

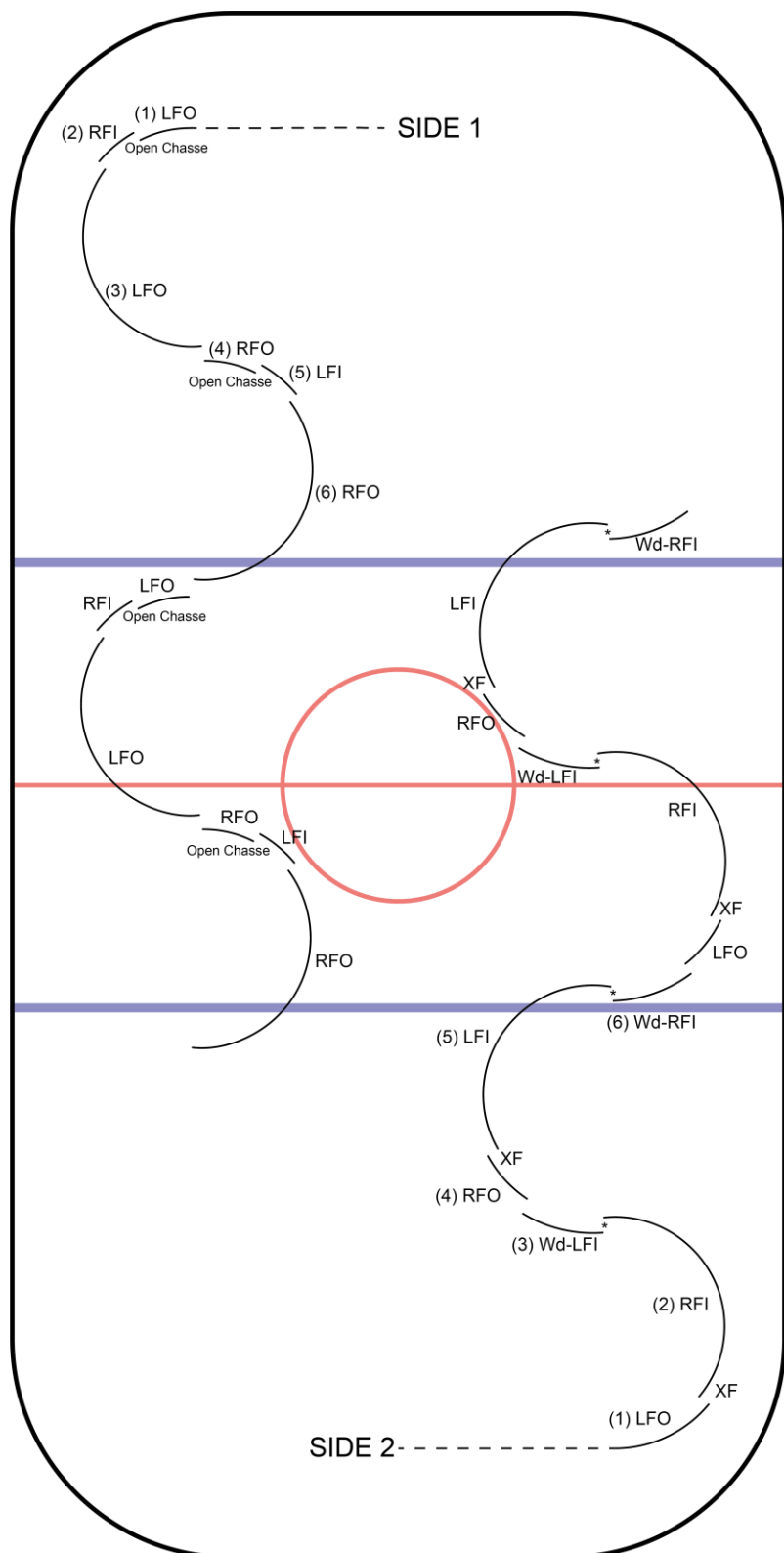
SKILLS TEST 1

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

- FORWARD EDGES
- BACKWARD OUTSIDE EXTENDED POSITION
 - FORWARD & BACKWARD CORSSOVERS
 - SLALOM
- FORWARD OUTSIDE & FORWARD INSIDE 3-TURNS

SKILLS 1

EXERCISE 1 - FORWARD EDGES



LEARNING OBJECTIVES:

- Understanding of the long axis.
- Controlling forward outside and inside edges.
- Good clean pushes and steps.

OUTCOME:

Demonstrate consistent speed and flow throughout.

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

SIDE 1 (1)LFO open chasse (2)RFI (3)LFO sustained edge (free leg optional) until the skater reaches the long axis (4)RFO open chasse (5)LFI (6)RFO sustained edge (free leg optional) until the skater reaches the long axis. Then repeat the sequence.

- A minimum of four and a maximum of six continuous curves

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

SIDE 2 (1)LFO (2)XF-RFI sustained edge (free leg optional) (3)LFI step wide (4)RFO (5)XF-LFI sustained edge (free leg optional) (6)RFI step wide. Then repeat the sequence.

- A minimum of four and a maximum of six continuous curves

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

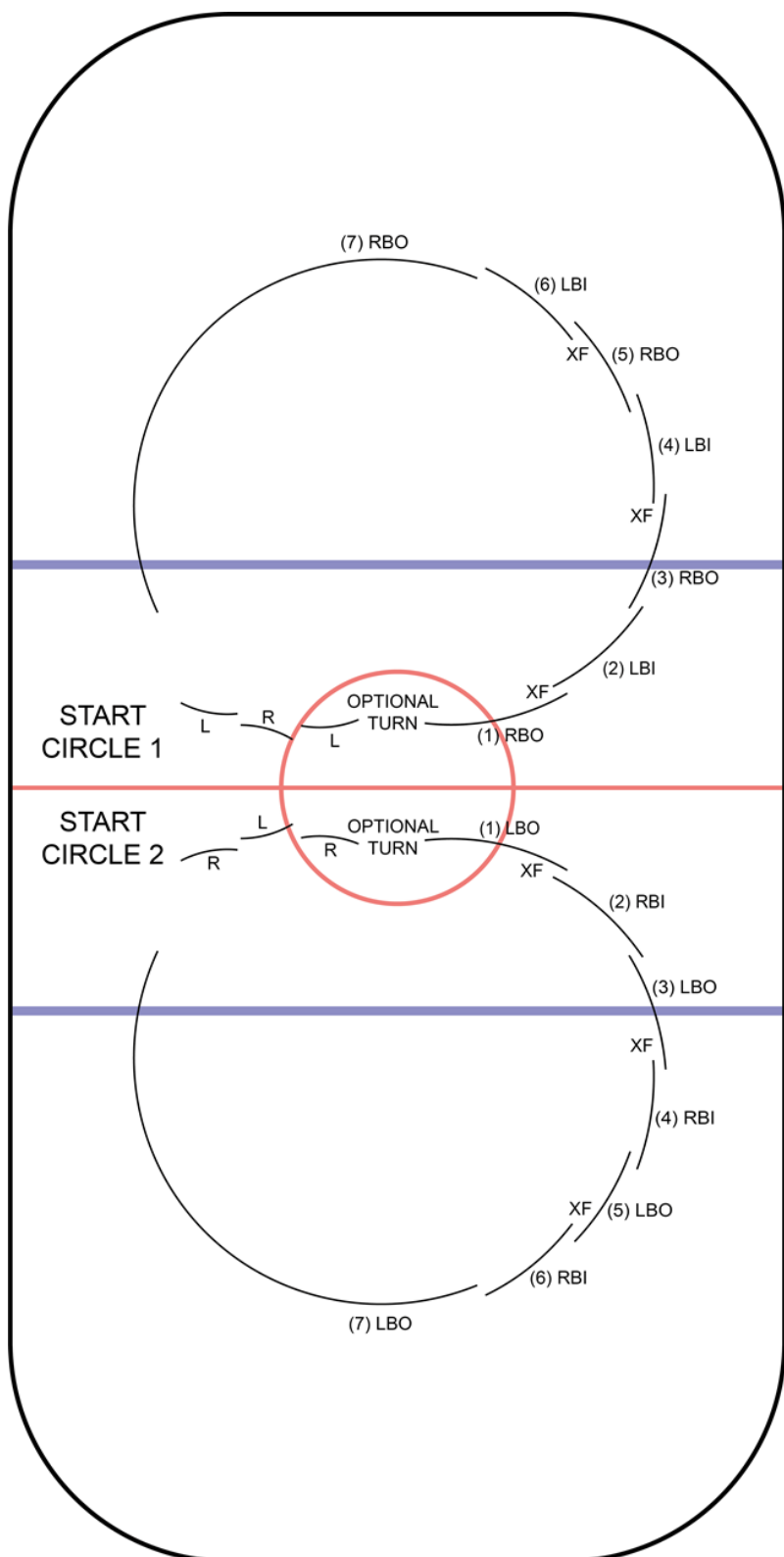
SMALLER RINKS

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 1

EXERCISE 2 - BACKWARD OUTSIDE EXTENDED POSITION



LEARNING OBJECTIVES:

- To build speed on backward crossovers.
- To control the backward outside edge.
- To demonstrate good extension of the free leg.

OUTCOME:

Demonstrate well balanced control of the extended edge in both directions.

From a stationary start the skater will begin with a maximum of 4 introductory steps followed by either a 3 turn or mohawk:

CIRCLE 1 (1)RBO (2)XF-LBI (3)RBO (4)XF-LBI (5)RBO (6)XF-LBI (7)RBO sustained edge with an extended position and free foot turned out, held for a minimum of 1/3 of a circle or 3 seconds.

- Optional shape (figure of eight or circular)

From a stationary start the skater will begin with a maximum of 4 introductory steps followed by either a 3 turn or mohawk:

CIRCLE 2 (1)LBO (2)XF-RBI (3)LBO (4)XF-RBI (5)LBO (6)XF-RBI (7)LBO sustained edge with an extended position and free foot turned out, held for a minimum of 1/3 of a circle or 3 seconds.

This completes the exercise.

- Optional shape (figure of eight or circular)

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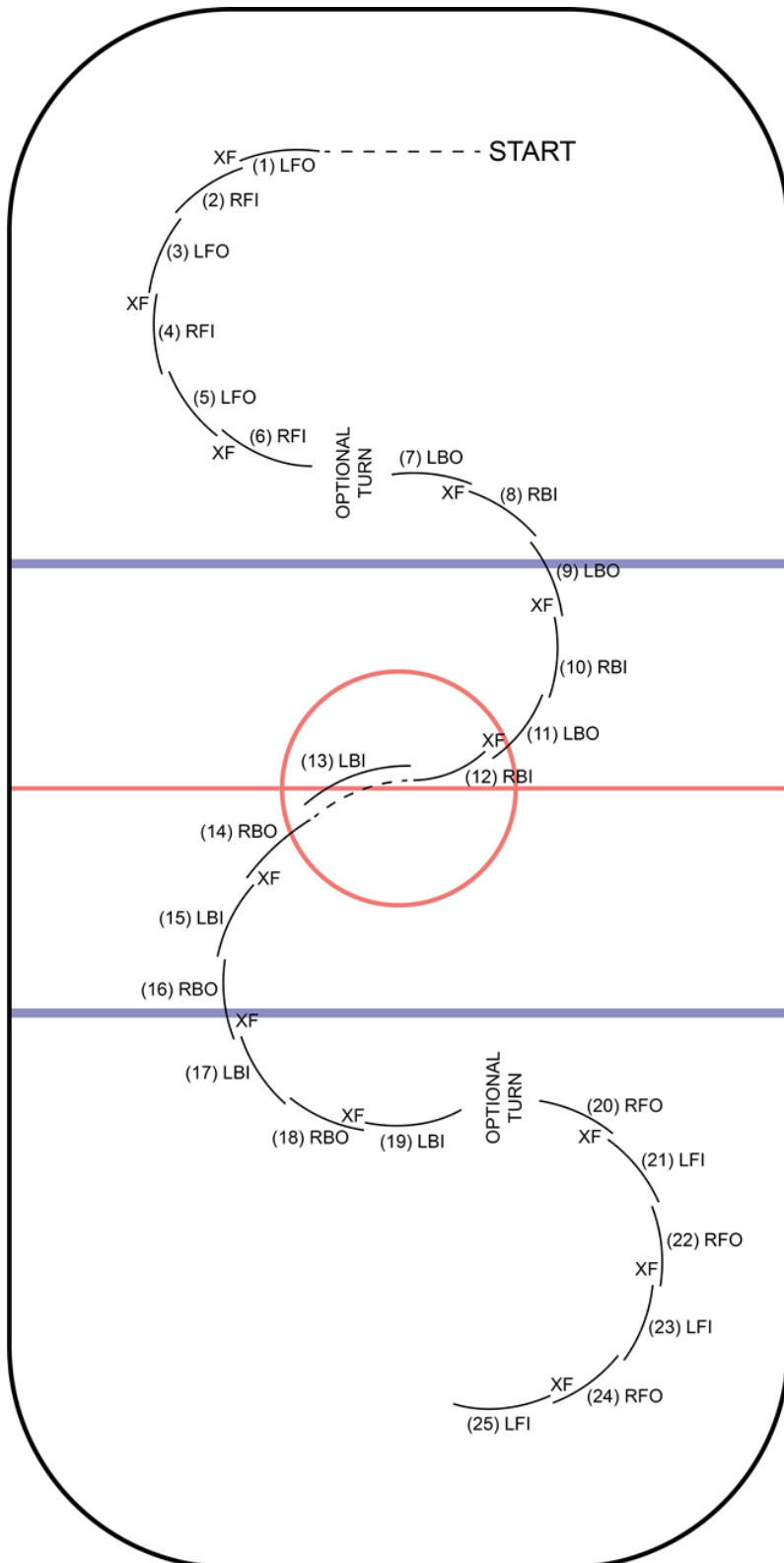
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All key requirements of the exercise must be included.

SKILLS 1

EXERCISE 3 – FORWARD & BACKWARD CROSSOVERS



LEARNING OBJECTIVES:

- To achieve smooth forward and backward crossovers.
- Smooth transitional turns and steps.
- Maintaining consistent speed and flow throughout.

OUTCOME:

Demonstrate equal quality on multi-directional forward and backward crossovers.

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

START (1)LFO (2)XF-RFI (3)LFO (4)XF-RFI (5)LFO (6)XF-RFI then an optional turn to backwards (3-turn or Mohawk) (7)LBO (8)XF-RBI (9)LBO (10)XF-RBI (11)LBO (12)XF-RBI whilst staying on the right foot step wide to the (13)LBI then transfer your weight back to the (14)RBO (15)XF-LBI (16)RBO (17)XF-LBI (18)RBO (19)XF-LBI then an optional step to forward (20)RFO (21)XF-LFI (22)RFO (23)XF-LFI (24)RFO (25)XF-LFI. This completes the exercise.

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All key requirements of the exercise must be included.

SKILLS 1

EXERCISE 4 - SLALOM

LEARNING OBJECTIVES:

- Understanding correct edges.
- Use of rhythmic knee action.
- Maintaining speed throughout.

OUTCOME:

Demonstrate a good rhythm and flow both forward and backward.

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

Optional either two foot OR one foot power changes as below on side 1:

SIDE 1 (1)RFI & LFO two-foot power change of edge (2)RFO & LFI two-foot power change of edge.

Then repeat the sequence

OR

SIDE 1 (1)RFI & LFO two-foot power change of edge (2)RFO & LFI two-foot power change of edge. However, as the skater moves through this change of edge, they lift the left foot to perform (3)RFI power change of edge (4)RFO power change of edge (5)RFI power change of edge. However, as the skater moves through this change of edge, they place the left foot down to perform (6)RFO & LFI two-foot power change of edge (7)RFI & LFO two-foot power change of edge. However, as the skater moves through this change of edge, they lift the right foot to perform (8)LFI power change of edge (9)LFO power change of edge (10)LFI power change of edge. However, as the skater moves through this change of edge, they place the right foot down. Then repeat the sequence.

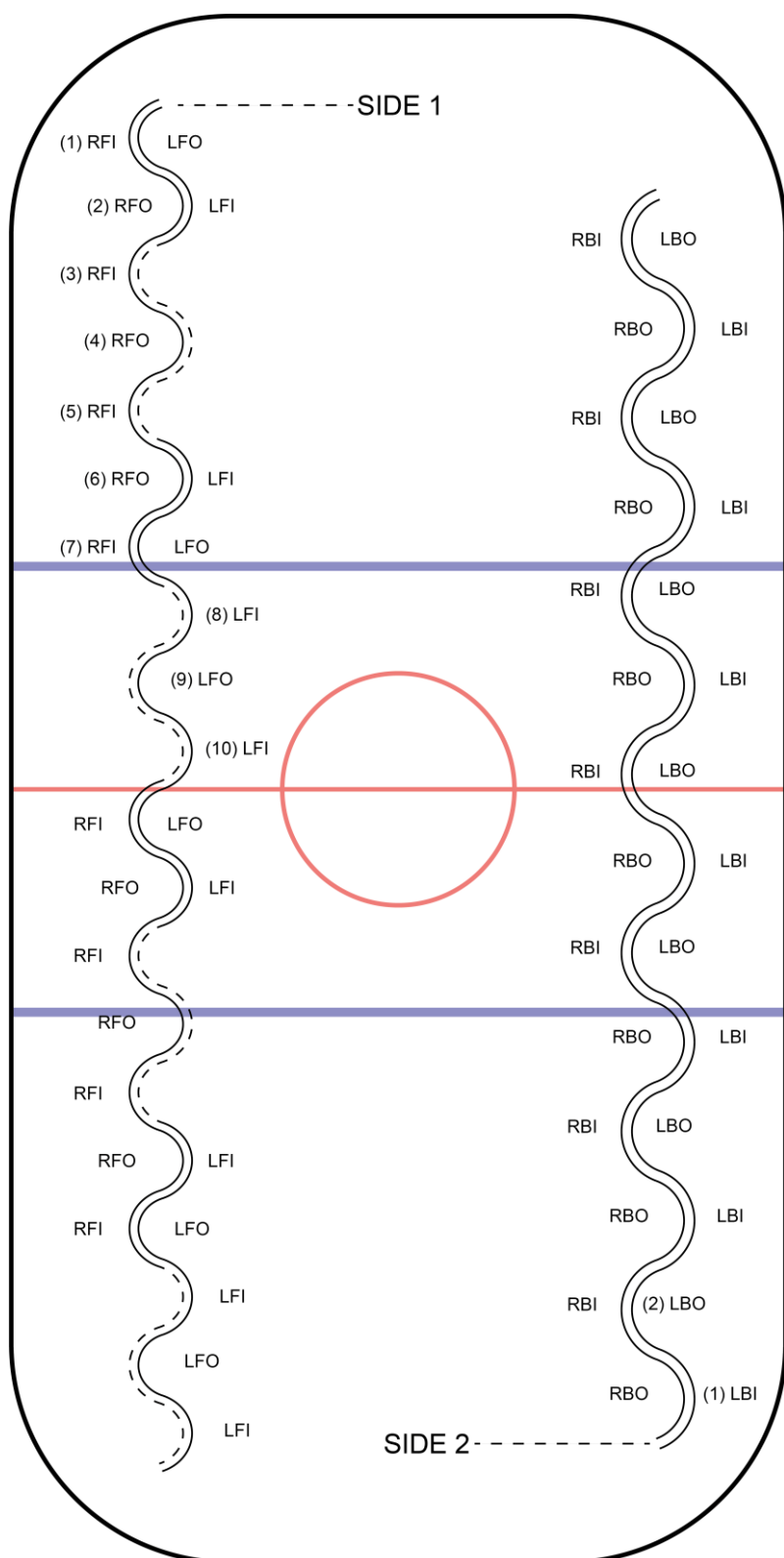
- A minimum of two repetitions on each foot

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

SIDE 2 (1)LBI & RBO two-foot power change of edge (2)LBO & RBI two-foot power change of edge.

Then repeat the sequence.

- Utilise the full length of ice surface



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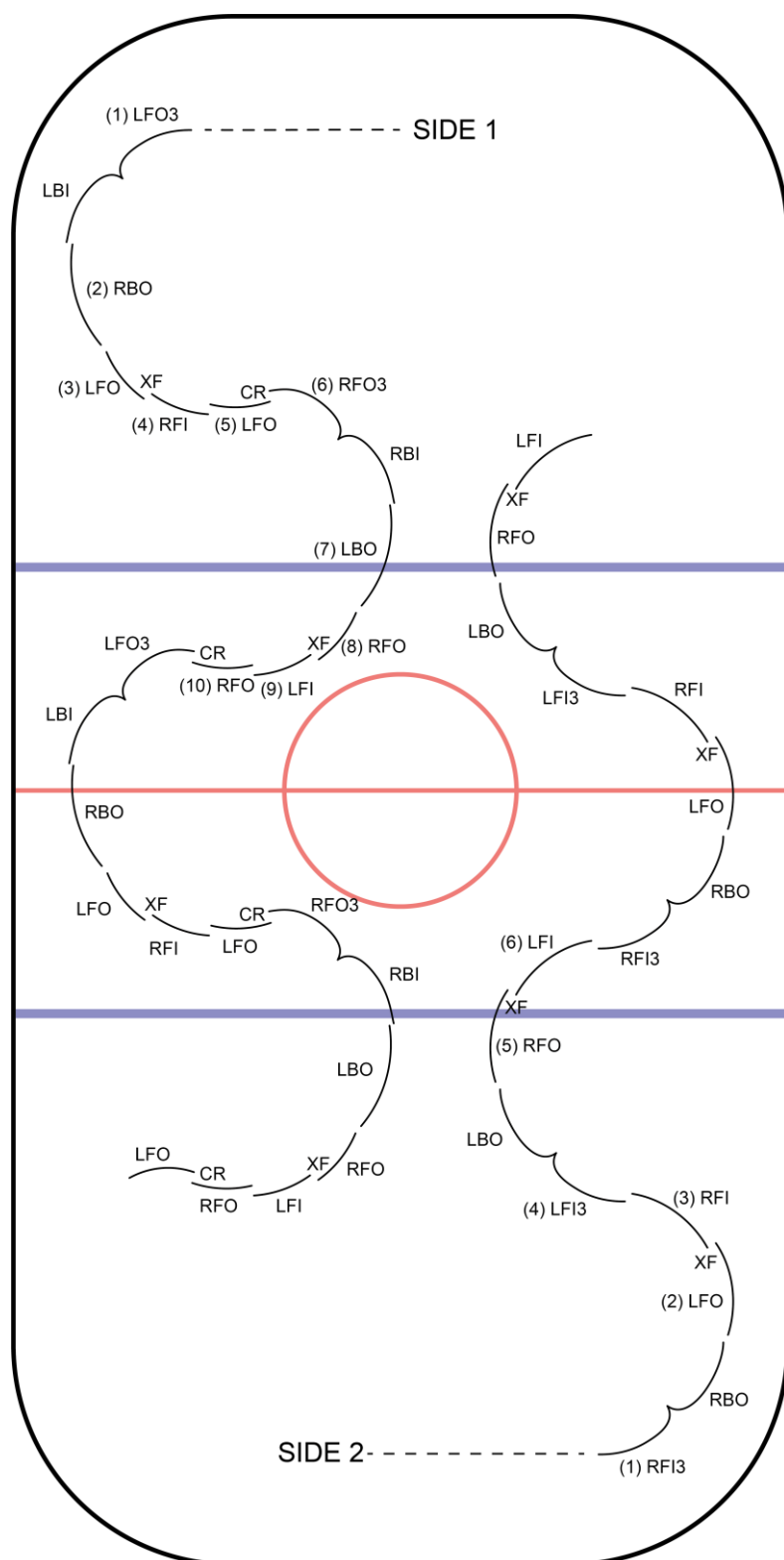
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All key requirements of the exercise must be included.

SKILLS 1

EXERCISE 5 – FORWARD OUTSIDE & FORWARD INSIDE 3-TURNS



LEARNING OBJECTIVES:

- Understanding the rise and fall of the skating knee on the turns and steps.
- Control of bodyweight throughout.
- 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)LFO 3-turn (2)RBO extended edge (3)LFO (4)XF-RFI (5)LFO cross roll (6)RFO 3-turn (7)LBO extended edge (8)RFO (9)XF-LFI (10)RFO cross roll. Then repeat the sequence.

- A minimum of four and a maximum of six lobes

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

SIDE 2 (1)RFI 3-turn (2)LFO (3) XF-RFI (4) LFI 3-turn (5) RFO (6) XF-LFI Then repeat the sequence.

- A minimum of four and a maximum of six lobes

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.