

Backward Double 3-Turns	Description	Focus	Comments
	<p>The skater will perform consecutive back double three-turns on half circles with alternating of feet.</p> <p>Four to six half circles will be skated depending on the length of the arena and the strength of the skater.</p> <p>The sequence begins with Back Outside double three-turns covering the first length of the arena.</p> <p>The Back Inside double three-turns will cover the second length of the arena.</p> <p>Introductory steps and end patterns are optional.</p> <p>The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.</p>	<p><b>Focus</b></p> <ul style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Edge Quality</b> – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p><b>Errors</b></p> <ul style="list-style-type: none"> <li>• 3's skated too close together</li> <li>• Lack of control between turns</li> <li>• Improper placement</li> <li>• Inability to maintain flow throughout</li> <li>• Lack of total extension throughout move</li> </ul> <p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>• Control throughout</li> <li>• No major subcurves</li> <li>• Back 3 on top of lobe and forward at 2/3 's</li> <li>• Controlled gliding edge between turns with nicely extended free leg</li> </ul> <p>Note: A larger pattern executed with proper curvature indicates an increase in the quality of the skating</p>	