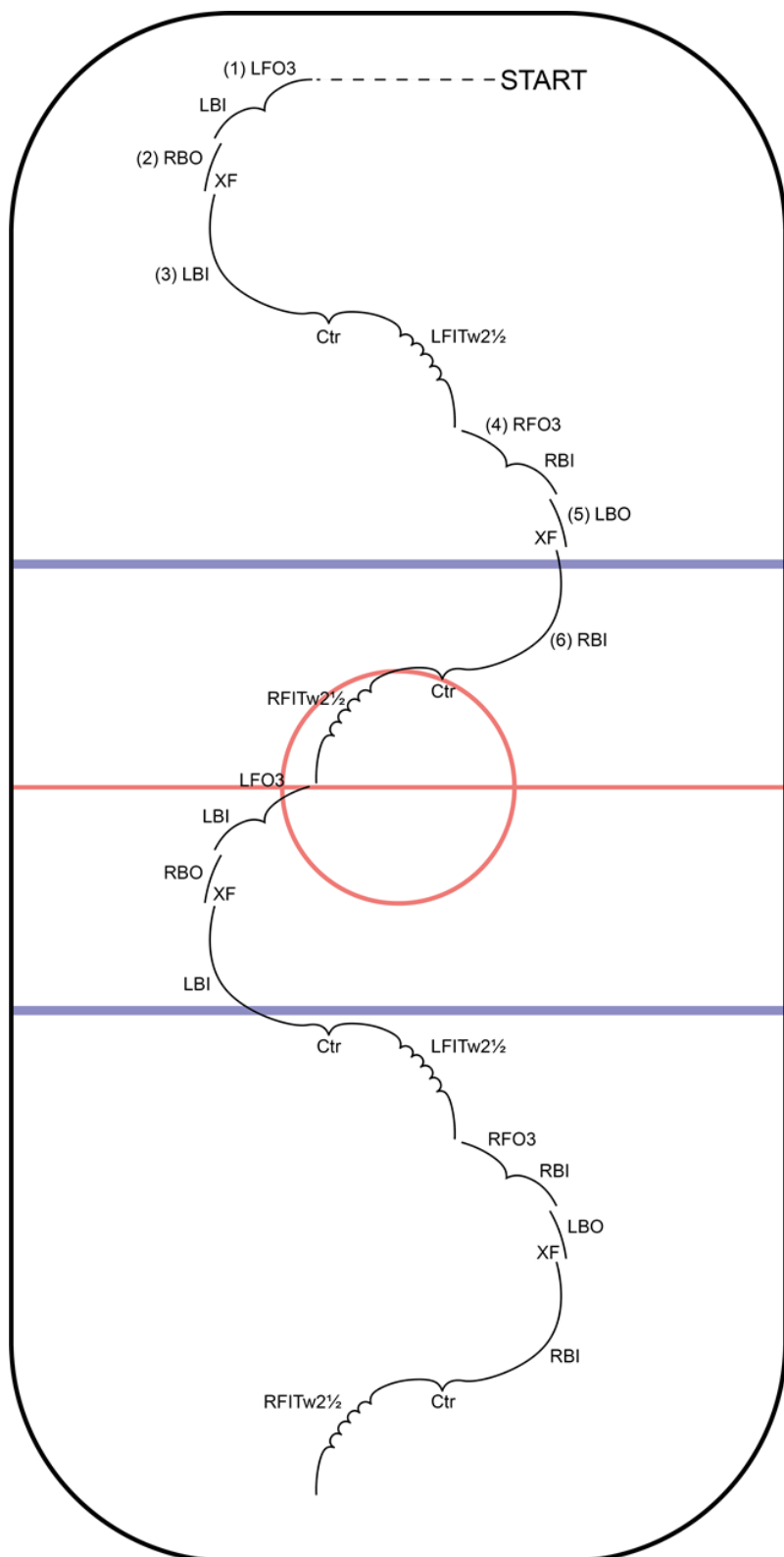
- Minimum two lobes on each foot
- Utilise the full ice surface

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 7

EXERCISE 3 – BACKWARD INSIDE COUNTERS & TWIZZLES



LEARNING OBJECTIVES:

- To hold a strong backward inside edge to perform the counter.
- Learning to combine two difficult turns.
- Controlling the exit edge out of the twizzle.

OUTCOME:

Demonstrate control of the body movement to perform clean turns.

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

(1)LFO 3 turn (2)RBO (3)XF-LBI counter-twizzle 2½ (4)RFO 3 turn (5)LBO (6)XF-RBI counter-twizzle 2½.

Then repeat the sequence.

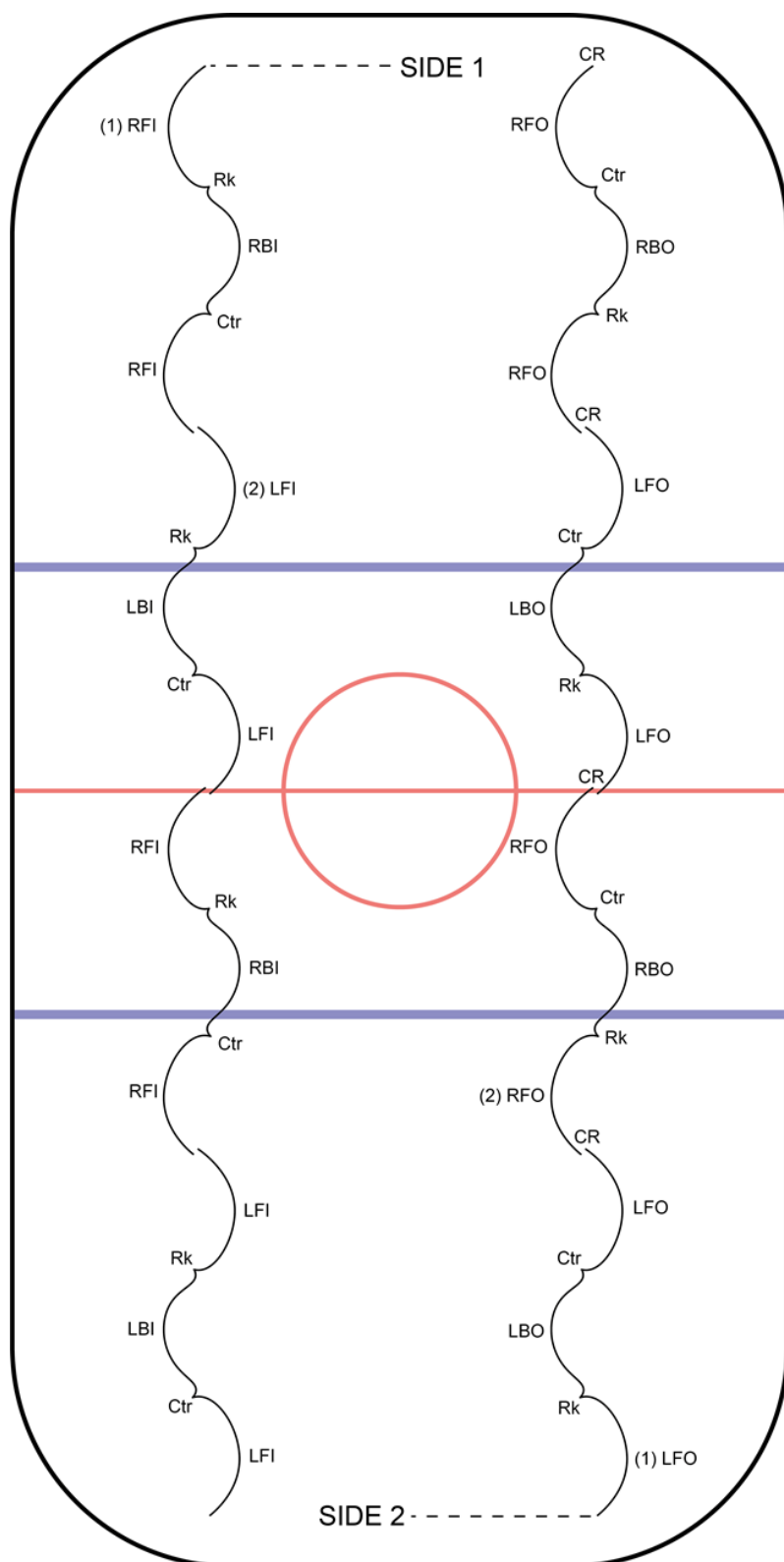
- Utilise the full ice surface

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 7

EXERCISE 4 - ROCKER-COUNTER



LEARNING OBJECTIVES:

- Understanding the body check between the rocker and counter turns.
- Rhythmic knee action through the rocker and counter turns.
- Correct edges and foot placement.

OUTCOME:

Demonstrate the rocker and counter turns with control and rhythm.

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

SIDE 1 (1)RFI rocker-counter (2)LFI rocker-counter.

Then repeat the sequence.

- Utilise the full length of the ice surface

SIDE 2 (1)LFO rocker-counter-cross roll (2)RFO rocker-counter-cross roll.

Then repeat the sequence.

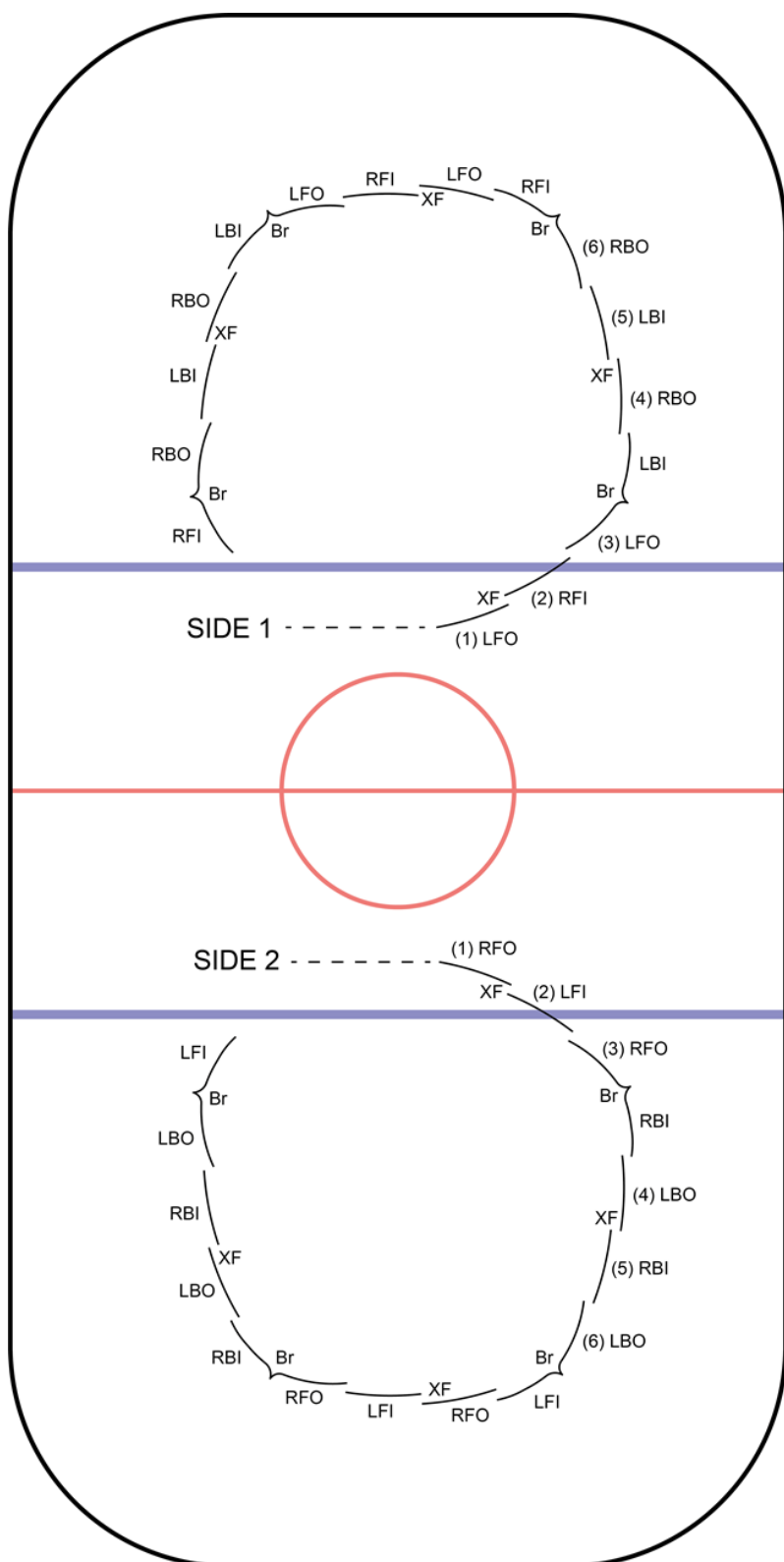
- Utilise the full length of the ice surface

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 7

EXERCISE 5 - OUTSIDE 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 (1)LFO (2)XF-RFI (3)LFO bracket (4)RBO (5)XF-LBI (6)RBO 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 (1)RFO (2)XF-LFI (3)RFO bracket (4)LBO (5)XF-RBI (6)LBO 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: