

Brackets in the Field (Forward Outside-Back Inside) & (Forward Inside-Back Outside)	Description	Focus	Comments
<p>The diagram illustrates the skater pattern on an oval ice rink. It is divided into two main sections: 'Intro Steps' and 'Primary Focus'. The 'Intro Steps' section consists of two sets of turns on half circles, labeled RFOB, LBOB, RFIH, LBOB, and RFTB. The 'Primary Focus' section also consists of two sets of turns on half circles, labeled LFI, RBO, RFI, LBO, and RBO. A horizontal dashed line separates the two sections. The text 'PRIMARY FOCUS: EDGE QUALITY' is written across the middle of the diagram. 'START' arrows indicate the beginning of each set of turns.</p>	<p>The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the arena.</p> <p>Continuing down the remaining length of the arena the skater will then perform two sets of turns (LFO-RBI).</p> <p>The entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half of the length of the arena.</p> <p>Continuing down the remaining length of the arena, the skater performs two sets of turns (RFI-LBO)</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>Focus</p> <ul style="list-style-type: none"> • Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern. • Core Body – Head, upper body/torso, and arm control coordinated with free leg extension • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe. • Edge Quality – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Toe pushing • Incorrect blade placement in relation to long axis • Early bracket placement • Scraped turns • 2 footed after back pushes • Lobes uneven • Difficulty maintaining flow • Lack of upper body control during turns <p>Expectations</p> <ul style="list-style-type: none"> • Proper edge when the foot hits the ice • Adherence to a common axis • Controlled brackets in and out on proper edges and even lobes (no major subcurves), (minimum of scraping, no jumped turns) and ability to maintain control of body alignment 	
<p>Introductory steps are optional</p>		<p>Extra credit for more speed with control</p>	