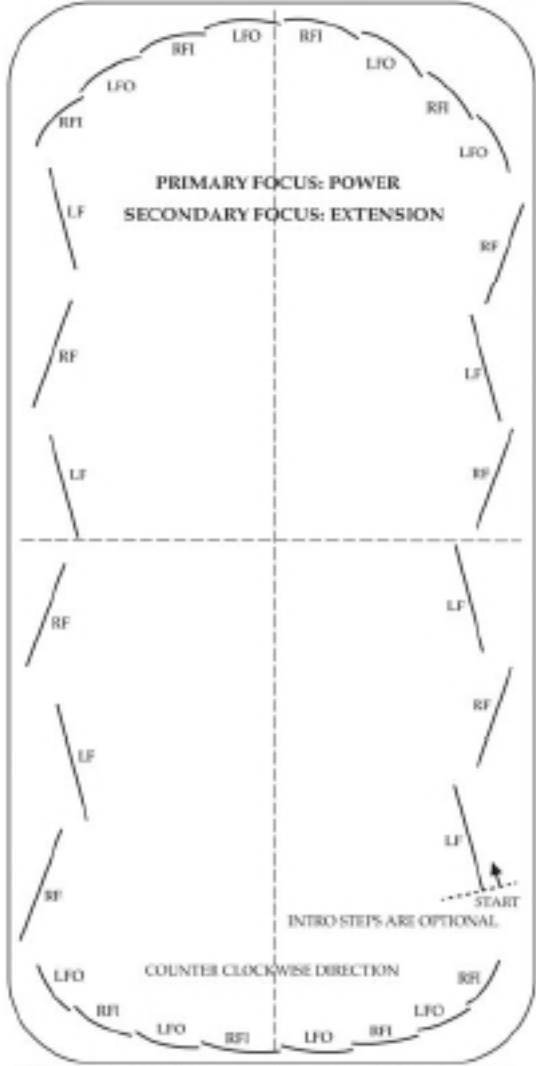
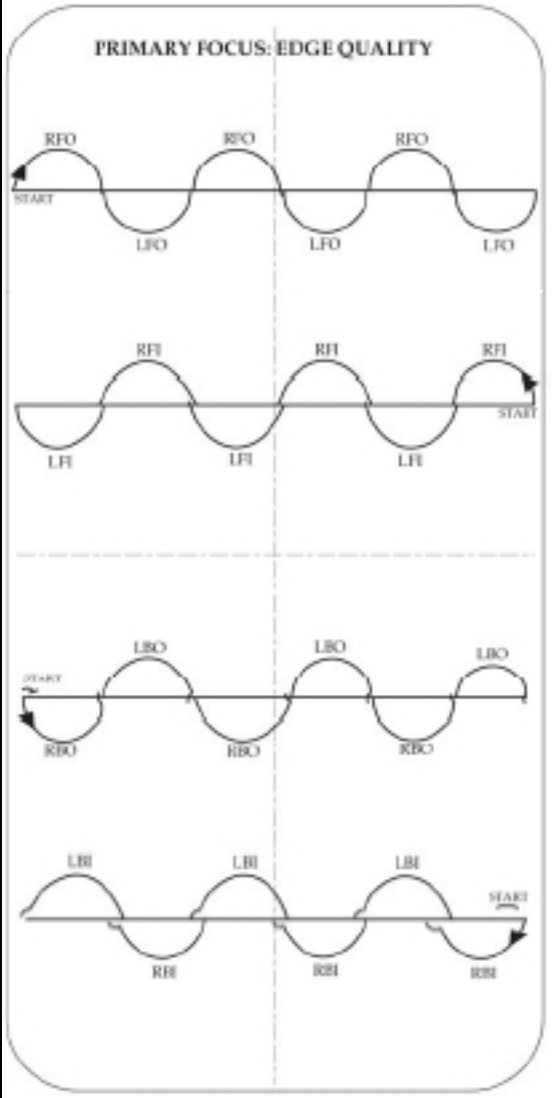

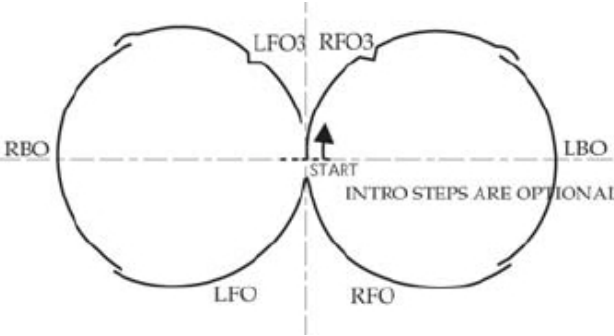


| Forward Perimeter Stroking | Description | Focus | Comments |
|---|--|--|----------|
|  <p>Introductory steps are optional</p> | <p>The skater will perform four to eight straight strokes depending on the length of the ice surface, with crossovers around both ends of the rink using the full ice for one full lap of the arena (in both directions).</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 shallow edges demonstrating control on transitions from stroke to stroke • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Toe Pushing, Inability to properly use blade to stroke • Weak posture • Poor extension • Weak clockwise direction crossovers <p>Expectations</p> <ul style="list-style-type: none"> • Stroking slightly on edges (shallow edges with occasional flats are ok) • Attempt to properly thrust from edges • Sustained glide and extension of free leg • Minimum of 3 crossovers on the end • Some evidence of good posture • Skater should be balanced over the skating side <p>Skated in clockwise & counter clockwise directions. Can start on either foot</p> | |

| Basic Consecutive Edges | Description | Focus | Comments |
|---|---|---|----------|
| <p style="text-align: center;">PRIMARY FOCUS: EDGE QUALITY</p>  <p style="text-align: center;">Elements started from a standing start.</p> | <p>Forward outside edges.</p> <p>Forward inside edges.</p> <p>Back outside edges.</p> <p>Back inside edges.</p> <p>Starting from a standing position, the skaters will perform four to six half circles, using an axis line such as a hockey line.</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 - Ability to generate sufficient push from a standing start to maintain enough power to sustain glide and complete four to six half circles of equal size and shape • Extension - An obvious effort to establish body lines and demonstrate basic control of free leg • 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. • Quickness – even rhythm or tempo <p>Errors:</p> <ul style="list-style-type: none"> • Slight toe pushing • Not starting perpendicular to axis • Back edges weaker than front • Inability to control positions • Reduced control during 2nd half of back outside edge lobe • Weak control of back inside edges • Inability to check upper body rotation <p>Expectations:</p> <ul style="list-style-type: none"> • Steady complete half circles (4-6) with equal lobes • Initiating edge close to perpendicular to axis • Fairly good body position Some evidence of good posture <p>Comment on toe pushing or not getting back to axis</p> | |

| Forward Right and left Spirals | Description | Focus | Comments |
|--|---|---|----------|
|  | <p>The skater will perform spirals on the R & L left foot, maintaining spiral position with the extended foot held a hip level or higher for approximately 4 seconds on each foot. The skater may be on flats.</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 - Ability to generate and maintain enough power to sustain glide and complete a proper pattern with crossovers on both ends of the rink. • Core Body – Head, upper body/ torso, and arm control coordinated with free leg extension • Spiral Extension – Head, upper body/ torso arched, and coordinated arm control. Free leg extension elevated above the skating hip and back over the tracing. <p>Errors</p> <ul style="list-style-type: none"> • Inability to achieve a spiral position at or above hip level. Free leg below hip level is unacceptable. • Free leg held to side rather than over the tracing <p>Expectations:</p> <ul style="list-style-type: none"> • Hold glide at least 4 seconds • Free Leg at least hip level • Head, back and shoulders arched • Return to 2 feet- then next position • Spirals very shallow edge or flats • Steadiness - -no pronounced lapses in balance • Reasonably good form with control raising and lowering the free leg. Graceful arm positions must be combined with an arch in the skater’s back. <p>Maximum of 7 introductory steps - deduct .1 for extra steps</p> | |

| Waltz Eight | 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>Difficulty:</p> <ul style="list-style-type: none"> • Checking after 3 • Stepping forward after BO • Controlling forward outside edge to center • Controlling upper body rotation and position <p>Expectations:</p> <ul style="list-style-type: none"> • Control of positions & edges • Awareness of rhythmic motion (waltz timing) • Control after 3-Turns • Mohawk in a check position (180 degrees back outside to forward outside edge) • Circles are larger than in figures • Must return to center and demonstrate short and long axis | <p>The skater may use introductory steps to perform the Waltz Eight.</p> <p>Two complete circles on each foot are required.</p> <p>This is a free skating pattern that should be skated with power on LARGE circles.</p> <p>This element should not be skated as a figure on circles three times the skater's height where the emphasis is on achieving close tracings.</p> | <p>Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</p> <p>Core Body – Head, upper body/torso, and arm control coordinated with free leg extension</p> <p>Extension – Head, upper body/torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</p> <p>Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</p> <p>Turn Quality – Bilateral solid edges on solid curves into or out of Waltz Three-turns with balanced lobes</p> <p>Quickness – even rhythm or tempo</p> <p>Pattern: Divide circles into 1/3 segments.</p> <p>Errors:</p> <ul style="list-style-type: none"> • No rhythm or timing • Back outside edge too short or too long • Circle not cut into thirds • Failure to skate waltz 3-Turns • Drop 3-Turns not acceptable! • Failure to hold edges long enough after 3-Turn prior to stepping onto back outside edge! | |