

Junior Test – Straight Line Step Sequence 1

The element begins from a standing start with two open strokes R and L. The skater shall perform a RFO rocker and cross forward to LBI rocker, which enters immediately into a LFI counter.

Next is a RBO double twizzle, stepping forward into a LFO chasse to LFO swing counter. The counter is immediately followed by a cross in front to RBI, followed by three clockwise toe steps and another cross in front RBI.

The skater then steps forward onto LFI and changes lobe with a 1-1/2 revolution RFI twizzle followed immediately by an edge pull to change edge into a RBI double 3.

Finally, the skater pushes into a LBI rocker followed by a LFI rocker, and then a RBI loop.

Sequence is to be repeated starting on other foot.

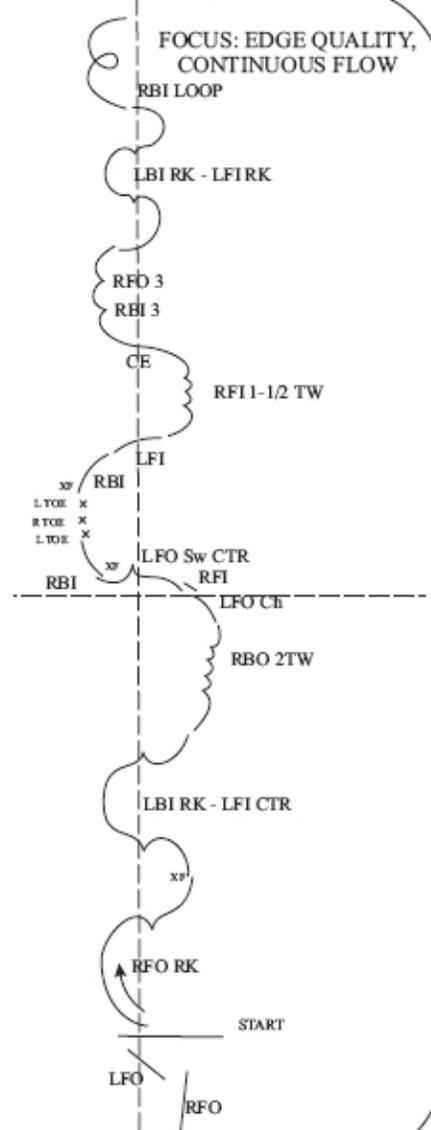
NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

- Accuracy - Pattern
- Edge quality
- Turn quality
- Extension
- Quickness - Tempo
- Power - Acceleration
- Continuous flow
- Posture/Carriage – Core Body
- Bilateral movement

The diagram shows the forward and backward lobes. See Note for additional comments.



Rink Midline and Element Long Axis

USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent with the sides of the lobes lined up parallel to the long axis bisecting the lobes.

The return to the center axis should not retrogress when crossing the long axis. Diagonal centers would likely cause the skater to distort the pattern, run out of room and receive a negative GOE.

A skater who develops and maintains continuous forward flow in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height. Back and forward extensions should be equal height.

The following technical errors would receive a negative GOE of -1 to -3:

- Running out of room and slowing down
- Toe pushing
- Inability to achieve continuous power
- Lacking bilateral power expected for test level
- Poor core body position – bent forward at waist and shoulders elevated
- Lack of upper body lean and control
- Poor edge quality with wobbles and subcurves
- Lack of smooth, controlled transfer of weight in turns
- Lacking bilateral technical skill development
- Extension to side (not over tracing), high free leg, and bending forward at waist.

Note: The twizzle lobes are larger, but performed on a more shallow edge than Rocker and Counter lobes. Skaters need to fit the steps equally into each half of the rink for maximum credit.