

Juvenile Test - Forward Power Stroking

Starting from a standing position, the skater will perform forward crossovers progressively increasing in foot speed, acceleration (Tempo), and power throughout the entire element, from a slow but gradually accelerating pace, to fully accelerated crossovers.

As the skater accelerates, the circle circumference increases.

Power circles are performed both in counterclockwise and clockwise directions.

It is recommended that no more than 15 crossovers be utilized in completing this element.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

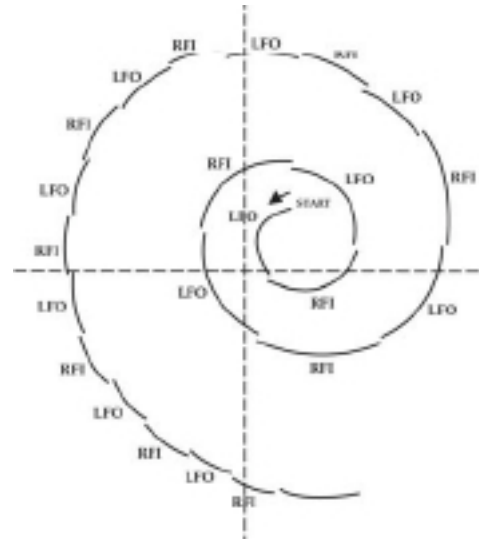
Power - Acceleration

Continuous flow

Posture/Carriage - Core Body

Bilateral movement

The diagram shows the forward expanding circles. *See Note for additional comments.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of the CW and CCW should be consistent – equal size and shape.

A skater who accelerates from slow to full forward power in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Head, shoulders and hips should turn into the center of the circle. Hands should be at or close to waist/hip level, not at shoulder height. Pushes must extend fully backwards over the tracing to achieve maximum thrust.

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

- Toe pushing
- Inability to push equally from both feet
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral power expected for test level
- Lacking bilateral technical skill development
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch
- Lack of upper body lean and control
- Lack of smooth, controlled transfer of weight from one stroke to the next - i.e. short, choppy strokes that does not generate power

Note: The pattern is not diagramed to reflect the acceleration and the length of each edge as the tempo increases.

Juvenile Test - Backward Power Stroking

Starting from a standing position, the skater will perform back crossovers progressively increasing in foot speed, acceleration (Tempo), and power throughout the entire element, from a slow but gradually accelerating pace, to fully accelerated crossovers.

As the skater accelerates, the circle circumference increases.

Power circles are performed both in counter-clockwise and clockwise directions.

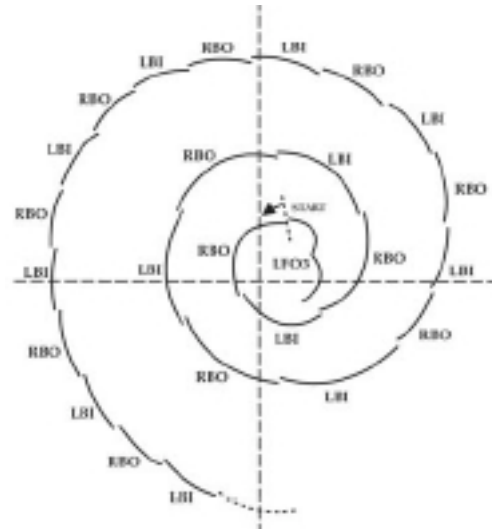
It is recommended that no more than 15 crossovers be utilized in completing this move

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 backward expanding circles. *See Note for additional comments.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of the CW and CCW should be consistent – equal size and shape.

A skater who accelerates from slow to full forward power 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:

- Toe pushing
- Inability to push equally from both feet
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral power expected for test level
- Lacking bilateral technical skill development
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch
- Lack of upper body lean and control
- Lack of smooth, controlled transfer of weight from one stroke to the next - i.e. short, choppy strokes that does not generate power

Note: The pattern is not diagramed to reflect the acceleration and the length of each edge as the tempo increases.

Juvenile Test – Eight Step Mohawk Sequence

The move begins with the skater performing two Eight-step Mohawk sequences counter-clockwise.

The step order is: Forward crossover into a LFO Mohawk, followed by LBI, RBO, LBI cross forward and RFI.

The skater should maintain a march cadence (one beat per step).

Between the circles is a two-beat left foot transition. The sequence is then repeated twice in the opposite direction.

Introductory steps are optional.

NOTE: This move may start in either direction

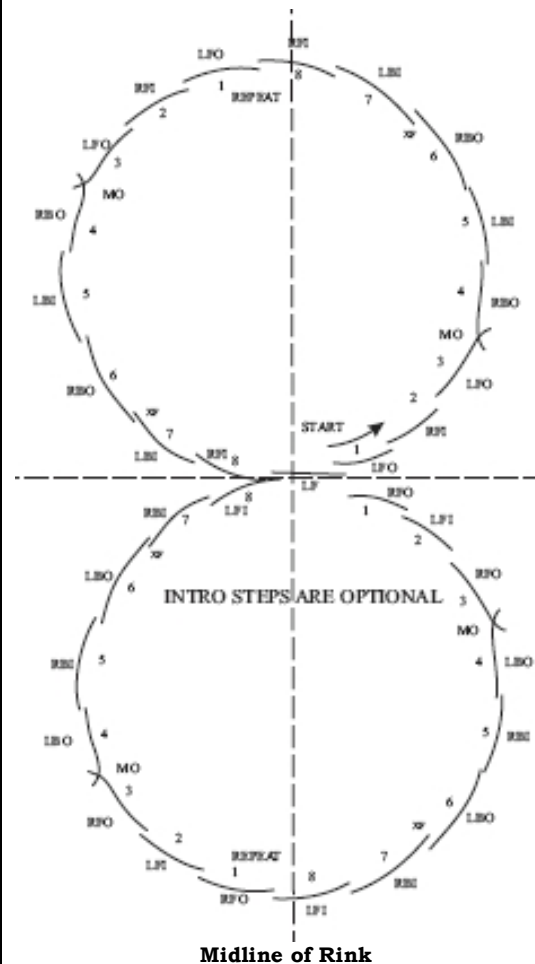
TR 22.08 Assigning Marks

Focus Points:

