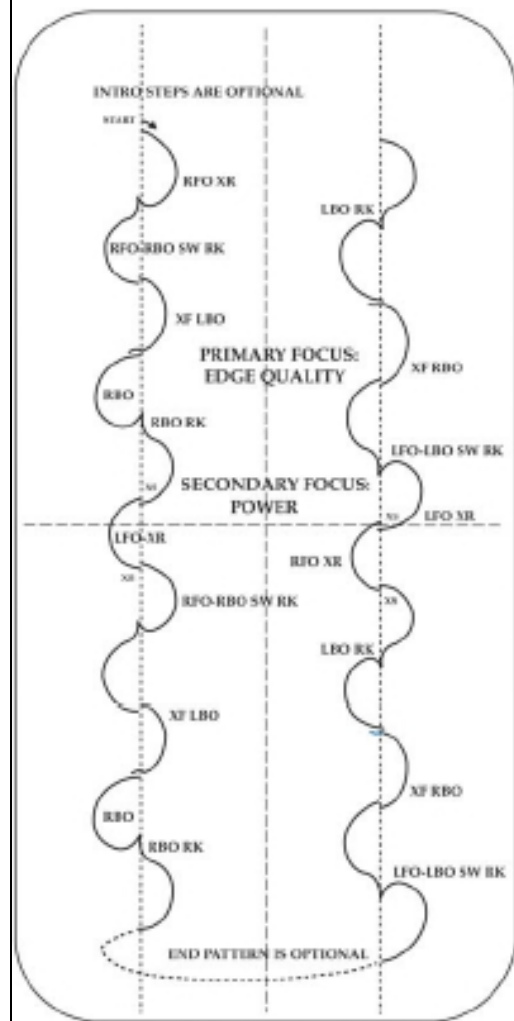


<p>Forward and Backward Outside Rockers</p>	<p>Description</p>	<p>Focus</p>	<p>Comments</p>
<div data-bbox="130 256 632 1263" data-label="Diagram"> </div> <p data-bbox="142 1302 611 1481">The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.</p>	<p data-bbox="655 256 945 435">The skater will perform forward outside rockers followed by a cross in front, then feet together to push to a back outside rocker.</p> <p data-bbox="655 467 945 587">This back outside rocker is followed by two forward outside crossrolls to a forward rocker.</p> <p data-bbox="655 620 945 740">The skater has the option of starting the first length with either the right or left foot forward rockers.</p> <p data-bbox="655 773 945 925">The second length will be performed with the forward and backward outside rockers on the opposite foot.</p> <p data-bbox="655 958 945 1016">The end sequence of steps is optional.</p> <p data-bbox="655 1049 945 1140">There should be two forward and two backward rockers.</p> <p data-bbox="697 1269 903 1328">Introductory steps are optional</p>	<p data-bbox="961 175 1501 219"><b>Focus</b></p> <ul data-bbox="970 246 1486 799" style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/ torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Turn Quality</b> – Bilateral solid edges without sub-curves into or out of turns and balanced lobes</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p data-bbox="961 831 1501 875"><b>Errors</b></p> <ul data-bbox="970 867 1478 1133" style="list-style-type: none"> <li>• Inability to maintain flow throughout</li> <li>• Lots of scraping and skidding through rockers</li> <li>• Poor posture</li> <li>• Major changes of edge before or after rockers</li> <li>• Inability to obtain an even rhythm &amp; quickness</li> </ul> <p data-bbox="961 1166 1501 1209"><b>Expectations</b></p> <ul data-bbox="970 1201 1478 1468" style="list-style-type: none"> <li>• Clean Rockers on correct edges - Sometimes stronger on one side than other</li> <li>• Complete required sets as stated in the rulebook</li> <li>• Demonstrate an even rhythm with no loss of speed</li> <li>• Accomplished control and an undisturbed upper body carriage, particularly the arms</li> </ul>	

# 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

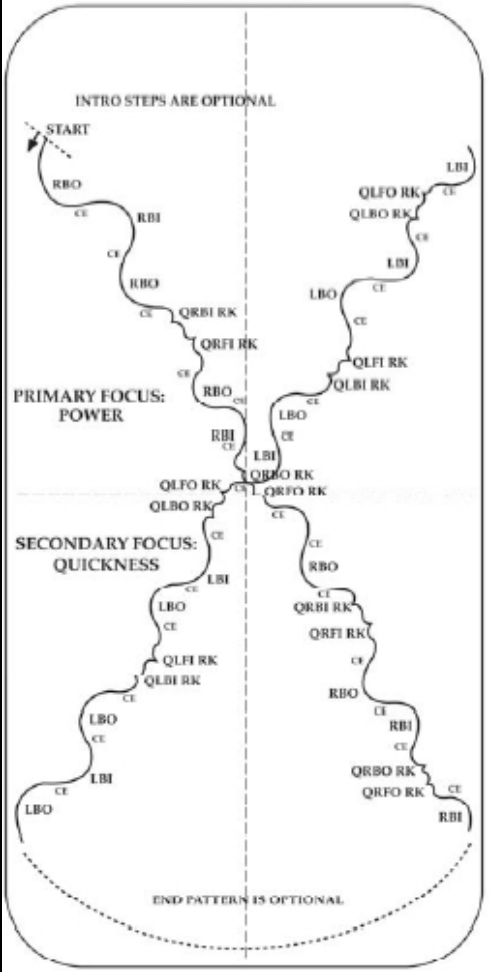
### Errors

- 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

Power Pulls	Description	Focus	Comments
 <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 skater will perform a sequence of three power pulls followed by two quick twisting rockers.</p> <p>This sequence is then repeated consecutively down the entire diagonal of the arena.</p> <p>It is then performed on the opposite diagonal of the arena.</p> <p>There should be a total of three to four sequences per foot.</p> <p>The introductory steps and end sequence of steps are optional.</p>	<p><b>Focus</b></p> <ul style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/ torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Turn Quality</b> – Bilateral solid edges without sub-curves into or out of turns and balanced lobes</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p><b>Errors</b></p> <ul style="list-style-type: none"> <li>• Inability to maintain flow throughout</li> <li>• Lots of scraping and skidding through rockers</li> <li>• Poor posture</li> <li>• Major changes of edge before or after rockers</li> <li>• Inability to obtain an even rhythm &amp; quickness</li> <li>• Inability to maintain a diagonal</li> </ul> <p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>• Clean Rockers on correct edges - Sometimes stronger on one side than other</li> <li>• Complete required sets as stated in the rule-book</li> <li>• Demonstrate an even rhythm with no loss of speed</li> <li>• Achieve control and an undisturbed upper body carriage, particularly the arms</li> </ul>	

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><b>Focus</b></p> <ul style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Edge Quality</b> – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe</li> <li>• <b>Turn Quality</b> – Bilateral turns performed with flowing edges and excellent control throughout.</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Core Body</b> – Head, upper body/torso, and arm control coordinated with free leg extension</li> <li>• <b>Quickness</b> – even rhythm or tempo</li> </ul> <p><b>Errors</b></p> <ul style="list-style-type: none"> <li>• Inability to maintain flow throughout</li> <li>• Lots of scraping and skidding during Choctaws</li> <li>• Poor posture</li> <li>• Mohawks rather than Choctaws</li> <li>• Inability to obtain an even rhythm &amp; quickness</li> </ul> <p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>• Clean Choctaws on correct edges – Provide extra credit if bilateral turning ability</li> <li>• Complete required sets as stated in the rulebook</li> <li>• Demonstrate an even rhythm with no loss of speed</li> <li>• Accomplished control and an undisturbed upper body carriage, particularly the arms</li> </ul>	

# Junior Test – Backward Loops

## BACKWARD OUTSIDE LOOPS:

The move begins from a standing start with a LFO3 into three BI rolls. The last BI roll is followed by a RBIO change of edge into a RBO loop.

The skater then performs a change of edge to push LBI into three more BI rolls followed by a LBIO change of edge into a LBO loop.

This sequence should be repeated twice down the length of the arena.

## BACKWARD INSIDE LOOPS:

This side of the move begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBO-LBI change of edge into a LBI loop.

The skater then performs a change of edge to push into three more BO cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBO-RBI change of edge into a RBI loop.

This sequence should be repeated twice down the length of the arena.

**NOTE:** This element may start in either direction.

## TR 22.08 Assigning Marks

### Focus Points:

**Accuracy - Pattern**

**Edge quality**

**Turn quality**

**Extension**

**Quickness - Tempo**

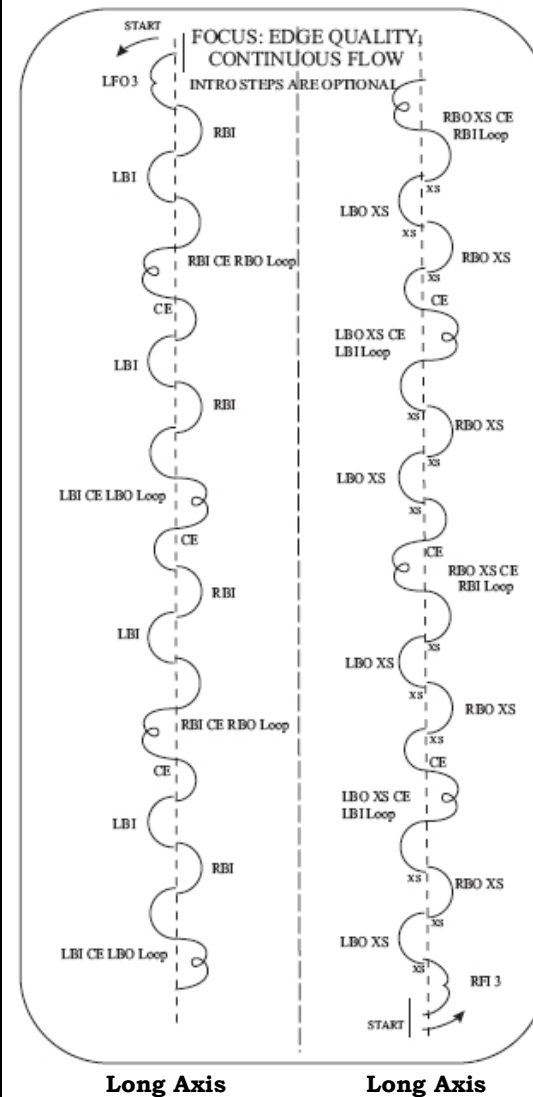
**Power - Acceleration**

**Continuous flow**

**Posture/Carriage – Core Body**

**Bilateral movement**

The diagram shows clockwise and counterclockwise lobe. *See Notes for additional comments.*



USFS Test Book source of MITF diagram and element description

## Judging Considerations:

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

The return to center should split the two lobes without crossing the short axis. Diagonal and retrogressed strikes would 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:

- Not returning to center and failure to start the next loop's lobe at the long axis
- Toe pushing - Inability to push equally CCW & CW
- Retrogressing or diagonal center
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral technical skill development and power as expected for test level
- Free leg on back inside loop trailing (touching ice)
- Lack of free leg to perform a loop action in the air
- Wobbles and subcurves returning to center
- Lack of smooth upper body lean and control

**Notes:** A correctly skated loop has equal shoulders. The size of a loop when skating figures was measure by the skater's blade length. The ratio was 1 1/2 long by 1 wide.

When skating figures the circle was the height of the skater, but in actuality it was performed on circle that was 3/4 the height of the skater.

Judges will deduct if the loops are too large, too small, or not performed. Additional deductions will be taken if the loops are turned off axis.

