

Intermediate Test – Forward Twizzles

FORWARD OUTSIDE TWIZZLES:

The move begins from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on a RBI after 1-1/2 revolutions. The skater shall then step LFO to complete the 'set.'

Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

FORWARD INSIDE TWIZZLES:

The second part of the move begins from a standing start with a LFI roll to RFI twizzle which ends on RBO after 1-1/2 revolutions. The skater shall then step LFI to complete the 'set.'

Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

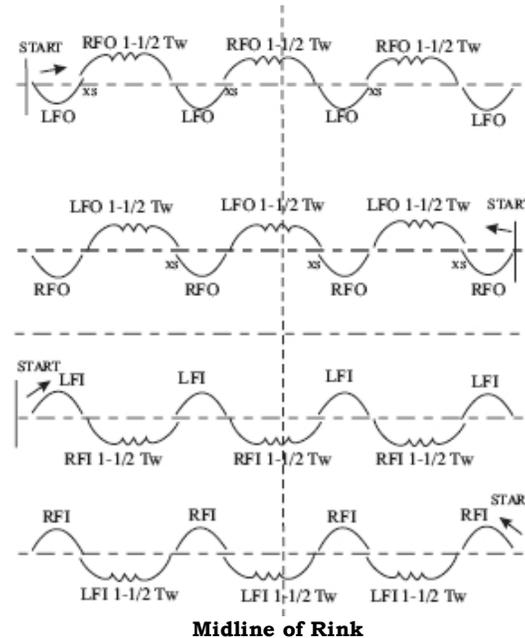
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

The diagram shows clockwise and counterclockwise circles. *See Note for additional comments.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of the lobes should be a consistent, equal size. The transition from lobe to lobe should be smoothly and controlled. Diagonal transitions would receive a negative GOE.

A skater who develops and maintains continuous forward flow in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height. Free positions when performing twizzles should be equal through the turns.

The following technical errors would receive a negative GOE of -1 to -3:

- Not returning to long axis to start each lobe
- Toe pushing - Inability to push equally CCW & CW
- Retrogressing or diagonal center
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral technical skill development and power as expected for test level
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch
- Poor edge quality with wobbles and subcurves
- Lack of smooth upper body lean and control
- Inability to achieve a controlled distribution of weight in turning twizzles
- Lacking a consistent and even tempo in performing all twizzle sets

Note: The lobes should establish a consistent pattern with equally controlled size and shape in each direction that is maintained before and after the twizzles.