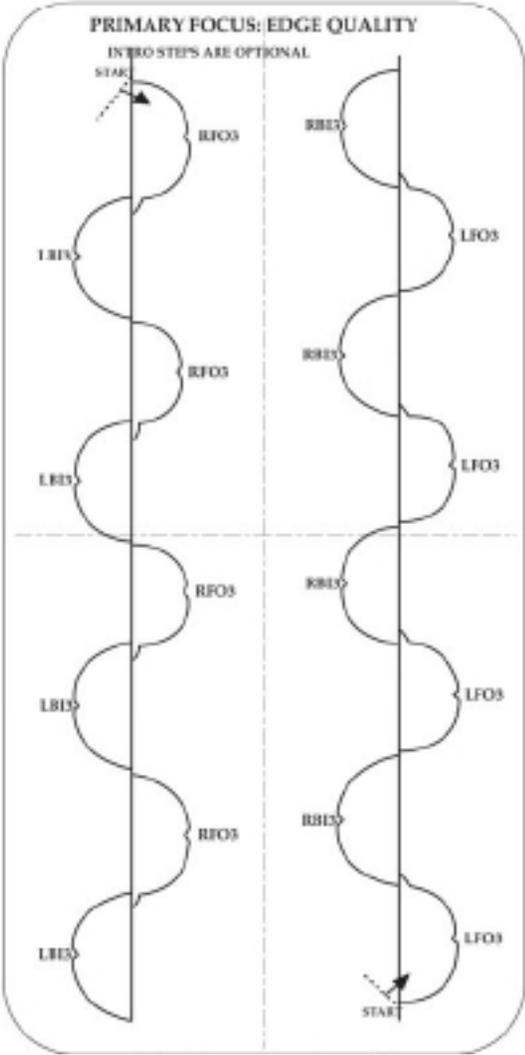
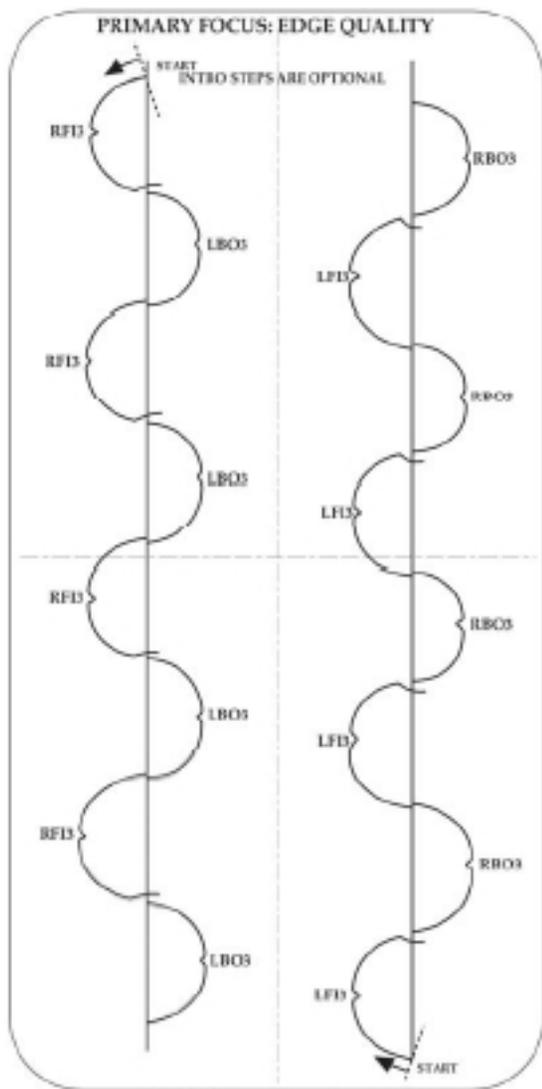


<p>Forward Outside & Back Inside 3-Turns In The Field</p>	<p>Description</p>	<p>Focus</p>	<p>Comments</p>
	<p>The skater will perform forward three-turns alternating to back three-turns covering the length of the arena.</p> <p>One length of the arena will start with the Right Forward Outside – Left Back Inside three-turns.</p> <p>On the second length of the arena, the skater will perform Left Forward Outside-Right Back Inside three turns.</p> <p>Introductory steps 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. • Pattern – Equal size and shape of bilateral lobes on outside and inside edges • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Toe pushing • Incorrect blade placement in relation to long axis • Early 3-turns • Lack of control after 3-turns • Two footed after back push • Uneven lobes • Difficulty maintaining flow <p>Expectations</p> <ul style="list-style-type: none"> • Proper edge the moment the foot takes the ice • Ability to maintain control of body • Controlled flowing edges (no major subcurves) • Controlled 3-turns in and out • Adherence to a common or continuous axis • Control and edge quality <p>Extra credit when skated at greater speed with control</p>	

**Forward Inside & Back Outside
3-Turns In The Field**



Introductory steps are optional.

Description

On the first length of the arena, the skater will perform Right Forward Inside to Left Back Outside three-turns.

On the second length of the arena, the skater will perform Left Forward Inside to Right Back Outside three-turns.

The number of sets of three-turns will depend on the length of the arena and the strength of the skater.

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.

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 ability to achieve excellent control into and exiting turns.
- **Pattern** – Equal size and shape of bilateral lobes on outside and inside edges
- **Quickness** – even rhythm or tempo

Errors

- Toe pushing
- Incorrect blade placement in relation to long axis
- Early 3-turns
- Lack of control after 3-turns
- Two footed after back push
- Uneven lobes
- Difficulty maintaining flow

Expectations

- Proper edge the moment the foot takes the ice
- Ability to maintain control of body
- Controlled flowing edges (no major subcurves)
- Controlled 3-turn entry and exit
- Adherence to a common or continuous axis
- Control and edge quality

Give extra credit when skated at good speed with control on large lobes, of equal size and shape.

Comments:

Rather than have a skater perform their introductory steps straight across the end, it may help if the skater uses a curving sequence of smoothly executed strokes with a consistent tempo (Quickness) that provides power effortlessly into the element. For example, forward crossovers, swing roll, outside edge, slide chasse to a 4/4 tempo.

Pre-Juvenile Test - Backward Figure Eight

The move begins with the skater pushing from a standing start onto a BO edge and completing one BO figure eight.

Upon returning to center at the completion of the second circle, the skater shall perform a BI figure eight by pushing onto BI, therefore repeating the previously skated circle.

The circles should be equal in size and approximately three times the skater's height.

The skater may mark their center.

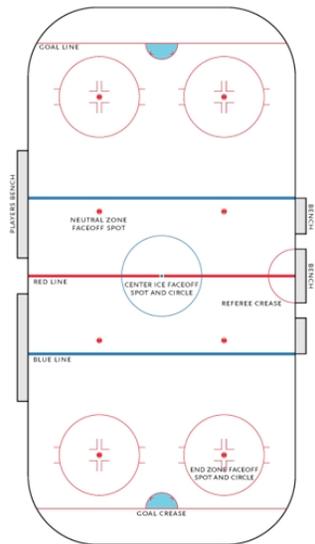
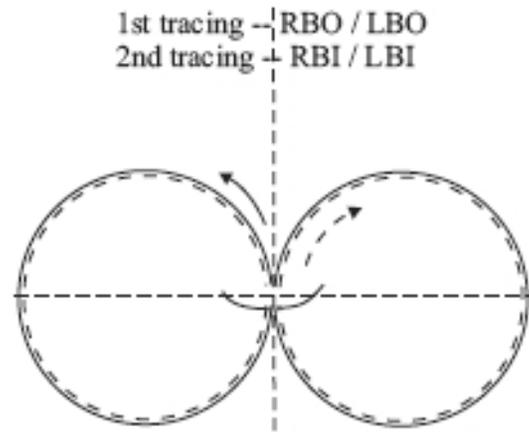
NOTE: This move may start in either direction.

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 diagrams are provided to show the steps for both the Outside and Inside backward circles.



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.

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

- Lacking good rat tail pushes and strikes cross short axis
- Trailing free leg on back inside push
- 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 and not over tracing
- Poor edge quality with wobbles and subcurves
- Lack of upper body lean and control

There are four two foot diameter, red faceoff dots in the neutral zone between the blue lines. Two dots are on each side of the rink, plus a fifth spot (1 foot diameter blue dot) in the faceoff circle in the center ice.

These dots serve as an excellent way to locate the center of the figure eight.

Pre-Juvenile Test – Five Step Mohawk Sequence

The skater will perform alternating forward inside Mohawks skated in consecutive half circles.

Each series consists of a five-step sequence.

The skater will skate one length of the ice with four or five lobes.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

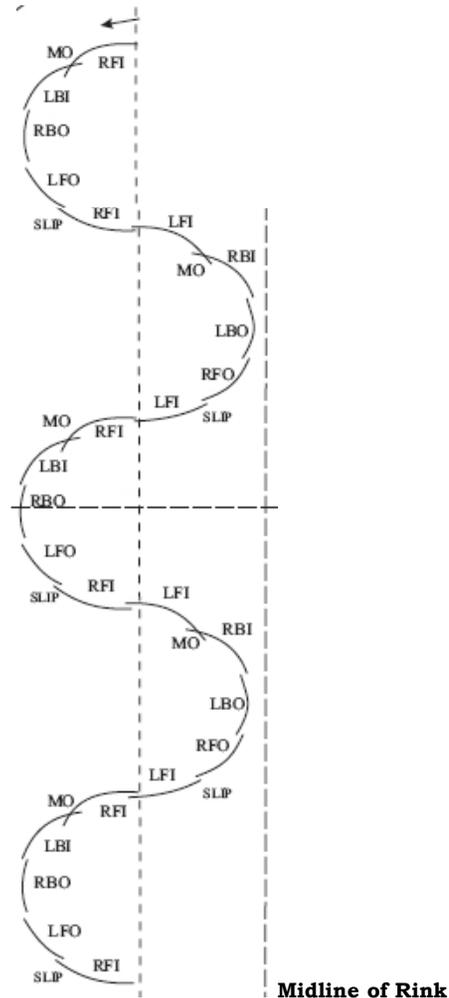
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

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



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 circles.

The return to center should split the two lobes 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:

- Running out of room combined with a loss of power
- Toe pushing
- Inability to push equally from both feet
- 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
- Lack of a constant, even tempo

Note: The half circles/lobes should establish a nice rounded curve in each direction that is maintained before and after the Mohawks.