# 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.

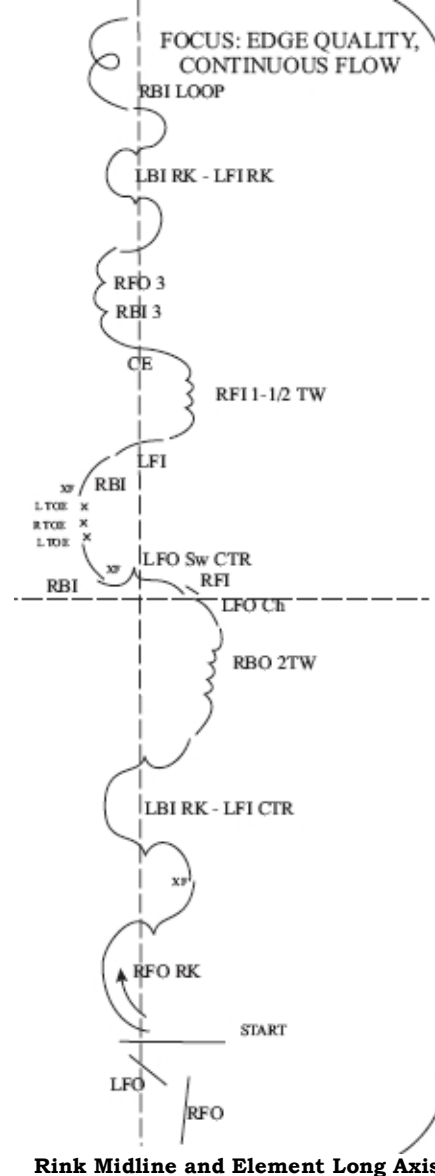
NOTE: This move may start in either direction.

## 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.

# Junior Test – Straight Line Step Sequence 2

The second pattern begins from a standing start with two open strokes L and R.

The skater shall perform a LFO rocker and cross forward to RBI rocker, which enters immediately into a RFI counter.

Next is a LBO double twizzle, stepping forward into a RFO chasse to RFO swing counter.

The counter is immediately followed by a cross in front to LBI, followed by three counter-clockwise toe steps and another cross in front LBI.

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

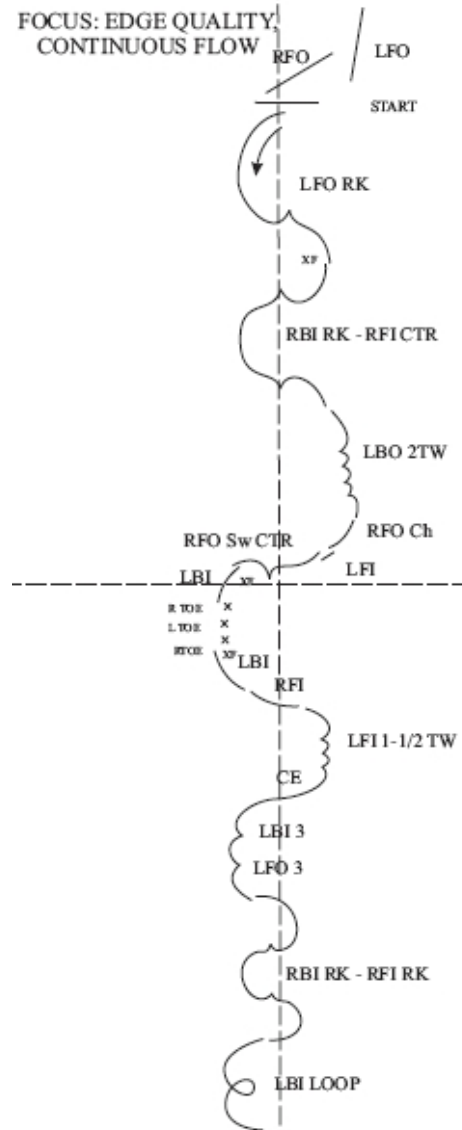
Finally, the skater pushes into a RBI rocker followed by a RFI rocker, and then a LBI loop.

## 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 circles.

The return to the center axis should not retrogress when crossing the short 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.*