

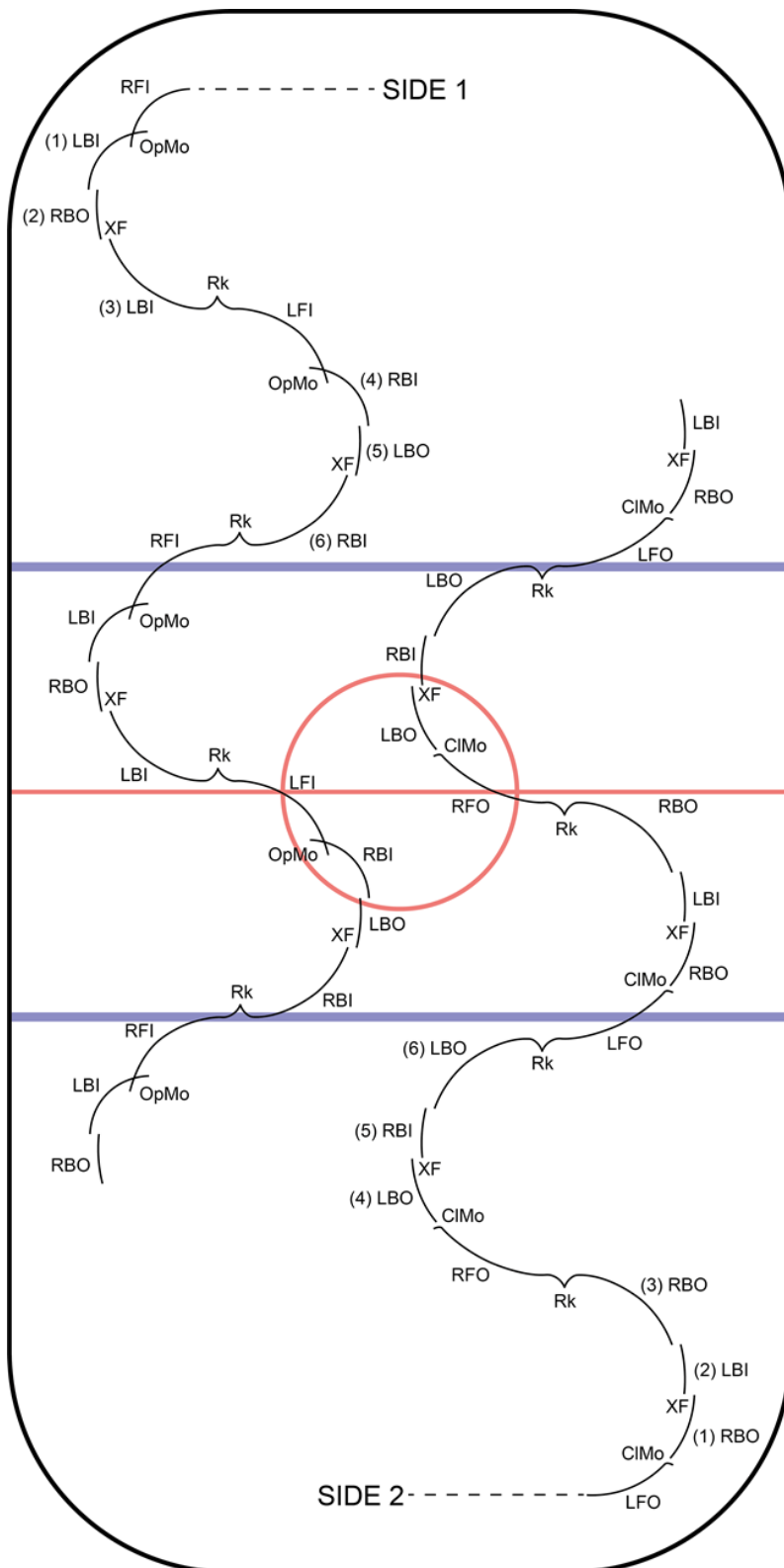
SKILLS TEST 6

The candidate must skate 4 out of the
Skills exercises listed below:

- BACKWARD ROCKERS
- BACKWARD INSIDE COUNTERS
 - BACKWARD INSIDE LOOPS
 - ROCKER CHOCTAWS
 - SKATING EXERCISE
 - BRACKET-COUNTER
 - SKATING EXERCISE 2

SKILLS 6

EXERCISE 1 - BACKWARD ROCKERS



LEARNING OBJECTIVES:

- Deep strong edges.
- Good ice coverage.
- Clean and flowing rocker turns.

OUTCOME:

Demonstrate consistent speed with flowing rockers throughout.

From a moving start the skater will begin the exercise with:

SIDE 1 RFI open mohawk (1)LBI (2)RBO (3)XF-LBI rocker-open mohawk (4)RBI (5)LBO (6)XF-RBI rocker-open mohawk. Then repeat the sequence.

- Minimum two lobes on each foot

From a moving start the skater will begin the exercise with:

SIDE 2 LFO closed mohawk (1)RBO (2)XF-LBI (3)RBO rocker-closed mohawk (4)LBO (5)XF-RBI (6)LBO rocker-closed mohawk. Then repeat the sequence.

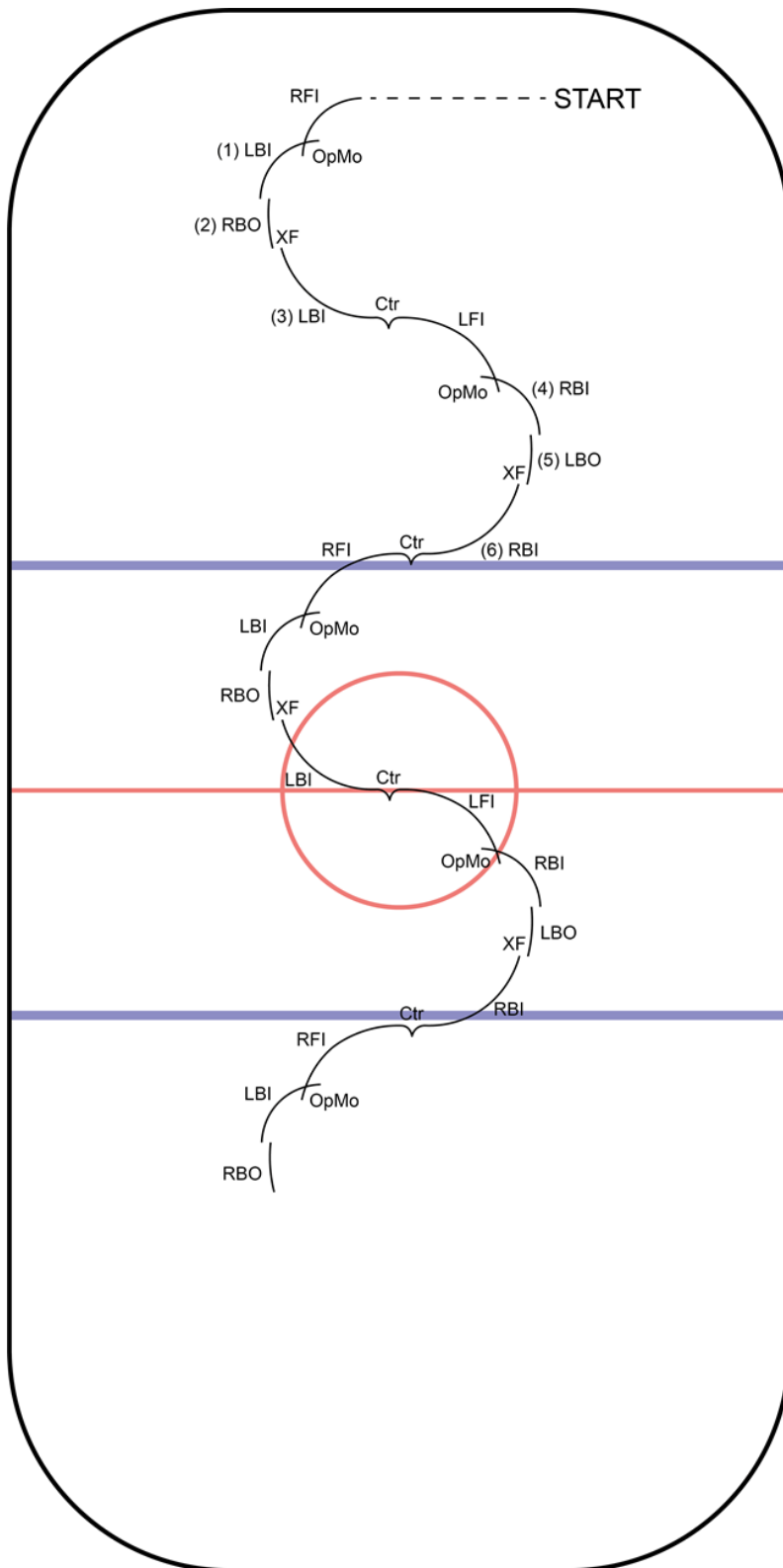
- Minimum two lobes on each foot

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 6

EXERCISE 2 - BACKWARD INSIDE COUNTERS



LEARNING OBJECTIVES:

- Understanding backward inside counter turn.
- Understanding the correct body preparation for the counter turn.
- Control of edges throughout the exercise.

OUTCOME:

Maintaining consistent speed with balance and control throughout.

From a moving start the skater will begin the exercise with:

RFI open mohawk (1)LBI (2)RBO (3)XF-LBI counter-open mohawk (4)RBI (5)LBO (6)XF-RBI counter-open mohawk. Then repeat the sequence.

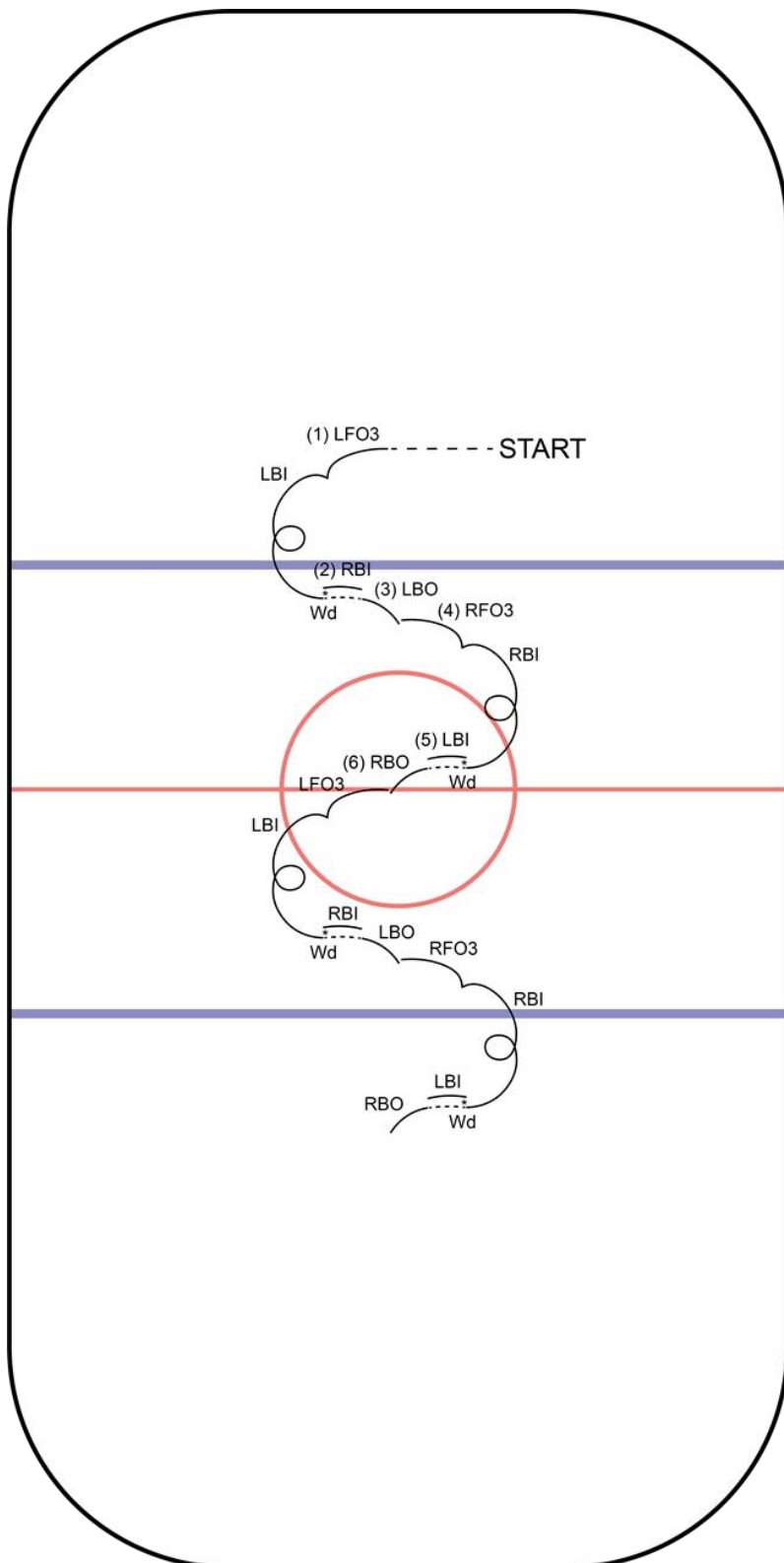
- Minimum two lobes on each foot
- Utilize the full ice surface

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 6

EXERCISE 3 – BACKWARD INSIDE LOOPS



LEARNING OBJECTIVES:

- Understanding the movement of the loop.
- Controlling the body position on the exit edge of the 3-turn leading into the loop.
- Controlling speed throughout.

OUTCOME:

Maintaining consistent speed and flow throughout with a controlled loop.

From a stationary start the skater will begin the exercise with:

(1)LFO 3-turn-BI loop, whilst staying on the left foot step wide to the (2)RBI push back to the (3)LBO (4)RFO 3-turn-BI loop, whilst staying on the right foot step wide to the (5)LBI push back to the (6)RBO.

Then repeat the sequence.

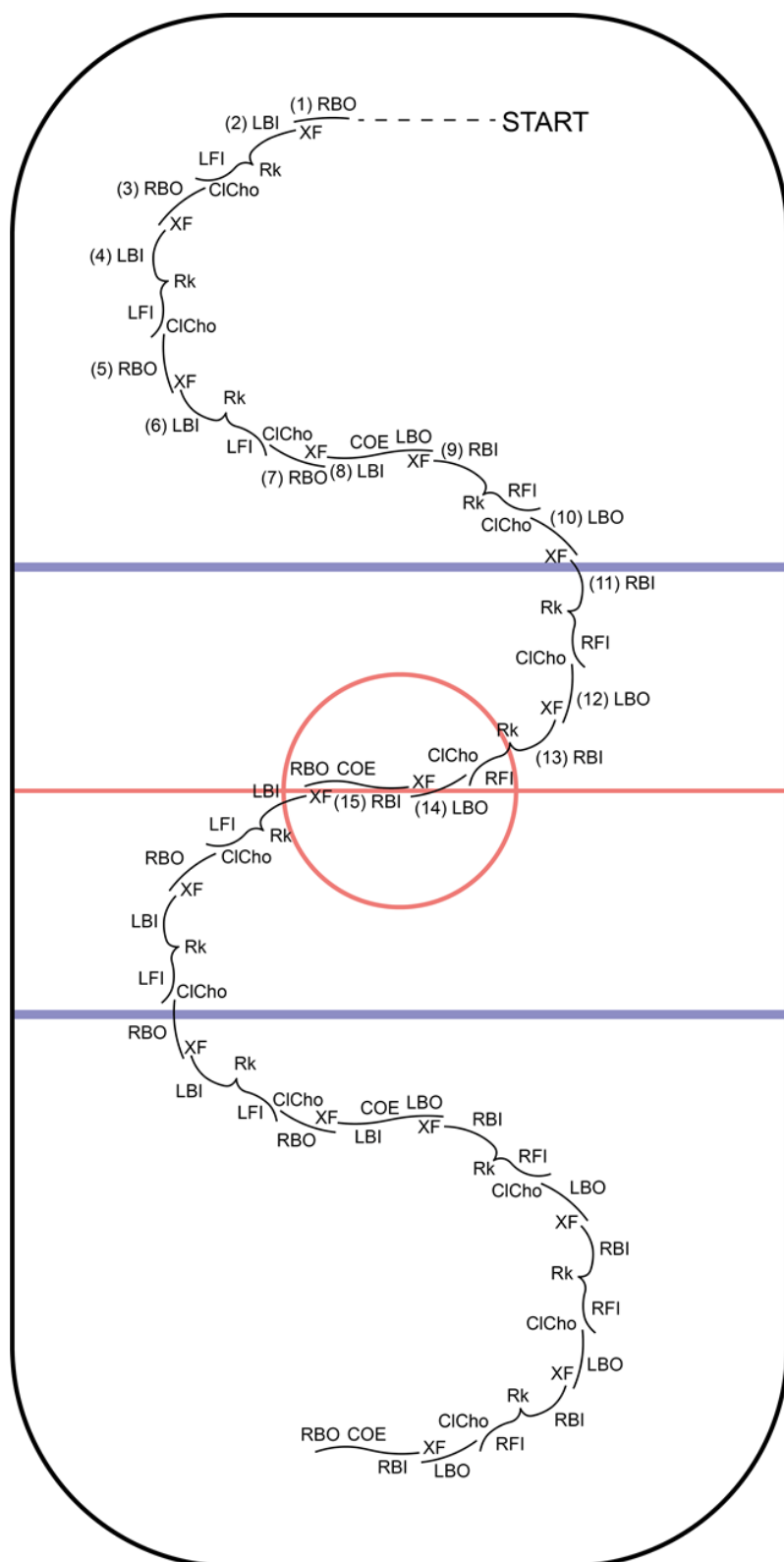
- Optional axis depending upon the power of the skater or size of the ice surface.

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Coach's/Judge's/Skater's/Personal Notes:

SKILLS 6

EXERCISE 4 – ROCKER CHOCTAWS



LEARNING OBJECTIVES:

- Smooth and precise foot placement.
- Flowing rhythm throughout the steps and turns.
- Maintaining consistent speed throughout.

OUTCOME:

Demonstrate a flowing rhythmic multi-directional exercise.

From a moving start the skater will begin the exercise with:

- (1)RBO (2)XF-LBI rocker-closed choctaw
- (3)RBO (4)XF-LBI rocker-closed choctaw
- (5)RBO (6)XF-LBI rocker-closed choctaw
- (7)RBO (8)XF-LBI/O change of edge
- (9)XF-RBI rocker-closed choctaw
- (10)LBO (11)XF-RBI rocker-closed choctaw
- (12)LBO (13)XF-RBI rocker-closed choctaw
- (14)LBO (15)XF-RBI/O change of edge.

Then repeat the sequence.

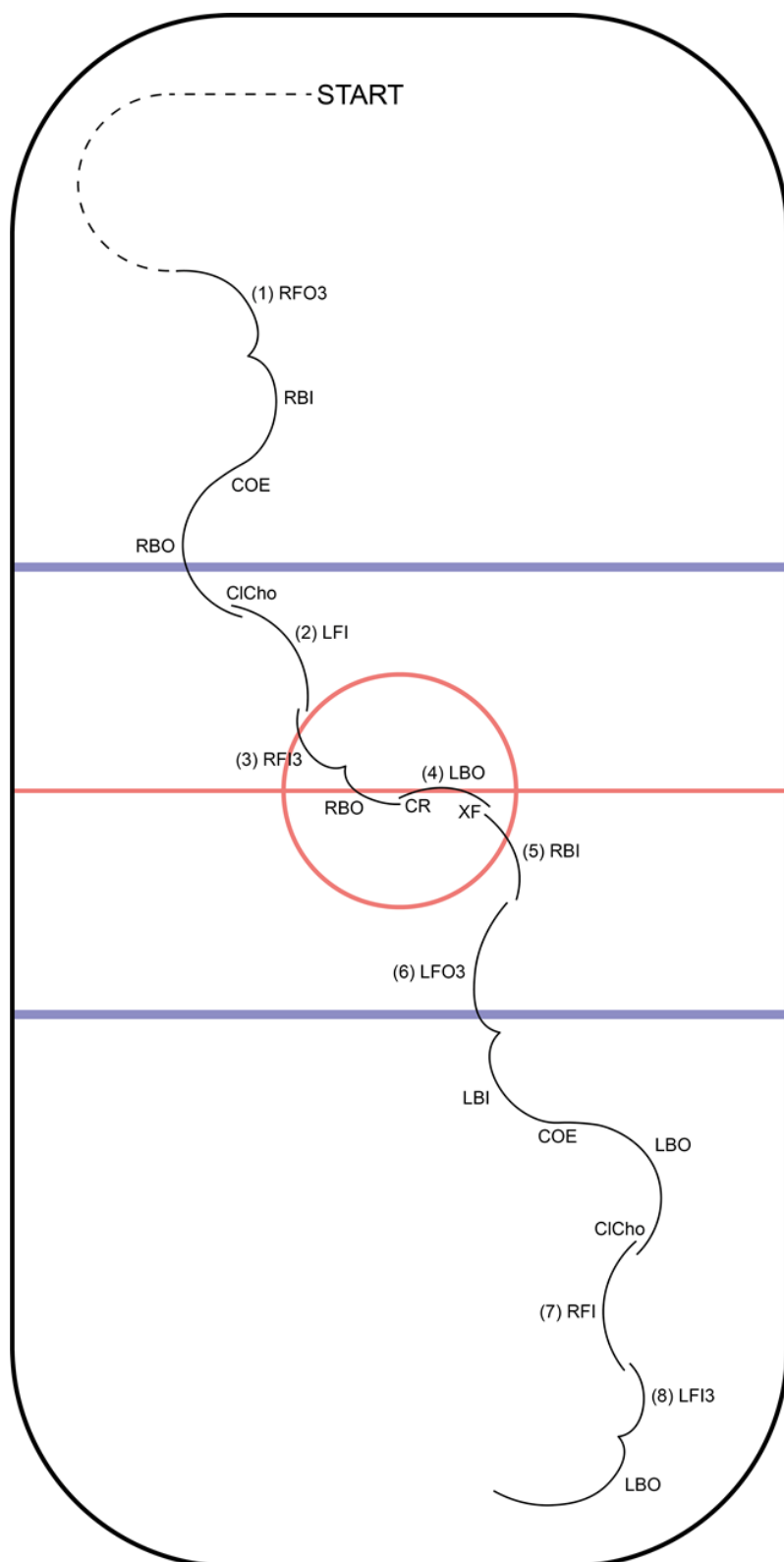
- Minimum two lobes on each foot
- Serpentine shape

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 6

EXERCISE 5 – SKATING EXERCISE



LEARNING OBJECTIVES:

- To skate with flow, glide, and freedom of movement.
- Controlling the body position and edges in preparation for the choctaw.
- Good clean foot placement throughout.

OUTCOME:

Demonstrate quality and control when skating with flow and glide.

From a moving start the skater will begin the exercise with:

(1)RFO 3-turn-I/O change of edge-closed choctaw (2)LFI (3)RFI 3-turn-cross roll (4)LBO (5)XF-RBI (6)LFO 3-turn-I/O change of edge-closed choctaw (7)RFI (8)LFI 3-turn.

This completes the exercise.

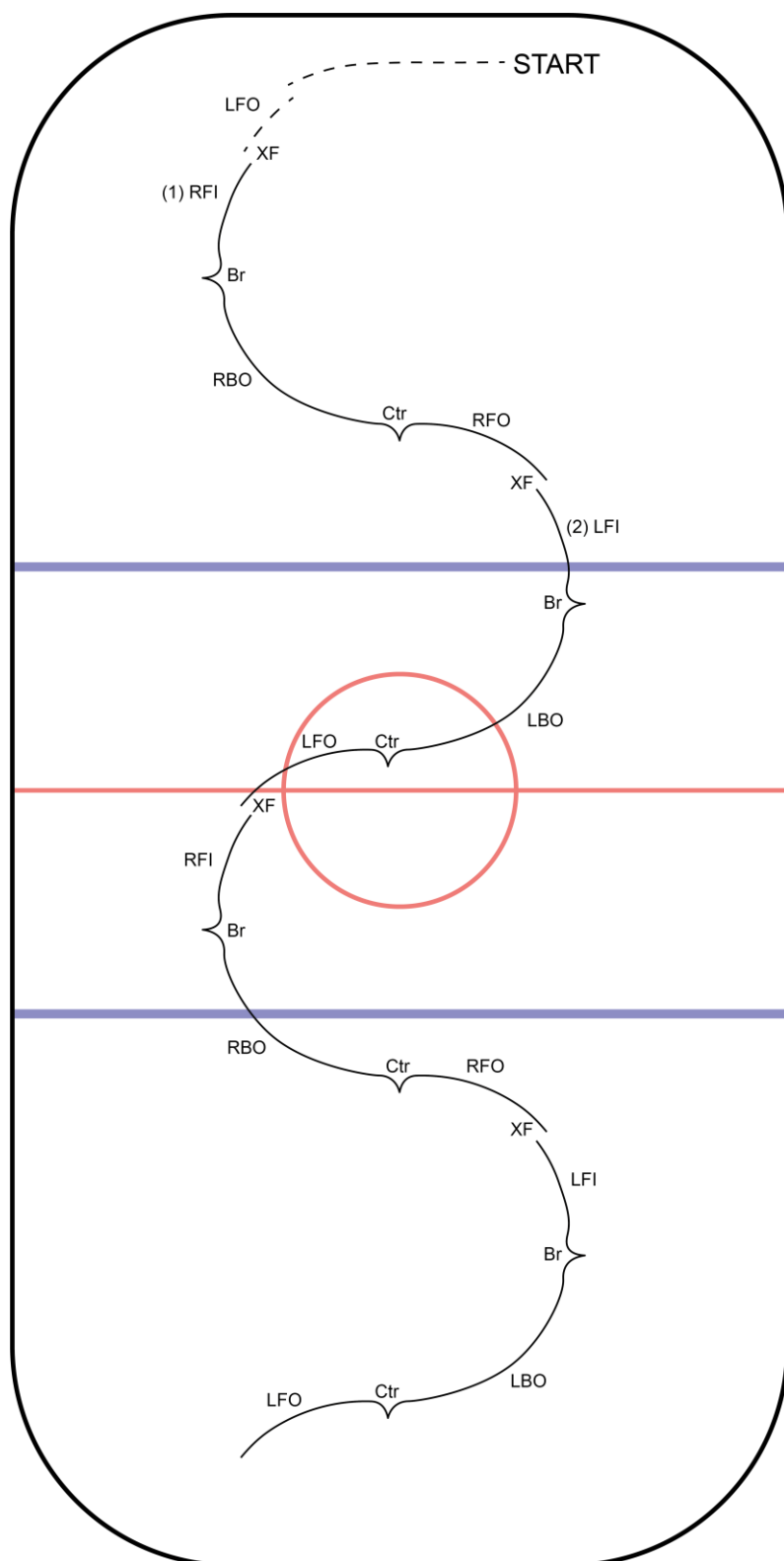
- Utilise the full ice surface

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

SKILLS 6

EXERCISE 6 – BRACKET-COUNTER



LEARNING OBJECTIVES:

- Understanding of a bracket and counter turn executed together.
- Controlling the speed to facilitate clean turns throughout.
- Aiming for equal quality in both directions (clockwise and anti-clockwise).

OUTCOME:

Demonstrate a steady controlled exercise throughout.

From a moving start the skater will begin the exercise with:

(1)XF-RFI bracket-RBO counter (2)XF-LFI bracket-RBO counter.

Then repeat the sequence.

- Minimum of 4 lobes

ASSESSMENT: The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

Coach's/Judge's/Skater's/Personal Notes:

