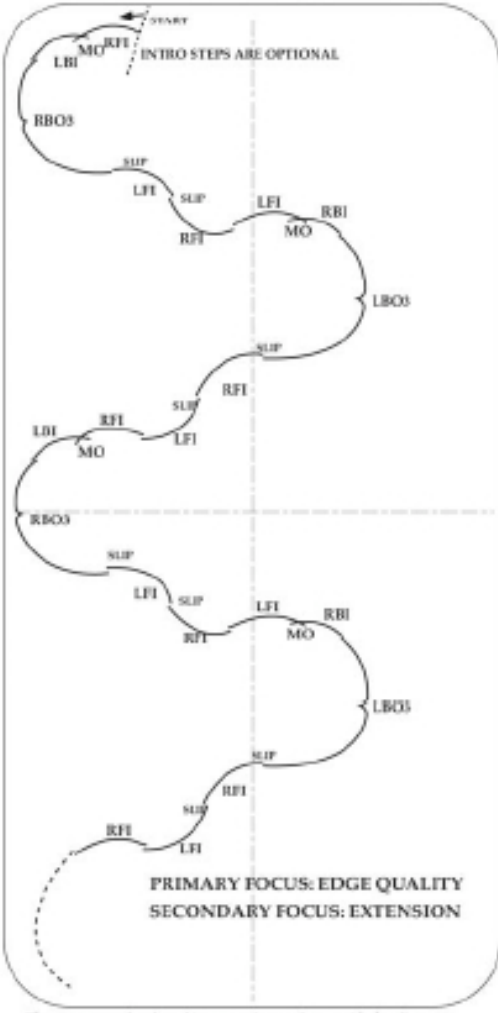


Inside Slide Chasse Pattern	Description	Focus	Comments
 <p data-bbox="220 1299 556 1331">Introductory steps are optional</p>	<p data-bbox="667 251 888 446">The skater will perform four alternating patterns of inside slide chasses preceded by back power three-turns.</p> <p data-bbox="667 519 888 617">The pattern should cover the entire length of the arena.</p> <p data-bbox="667 690 888 755">Introductory steps are optional</p> <p data-bbox="667 828 888 1258">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 data-bbox="919 178 1018 211">Focus</p> <ul data-bbox="919 251 1518 722" 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 data-bbox="919 771 1018 803">Errors</p> <ul data-bbox="919 812 1438 974" style="list-style-type: none"> • Lack of control after back turn • Lobes too small due to lack of power • Shallow FI edges during the slide chasses • Poor extension • Incorrect pattern <p data-bbox="919 1031 1102 1063">Expectations</p> <ul data-bbox="919 1071 1501 1234" style="list-style-type: none"> • Hear the "rip" during slide chasses • Even flow throughout (through slide chasses) • Good posture and body alignment over curving edges • Even cadence <p data-bbox="919 1274 1518 1372">Extra credit for increased ice coverage executed with proper curvature indicates better edge quality and power</p>	