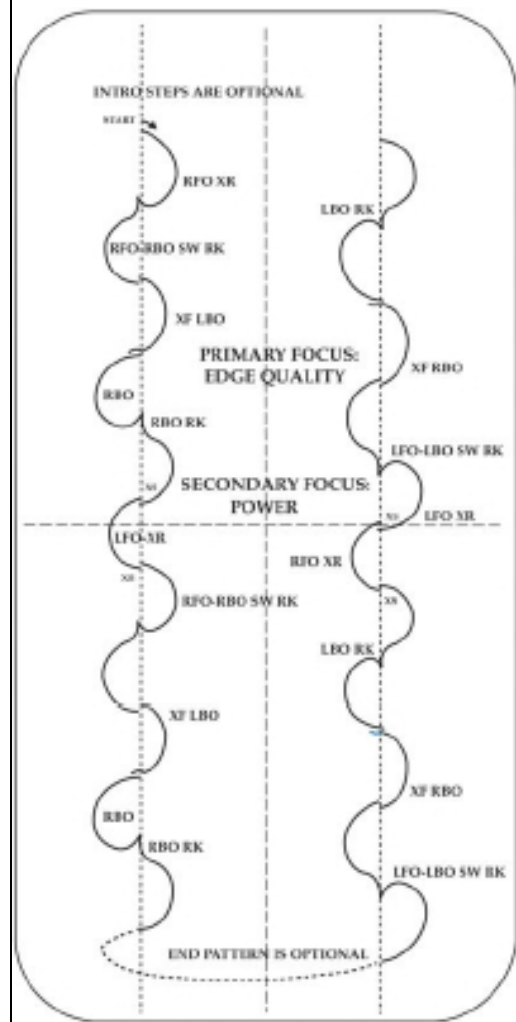


# Junior MITF Pattern 4

# Skater

## Forward & Backward Inside Rockers



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.

## Description

The skater will perform forward inside rockers followed by back inside rolls back inside rocker.

This back inside rocker is followed by two forward inside rolls to a forward inside rocker for the length of the arena.

The skater has the option of starting the first length with either the right or left foot forward rockers.

The second length will be performed with the forward and backward inside rockers on the opposite foot.

The introductory steps and end sequence of steps are optional.

There should be two forward and two backward rockers.

Introductory steps are optional

## Focus

- **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.
- **Turn Quality** – Bilateral solid edges without sub-curves into or out of turns and balanced lobes
- **Quickness** - even rhythm or tempo

## Errors

- Inability to maintain flow throughout
- Lots of scraping and skidding through rockers
- Poor posture
- Major changes of edge before or after rockers
- Inability to obtain an even rhythm & quickness

## Expectations

- Clean Rockers on correct edges - Sometimes stronger on one side than other
- Complete required sets as stated in the rulebook
- Demonstrate an even rhythm with no loss of speed
- Accomplish good control of upper body carriage, particularly the arms

## Comments