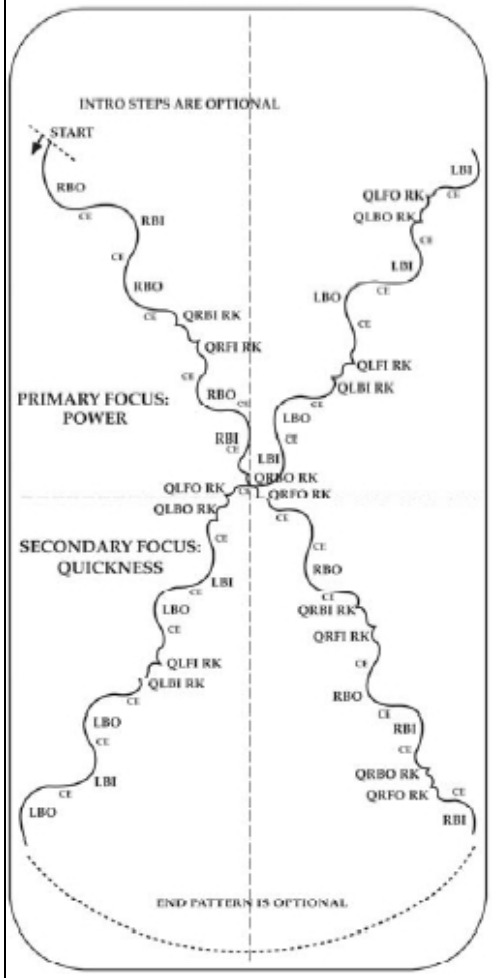
Junior MITF Pattern 5 **Skater** _____

Power Pulls



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 a sequence of three power pulls followed by two quick twisting rockers.

This sequence is then repeated consecutively down the entire diagonal of the arena.

It is then performed on the opposite diagonal of the arena.

There should be a total of three to four sequences per foot.

The introductory steps and end sequence of 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
- Inability to maintain a diagonal

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
- Achieve control and an undisturbed upper body carriage, particularly the arms

Comments