

Choctaw Sequence	Description	Focus	Comments
<p>INTRO STEPS ARE OPTIONAL</p> <p>START</p> <p>RBO * wide clCho</p> <p>wide opCho * LFI</p> <p>RBO * wide clCho</p> <p>wide opCho * LFI</p> <p>RBO * wide clCho</p> <p>wide opCho * LBO</p> <p>RFI * wide opCho</p> <p>wide clCho * LBO</p> <p>RFI * wide opCho</p> <p>wide clCho * LBO</p> <p>RBO * wide clCho</p> <p>wide opCho * LFI</p> <p>RBO * wide clCho</p> <p>wide opCho * LFI</p> <p>RBO * wide clCho</p> <p>wide opCho * LFI</p> <p>RBO</p> <p>1ST DIAGONAL</p> <p>PRIMARY FOCUS: EDGE QUALITY</p> <p>SECONDARY FOCUS: POWER</p>	<p>The skater will perform a Choctaw sequence that covers the entire diagonal length of the arena.</p> <p>The sequence is performed with two consecutive Choctaws which are then performed in the opposite direction.</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>The introductory steps and end sequence of steps are optional.</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. • Edge Quality – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe • Turn Quality – Bilateral turns performed with flowing edges and excellent control throughout. • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Core Body – Head, upper body/torso, and arm control coordinated with free leg extension • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Inability to maintain flow throughout • Lots of scraping and skidding during Choctaws • Poor posture • Mohawks rather than Choctaws • Inability to obtain an even rhythm & quickness <p>Expectations</p> <ul style="list-style-type: none"> • Clean Choctaws on correct edges – Provide extra credit if bilateral turning ability • Complete required sets as stated in the rulebook • Demonstrate an even rhythm with no loss of speed • Accomplished control and an undisturbed upper body carriage, particularly the arms 	