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

The diagram shows clockwise and counterclockwise circles. *See Note for additional comments.*

Figure 8 Pattern



USFS Test Book source of MITF diagram and element description

Judging Considerations:

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

The return to center should split the two circles without crossing the short axis. Diagonal centers 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.

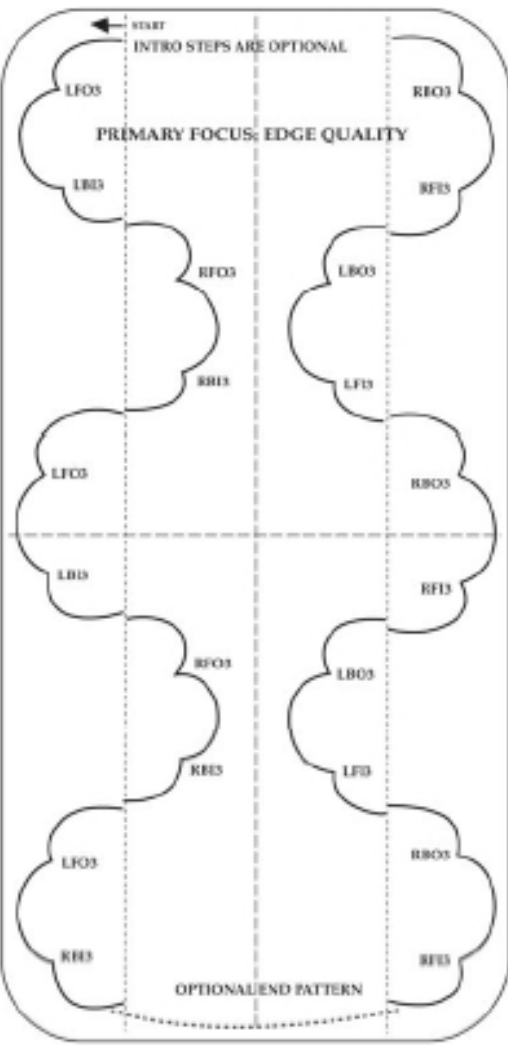
Hands should be at or close to waist/hip level, not at shoulder height. Back and forward extensions should be equal height.

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

- Not returning to center and starting the second pattern 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
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch
- Poor edge quality with wobbles and subcurves
- Lack of smooth upper body lean and control
- Inability to achieve a controlled transfer of weight in forward to back and back to forward Mohawks
- Lacking a constant, even, march tempo

Note: The circles should establish a figure eight pattern with equal size and shape in each direction that is maintained before and after the Mohawks.

<p>Forward and Backward Cross Strokes</p>	<p>Description</p>	<p>Focus</p>	<p>Comments</p>
	<p>The skater will perform free skating cross strokes the length of the ice surface.</p> <p>Forward cross strokes will be skated for one length of the arena and back cross strokes will be skated for the second length of the arena.</p> <p>Introductory steps and end patterns are optional.</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>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. • 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. <p>Errors</p> <ul style="list-style-type: none"> • Toe pushing • Cross Stepping instead of cross stroking • Stepping on toe picks rather than back edge • Weak posture, shallow edges • Poor use of knees, sloppy free leg • Inability to create power • Problems stroking from forward and back outside edges <p>Expectations</p> <ul style="list-style-type: none"> • No toe pushing • Need to push off outside edges • Hear “rip” • Cross strokes not cross steps • Slightly shallow edges are not a mandatory failure • Bilateral ability to perform forward and back cross stroking 	

Forward Double 3-Turns	Description	Focus	Comments
	<p>The skater will perform consecutive forward double three-turns on half circles, with alternating of feet.</p> <p>Four to six half circles will be skated depending on the length of the arena and the strength of the skater.</p> <p>The sequence begins with Forward Outside double three-turns covering the first length of the arena.</p> <p>The Forward Inside double three-turns will cover the second length of the arena.</p> <p>Introductory steps and end patterns are optional.</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>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. • 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 ability to achieve excellent control into and exiting turns. <p>Errors:</p> <ul style="list-style-type: none"> • Skated too slowly • Subcurves on top of circle between turns • Lack of control after back 3-turn • Poor placement of the turns (too close together) • Toe pushing • Weaker forward inside double 3's • Inability to maintain flow throughout <p>Expectations:</p> <ul style="list-style-type: none"> • Control of the arc between the turns • No subcurves after the turns (subcurves not slight wobbles) • Proper open stroke is required • Turns properly placed at 1/3 and 2/3 of lobes <p>Extra credit: for</p> <ul style="list-style-type: none"> • Controlled extended free leg • Good continuous flow • Good edge control • Good turn control • Good core body control 	