

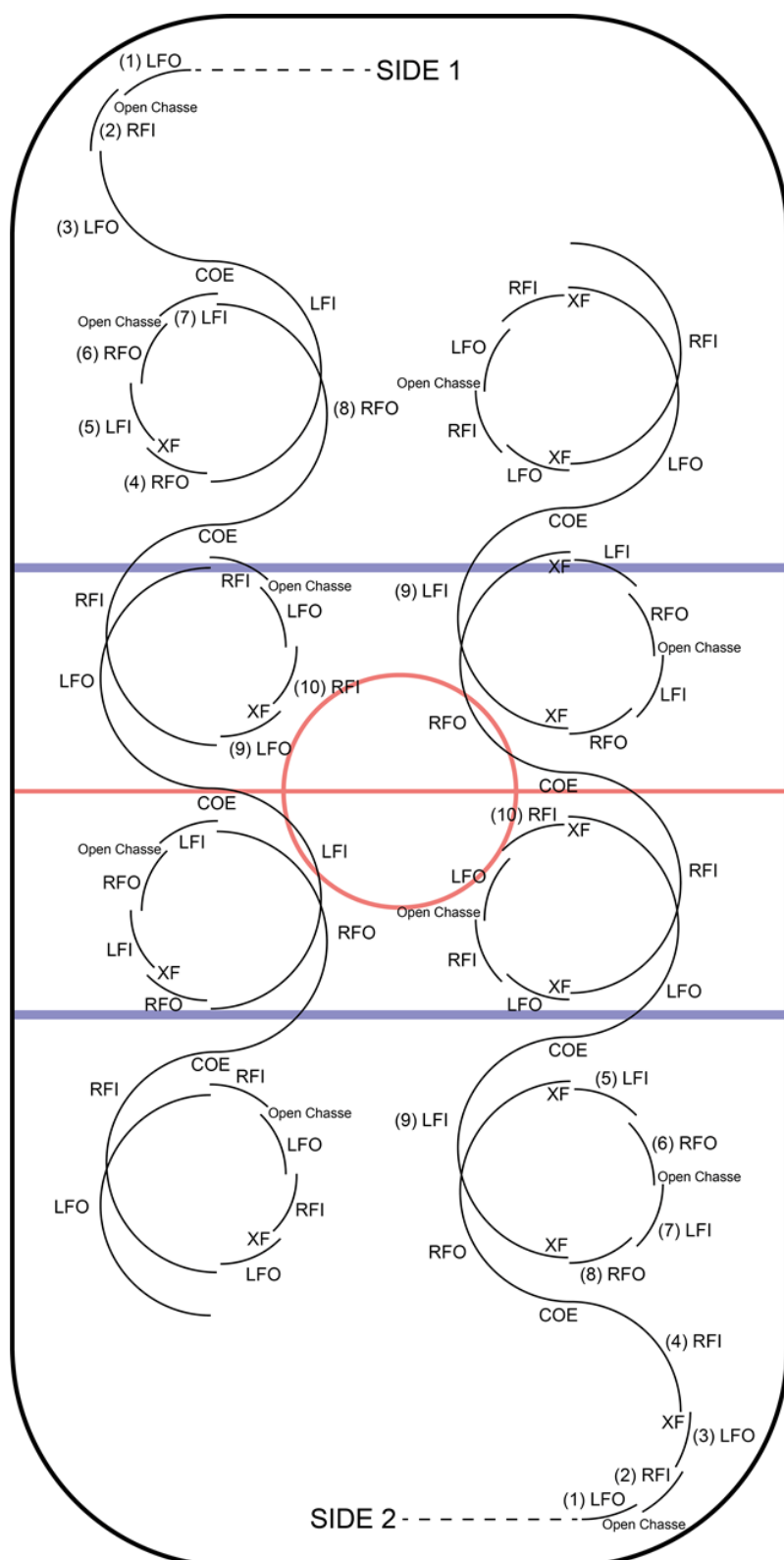
SKILLS TEST 3

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

- FORWARD CHANGES OF EDGE
- MULTI DIRECTIONAL 3-TURNS
 - BACKWARD CROSS ROLLS
 - FORWARD INSIDE TWIZZLE
 - FORWARD SPIRALS
- FORWARD INSIDE 1½ TWIZZLE

SKILLS 3

EXERCISE 1 - FORWARD CHANGES OF EDGE



LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action.
- Control and transfer of bodyweight.

OUTCOME:

Demonstrate fluid, controlled changes of edge.

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

SIDE 1 (1)LFO open chasse (2)RFI (3)LFO/l change of edge (hold for ½ circle) (4)RFO (5)XF-LFI (6)RFO open chasse (7)LFI (8)RFO/l Change of edge (hold for ½ circle) (9)LFO (10)XF-RFI. Then repeat the sequence.

- Minimum of four maximum of six

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

SIDE 2 (1)LFO open chasse (2)RFI (3)LFO (4)XF-RFI/O Change of edge (hold for ½ circle) (5)XF-LFI (6)RFO open chasse (7)LFI (8)RFO (9)XF-LFI/O Change of edge (hold for ½ circle) (10)XF-RFI. Then repeat the sequence.

- Minimum of four maximum of six

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

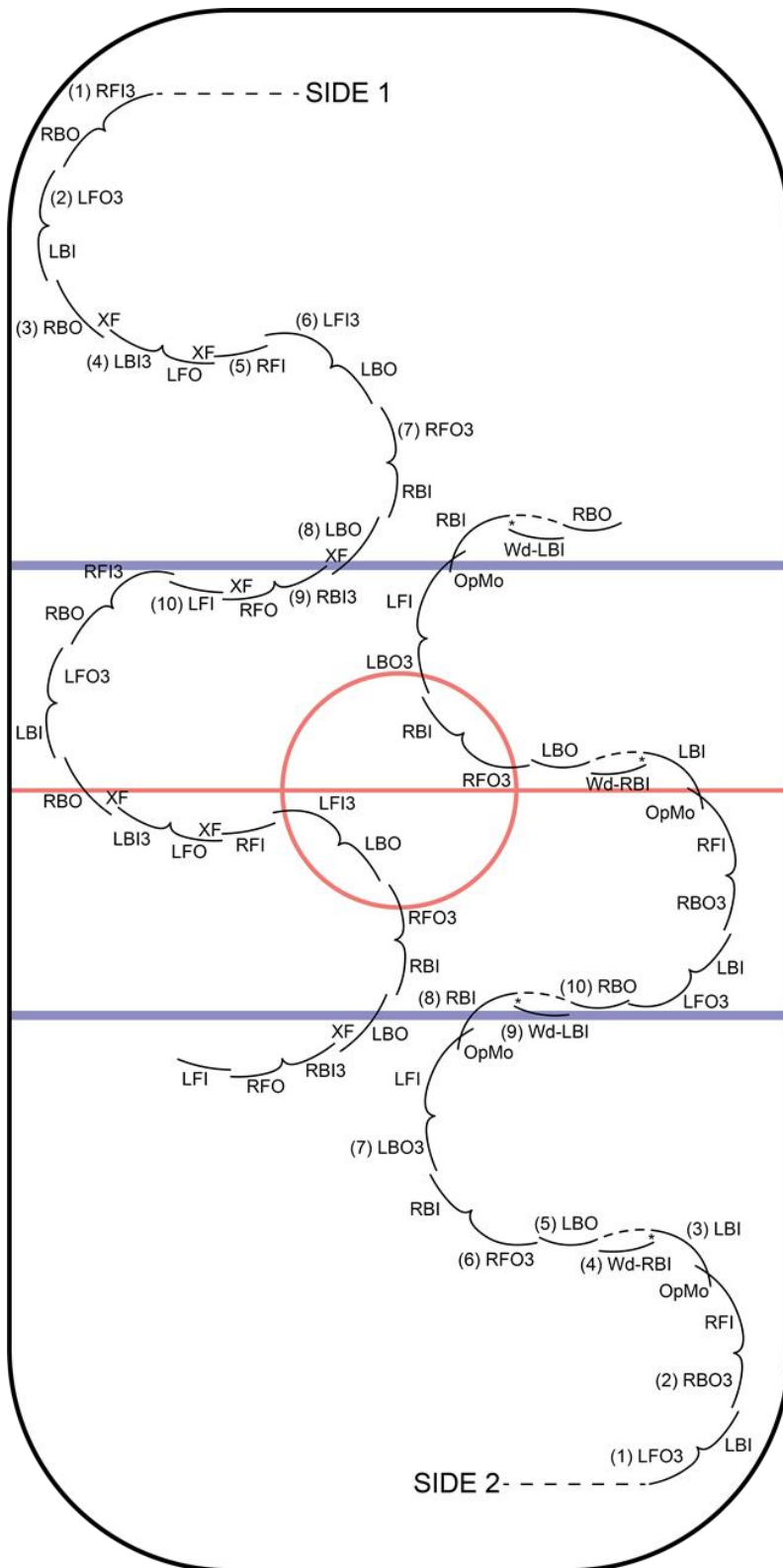
SMALLER RINKS

The patterns and requirements as laid out and contained in the published BIS Skills Manual can be adjusted, as reasonably required, to allow the skill execution in rinks of smaller dimensions than the 60 metres by 30 metres, for which the tests are designed.

All key requirements of the exercise must be included.

SKILLS 3

EXERCISE 2 - MULTI-DIRECTIONAL 3-TURNS



LEARNING OBJECTIVES:

- Understanding the rise and fall of the skating knee on the turns and steps.
- Control of bodyweight throughout.
- Good understanding of the shape.

OUTCOME:

Demonstrate multi-directional turns on correct edges with consistent speed and flow.

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

SIDE 1 (1)RFI 3-turn (2)LFO 3-turn (3)RBO (4)XF-LBI 3-turn (5)XF-RFI (6)LFI 3-turn (7)RFO 3-turn (8)LBO (9)XF-RBI 3-turn (10)XF-LFI.

Then repeat the sequence.

- A minimum of four lobes

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

SIDE 2 (1)LFO 3-turn (2)RBO 3-turn-open mohawk (3)LBI whilst staying on the left foot step wide to the (4)RBI then push back to (5)LBO (6)RFO 3-turn (7)LBO 3-turn-open mohawk (8)RBI whilst staying on the right foot step wide to the (9)LBI then push back to (10)RBO.

Then repeat the sequence.

- A minimum of four lobes

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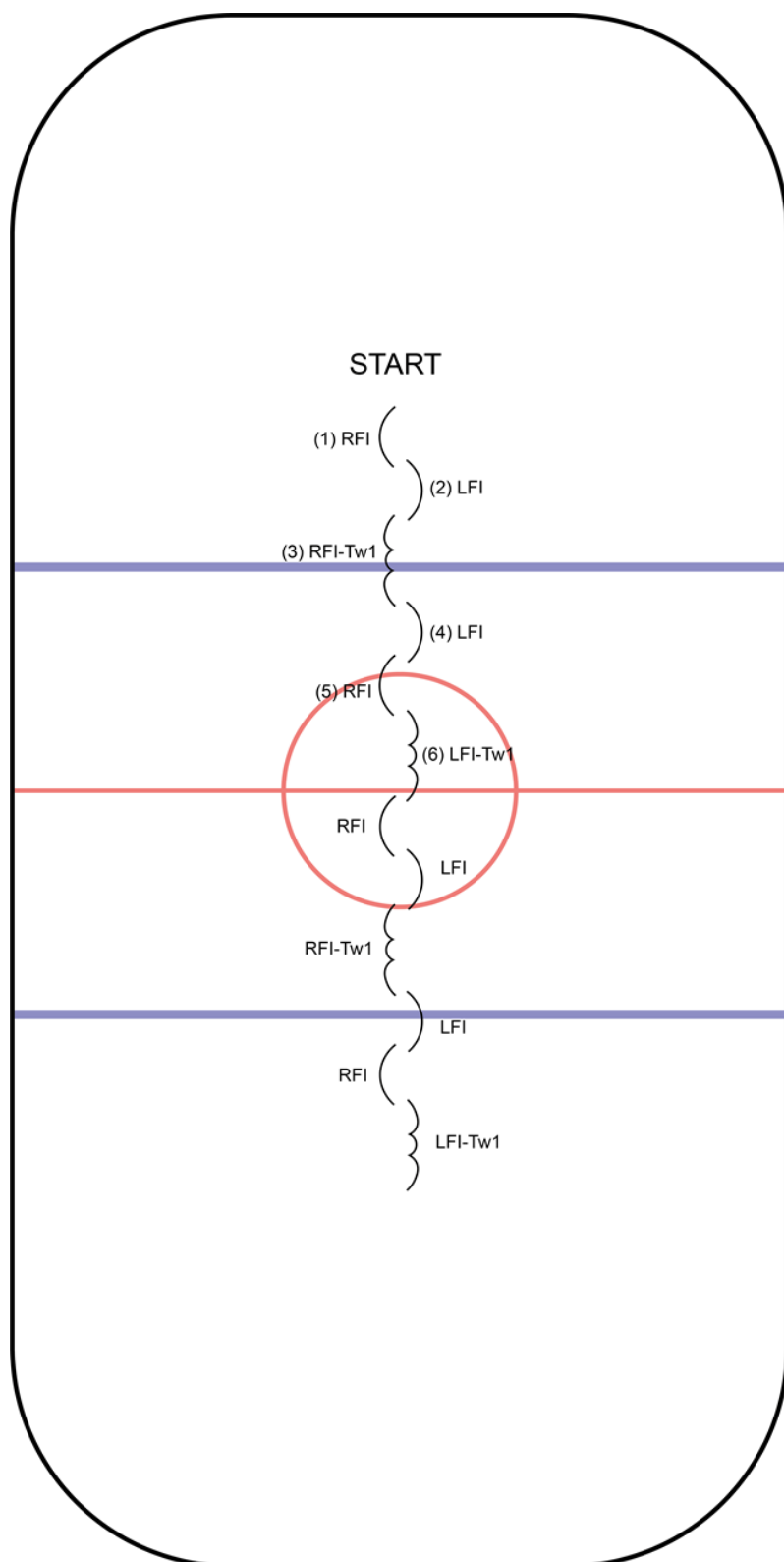
SMALLER RINKS

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All key requirements of the exercise must be included.

SKILLS 3

EXERCISE 4 – FORWARD INSIDE TWIZZLE



LEARNING OBJECTIVES:

- Understanding the correct use of body weight on the twizzle.
- Introduction to single twizzles.
- Control of the exit of the twizzle.

OUTCOME:

Demonstrate an understanding of the twizzle.

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

SIDE 1 (1)RFI (2)LFI (3)RFI Twizzle 1

(4)LFI (5)RFI (6)LFI Twizzle 1.

Then repeat the sequence.

- Minimum two twizzles on each foot
- Axis optional

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

SMALLER RINKS

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All key requirements of the exercise must be included.

SKILLS 3

EXERCISE 5 – FORWARD SPIRALS

LEARNING OBJECTIVES:

- Flexibility on spirals.
- Agility on steps.
- Control and transfer of bodyweight.

OUTCOME:

Demonstrate a basic level of agility, to achieve a correct spiral position (equal on both feet) and utilise the majority of the ice surface.

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

(1)LFO closed mohawk (2)RBO (3)XF-LBI (4)RFI (5)LFO closed mohawk (6)RBO

Optional

(7)XF-LBI using the right toe-pick as assistance (optional rotational direction)
(7a) hop to (8)LFO spiral

OR

(7)XF-LBI (7a) RFI (8)LFO spiral

(9)RFO closed mohawk (10)LBO (11)XF-RBI (12)LFI (13)RFO closed mohawk (14)LBO

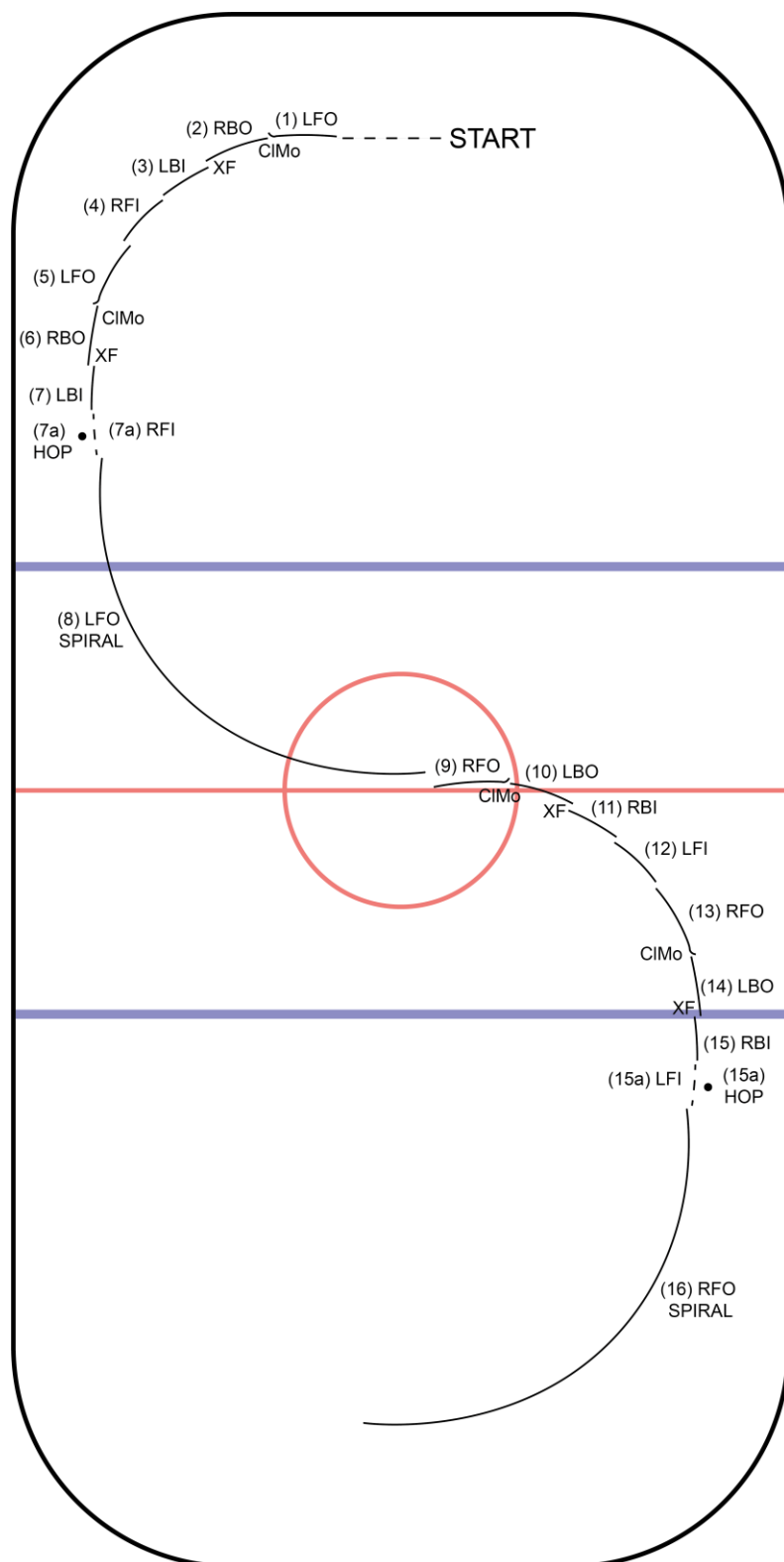
Optional

(15)XF-RBI using the left toe-pick as assistance (optional rotational direction)
(15a) hop to (16)RFO spiral

OR

(15)XF-RBI (15a) LFI (16)RFO spiral

- Serpentine shape
- Spirals must be held for a minimum of three seconds



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

SMALLER RINKS

The patterns and requirements as laid out and contained in the published BIS Skills Manual can be adjusted, as reasonably required, to allow the skill execution in rinks of smaller dimensions than the 60 metres by 30 metres, for which the tests are designed.

All key requirements of the exercise must be included.

