

## Forward Inside Three Turn

Every turn is relatively easy to perform once the skater has acquired the ability to balance over their blade and is able to coordinate their body to initiate and stop the rotation necessary to perform the turn without diminishing the flow on the curve.

When skating school figures, the free leg was slightly bent at the knee and the skater would be looking down to trace the circles and line up the turns and both slides of the figure.

Turns performed as MITF elements should utilize the hockey lines and other visual references of the areas surrounding the ice surface to assist in achieving the recommended pattern.

A look at the MITF patterns show how the elements are designed to fit into the four quadrants of the ice surface. Quadrants are defined as the area formed by dividing the ice surface lengthwise from one hockey net to the other hockey net and divided again from side to side by the red hockey line that bisects the center face off circle.

Most lower MITF elements are performed on sections of half circles or lobes that are performed down the side of the rink. A few occur that use a hockey line from one side barrier to the opposite barrier or the hockey face off circles at both ends of the rink.

More advanced MITF elements may occur in diagonal patterns from one corner to the opposite corner.

All MITF elements have a long and short axis that are laid out in each of the four quadrants as illustrated in the patterns in the rulebook.

Skaters should pay attention to the transitions that lineup one lobe to the next lobe. At each MITF level the skater must achieve a consistent size and shape of the lobes necessary to fit the element on the ice surface without slowing down. Failure to do this results in the skater running out of room or they slow down (to avoid running into the barrier), or both errors occur. This is a serious impediment to passing any MITF element.

Skaters also need to achieve a minimum amount of speed (flow or power) that judges expect for each MITF level. As part of the design of each MITF test, each higher test level is associated with increased performance expectations.



***Entry edge of a Left Forward Inside 3-Turn***

The skater should be looking straight down the long axis when performing the turn. The incoming and outgoing shoulders of the turn should be equal and the cusp of the turn pointing down the long axis.

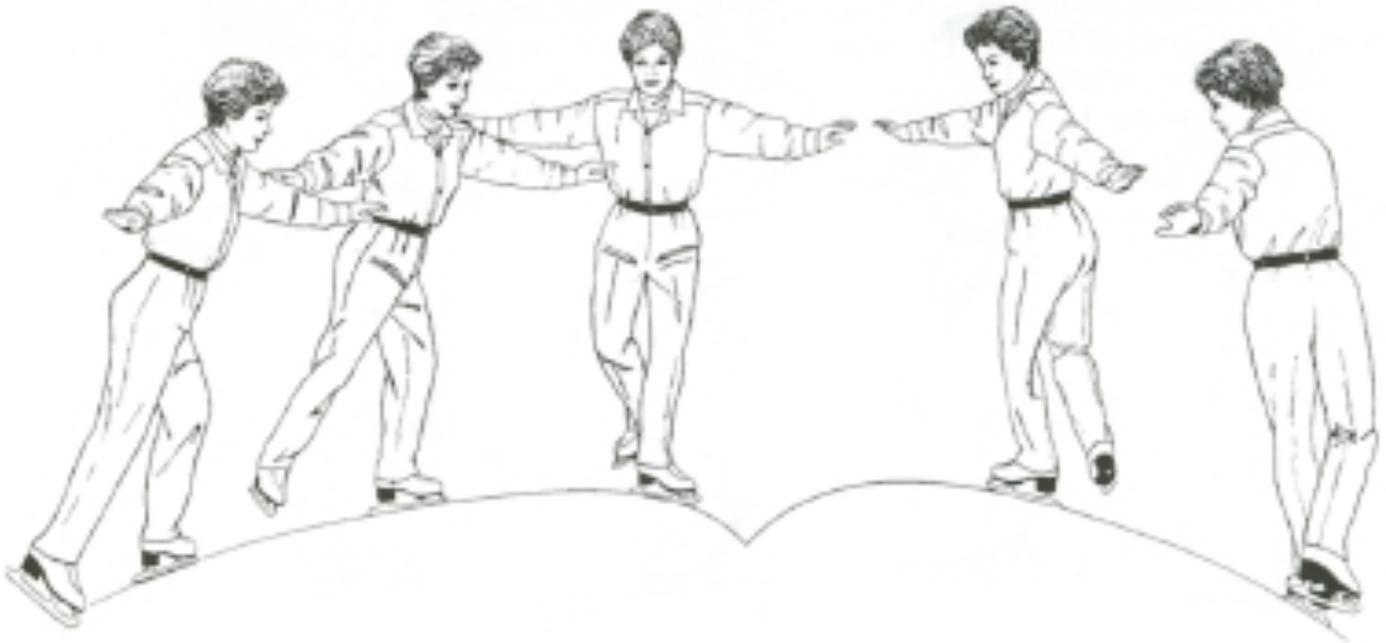


***Position just prior to turning the three***

Arms and shoulders parallel to tracing and the free leg is close to the skating foot so that the body pivots around the central balance point.

***Position after the three is completed***

The body completes the turn with the arms and shoulders parallel to the tracing and the free leg extending back over the arc of the circle.



***Upper body and shoulder rotation into and out of a Left Forward Inside 3-Turn***