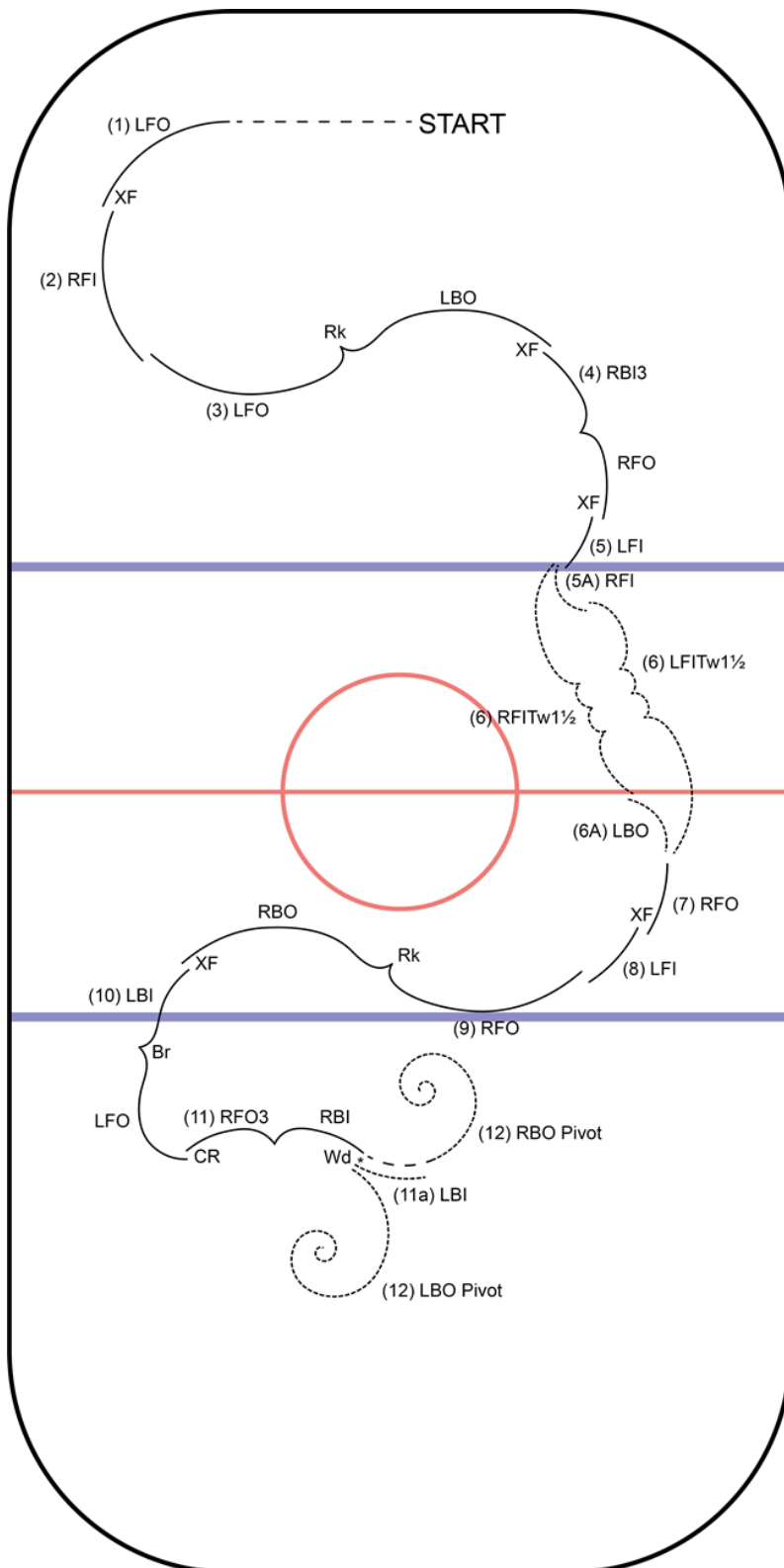


SKILLS TEST 8

Sections 1, 2, & 3 must be skated in order and linked together in a programme to music, maximum 2 minutes 30 seconds. The start and finish will be skater's free choice and chorographic steps and movements can be used to link the sections.

SKILLS 8 – SECTION 1

Sections 1, 2, & 3 must be skated in order and linked together in a programme to music, maximum 2 minutes 30 seconds. The start and finish will be skater's free choice and choreographic steps and movements can be used to link the sections.



LEARNING OBJECTIVES:

- *Linking steps and turns in a sequence.*
- *Matching steps and turns to the skater's chosen music.*
- *Understanding the use of body movements within the sections.*

OUTCOME:

Demonstrate fluidity of movements, steps, and turns utilising the music throughout the exercise.

From a moving start the skater will begin the exercise with (1)LFO (2)XF-RFI (3)LFO rocker (4)XF-RBI 3-turn (5)XF-LFI

Optional direction for twizzle

(A) (6)RFI twizzle 1½ (6a)LBO extended edge

or

(B) (5a)RFI (6)LFI twizzle 1½ with an extended exit edge

(7)RFO (8)XF-LFI (9)RFO rocker (10)XF-LBI bracket-cross roll (11)RFO 3-turn

Optional direction for pivot movement

(A) whilst staying on the right foot step wide to the (11a)LBI (12)RBO pivot movement

or

(B) (12)LBO pivot movement

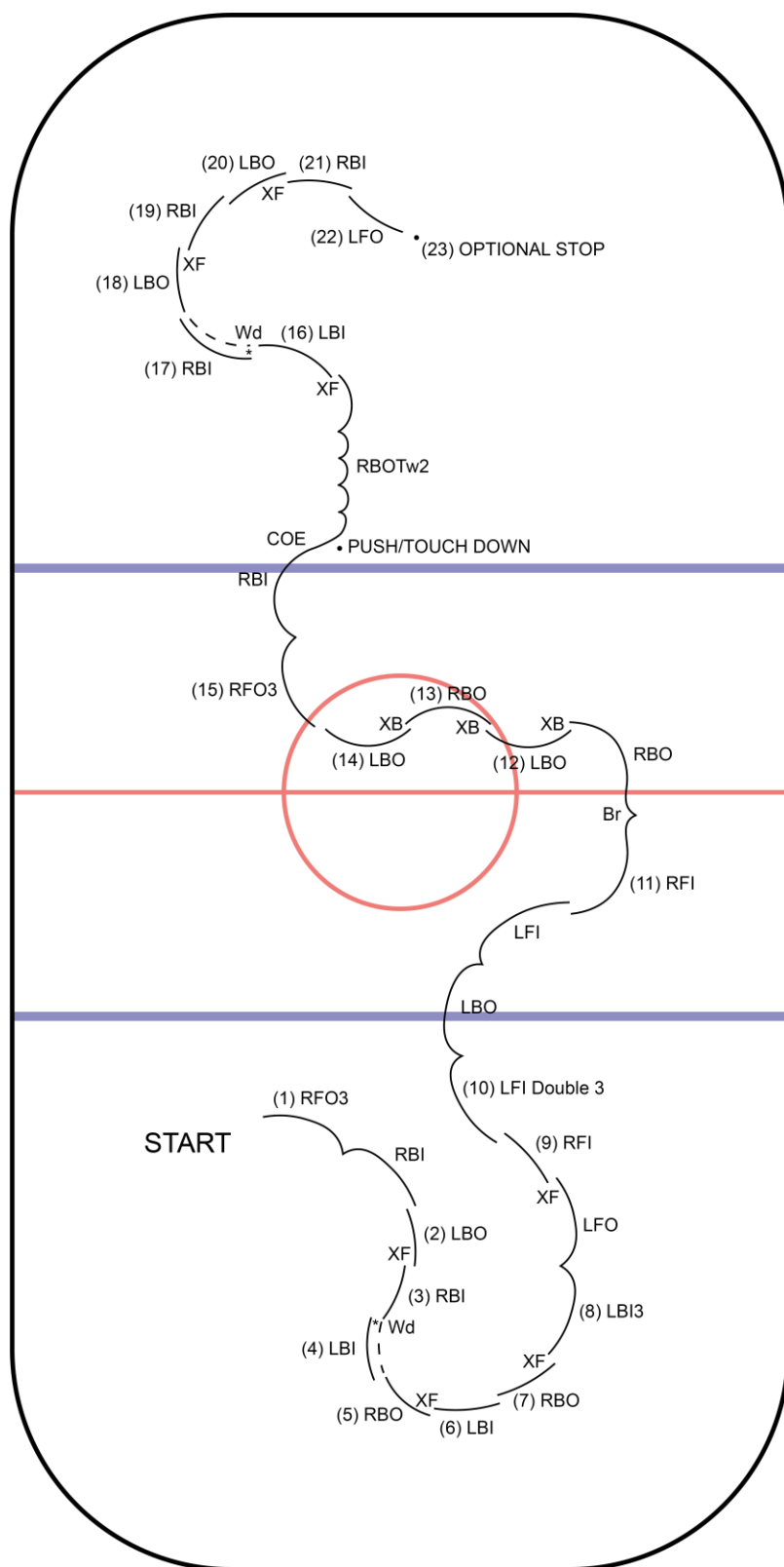
This completes the section.

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 8 - SECTION 2 A

Sections 1, 2, & 3 must be skated in order and linked together in a programme to music, maximum 2 minutes 30 seconds. The start and finish will be skater's free choice and choreographic steps and movements can be used to link the sections.



LEARNING OBJECTIVES:

- Linking steps and turns in a sequence.
- Matching steps and turns to the skater's chosen music.
- Understanding the use of body movements within the sections.

OUTCOME:

Demonstrate fluidity of movements, steps, and turns utilising the music throughout the exercise.

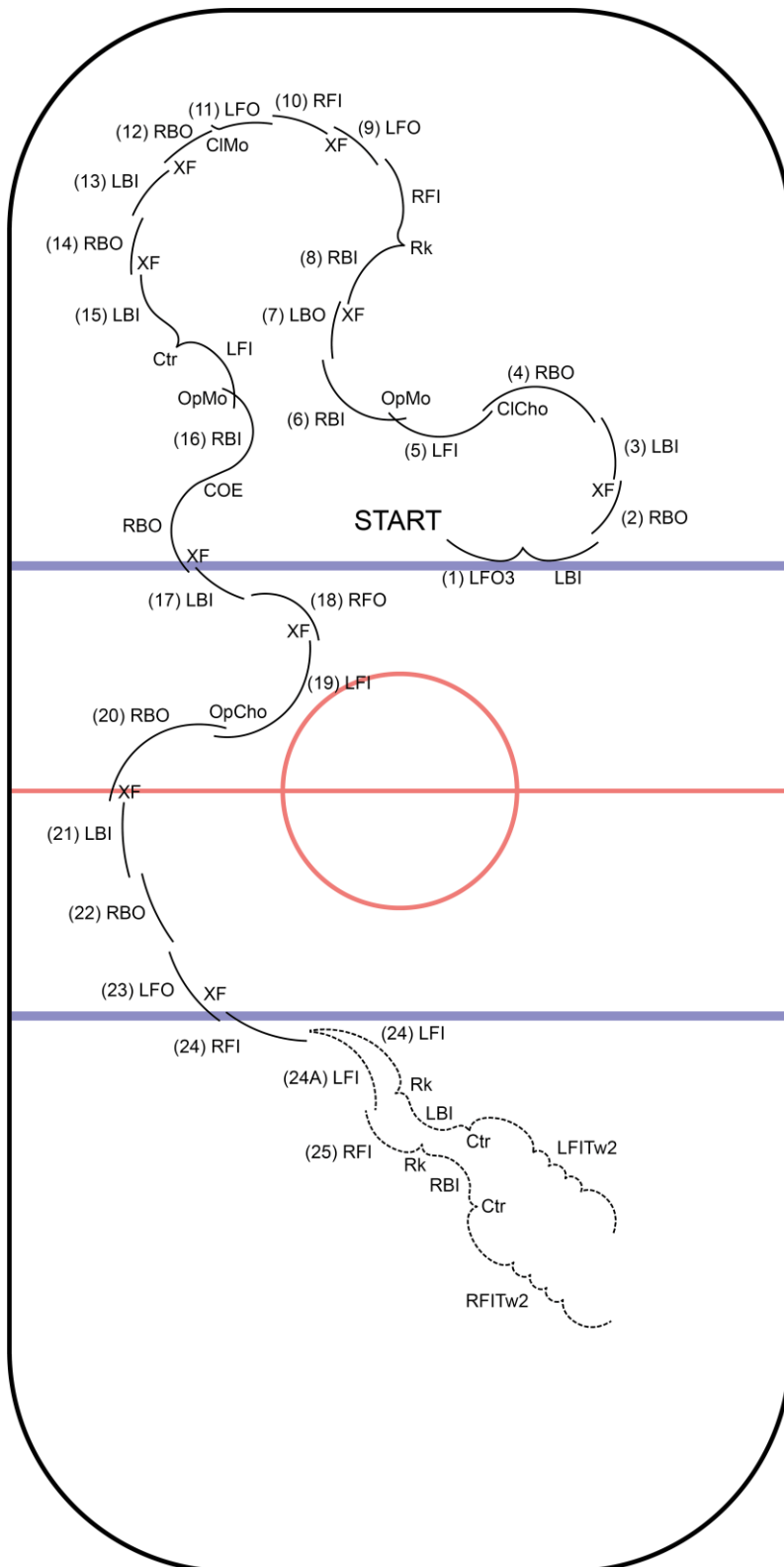
Section 2 (1)RFO 3-turn (2)LBO (3)XF-RBI whilst staying on the right foot step wide to the (4)LBI then transfer your weight back to the (5)RBO (6)XF-LBI (7)RBO (8)XF-LBI 3-turn (9)XF-RFI (10)LFI double 3 turn (11)RFI bracket (12)XB-LBO (13) XB-RBO (14)XB-LBO (15)RFO 3-turn- RBI/O change of edge-**push/touch down**-RBO double twizzle (16)XF-LBI whilst staying on the left foot step wide to the (17)RBI then transfer your weight back to the (18)LBO (19)XF-RBI (20)LBO (21)XF-RBI (22)LFO (23)optional stop on either foot. This completes the section.

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 8 – SECTION 3

Sections 1, 2, & 3 must be skated in order and linked together in a programme to music, maximum 2 minutes 30 seconds. The start and finish will be skater's free choice and choreographic steps and movements can be used to link the sections.



LEARNING OBJECTIVES:

- *Linking steps and turns in a sequence.*
- *Matching steps and turns to the skater's chosen music.*
- *Understanding the use of body movements within the sections.*

OUTCOME:

Demonstrate fluidity of movements, steps, and turns utilising the music throughout the exercise.

Section 3 (1)LFO 3-turn (2)RBO (3)XF-LBI (4)RBO closed choctaw (5)LFI open mohawk (6)RBI (7)LBO (8)XF-RBI rocker (9)LFO (10)XF-RFI (11)LFO closed mohawk (12)RBO (13)XF-LBI (14)RBO (15)XF-LBI counter-open mohawk (16)RBI/O change of edge (17)XF-LBI (18)RFO (19)XF-LFI open choctaw (20)RBO (21)XF-LBI (22)RBO (23)LFO (24)XF-RFI

Optional direction either:

(A)(24a)LFI (25)RFI rocker-counter-double twizzle

or

(B) (25)LFI rocker-counter-double twizzle

This completes the section.

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: