

# ***SKILLS TEST 5***

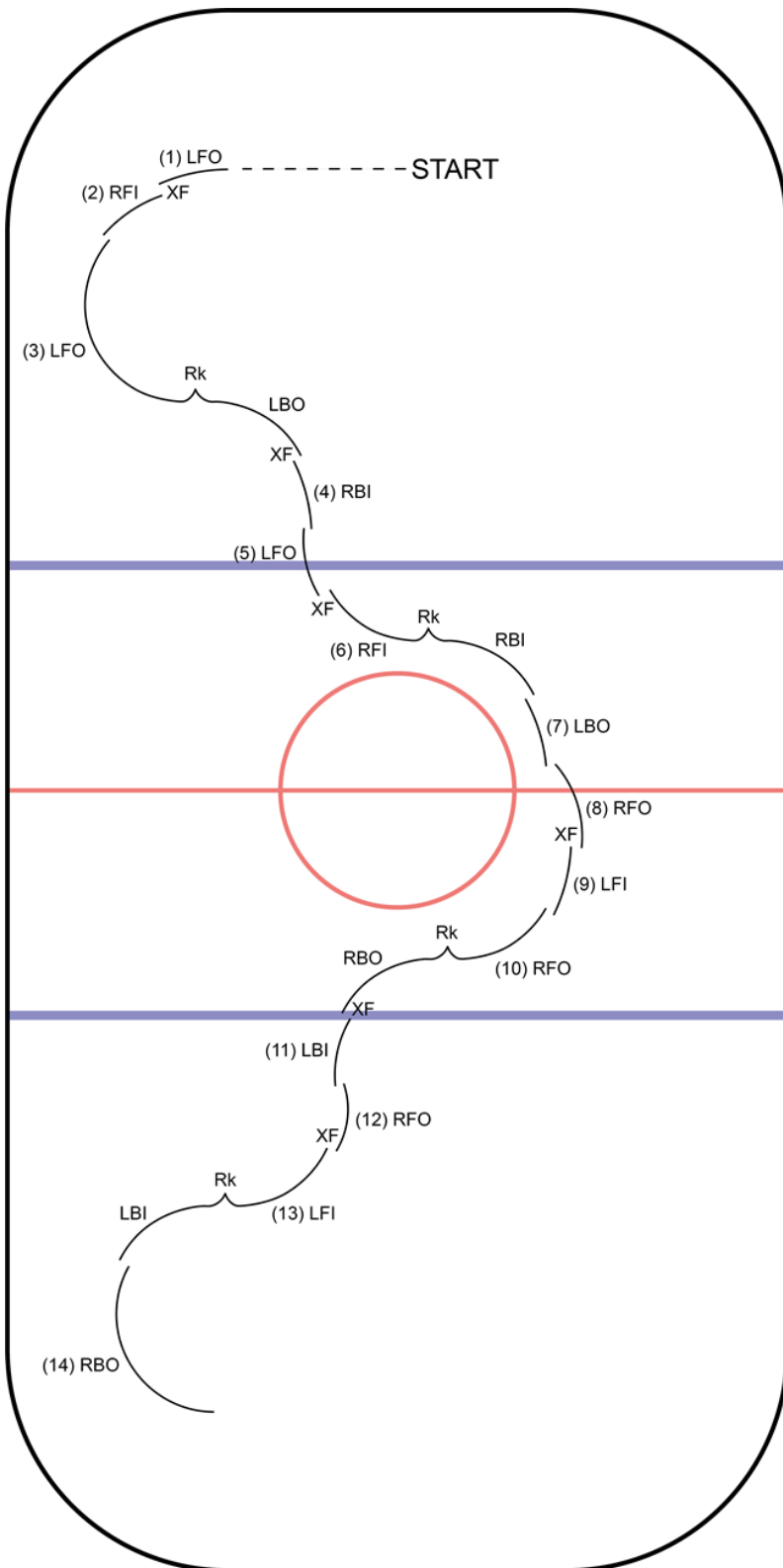
The candidate must skate 4 out of the Skills exercises listed below:

- **MULTI-DIRECTIONAL 3-TURNS**
  - **FORWARD ROCKERS**
  - **CHOCTAWS & MOHAWKS**
    - **INSIDE BRACKETS**
    - **SKATING EXERCISE**
    - **BRACKET EXERCISE**
- **BACKWARD COUNTER EXERCISE**



# SKILLS 5

## EXERCISE 2 - FORWARD ROCKERS



### LEARNING OBJECTIVES:

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

### OUTCOME:

Demonstrate consistent speed with flowing rockers throughout.

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

(1)LFO (2)XF-RFI (3)LFO rocker (4)XF-RBI (5)LFO (6)XF-RFI rocker (7)LBO (8)RFO (9)XF-LFI (10)RFO rocker (11)XF-LBI (12)RFO (13)XF-LFI rocker (14)RBO extended position.

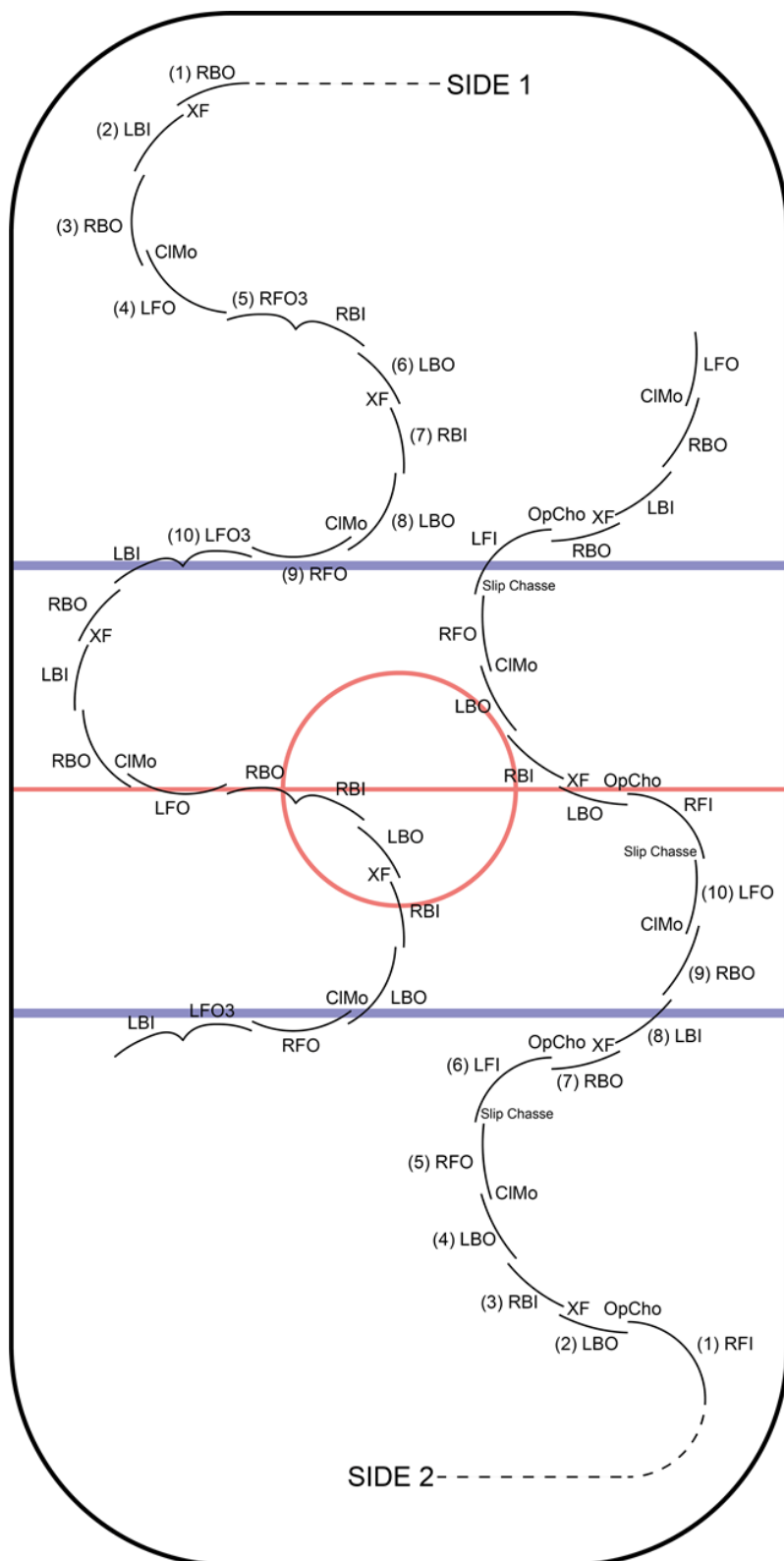
This completes the exercise.

**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 5

### EXERCISE 3 – CHOCTAWS & MOHAWKS



#### LEARNING OBJECTIVES:

- Understanding of the body positions and weight on the choctaws and mohawks.
- Executing clean turns and steps.
- Understanding rhythm to perform the exercise on side 2.

#### OUTCOME:

Demonstrate consistent speed and flow throughout with rhythm on side 2.

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

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

Then repeat the sequence.

- Minimum two lobes on each foot

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

**SIDE 2** (1)RFI open choctaw (2)LBO (3)XF-RBI (4)LBO closed mohawk (5)RFO slip chase (6)LFI open choctaw (7)RBO (8)XF-LBI (9)RBO closed mohawk (10)LFO slip chase. Then repeat the sequence.

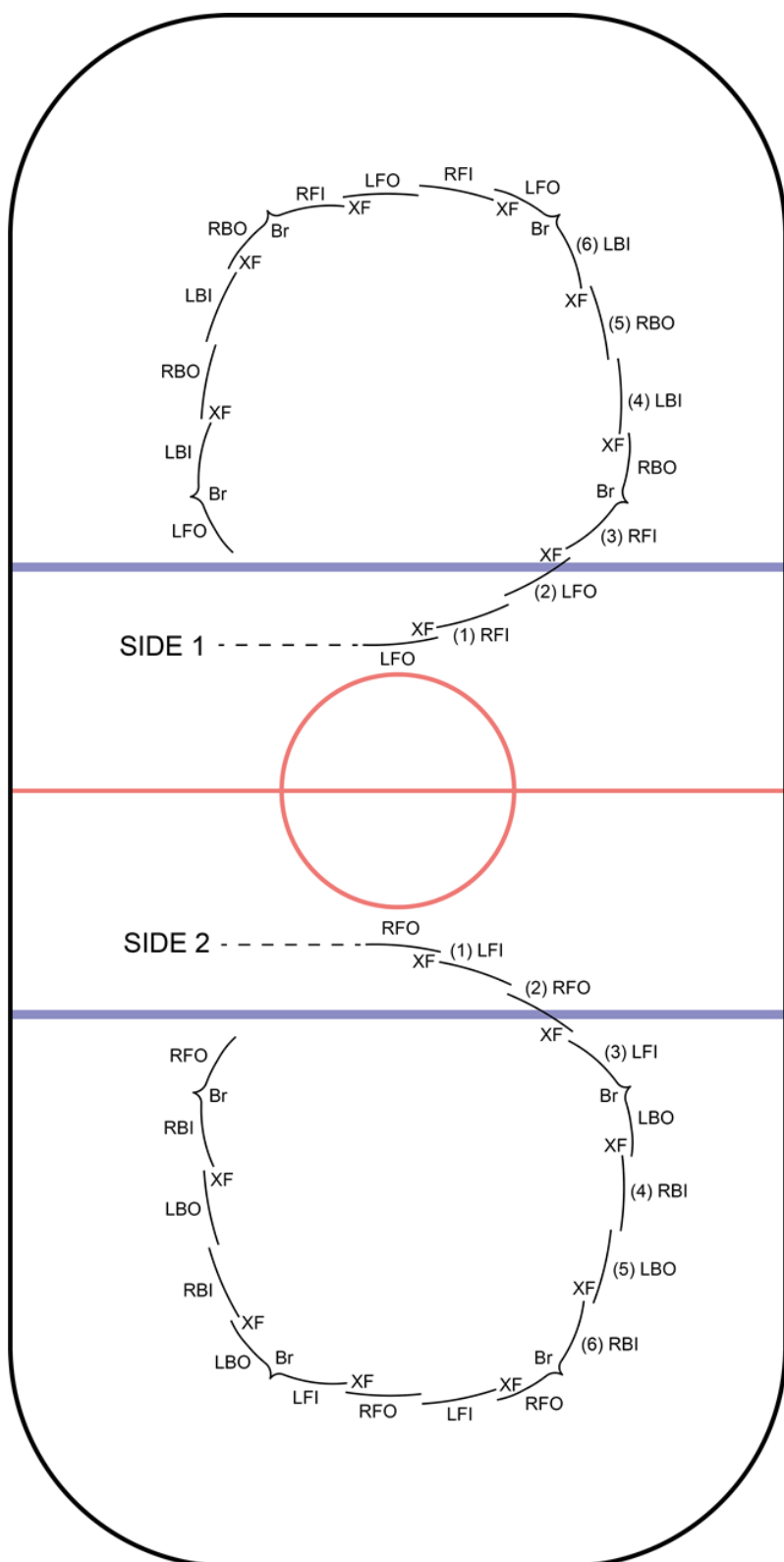
- Minimum two lobes on each foot

**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 5

## EXERCISE 4 - INSIDE BRACKETS



### LEARNING OBJECTIVES:

- Understanding a bracket turn.
- Controlling the speed to facilitate a bracket turn.
- 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:

**SIDE 1** LFO (1)XF-RFI (2)LFO (3)XF-RFI bracket (4)XF-LBI (5)RBO (6)XF-LBI bracket.

Then repeat the sequence.

- Optional shape (figure of eight or circular)
- A minimum of four and maximum of six brackets in total

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

**SIDE 2** RFO (1)XF-LFI (2)RFO (3)XF-LFI bracket (4)XF-RBI (5)LBO (6)XF-RBI bracket.

Then repeat the sequence.

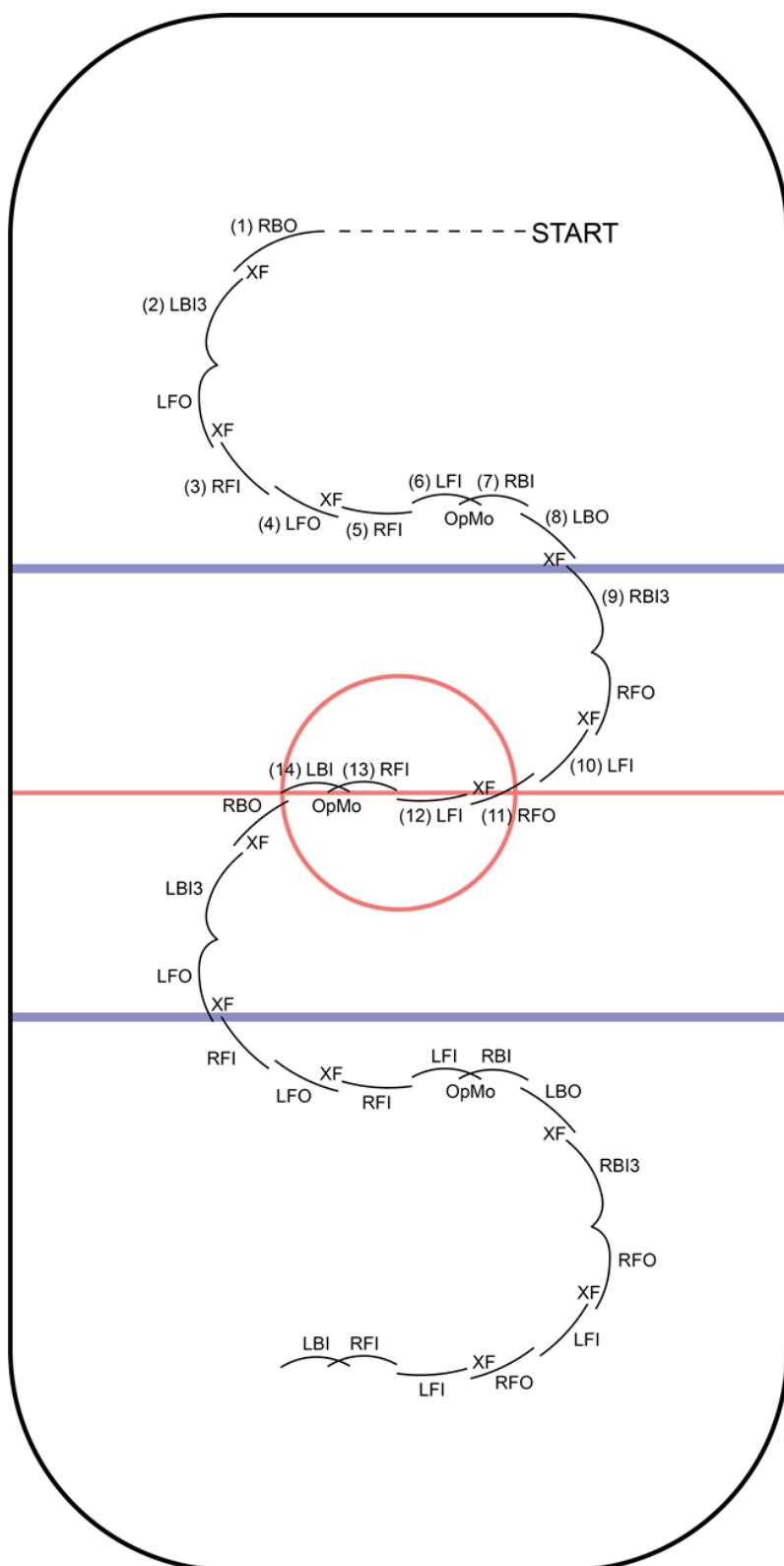
- Optional shape (figure of eight or circular)
- A minimum of four and maximum of six brackets in total

**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 5

## EXERCISE 5 – SKATING EXERCISE



### LEARNING OBJECTIVES:

- To skate with flow, glide, and freedom of movement.
- Controlling the extended entry and exit edges of the 3-turns.
- 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)RBO (2)XF-LBI 3-turn (3)XF-RFI (4)LFO (5)XF-RFI (6)LFI open mohawk (7)RBI (8)LBO (9)XF-RBI 3-turn (10)XF-LFI (11)RFO (12)XF-LFI (13)RFI open mohawk (14)LBI.  
Then repeat the sequence.

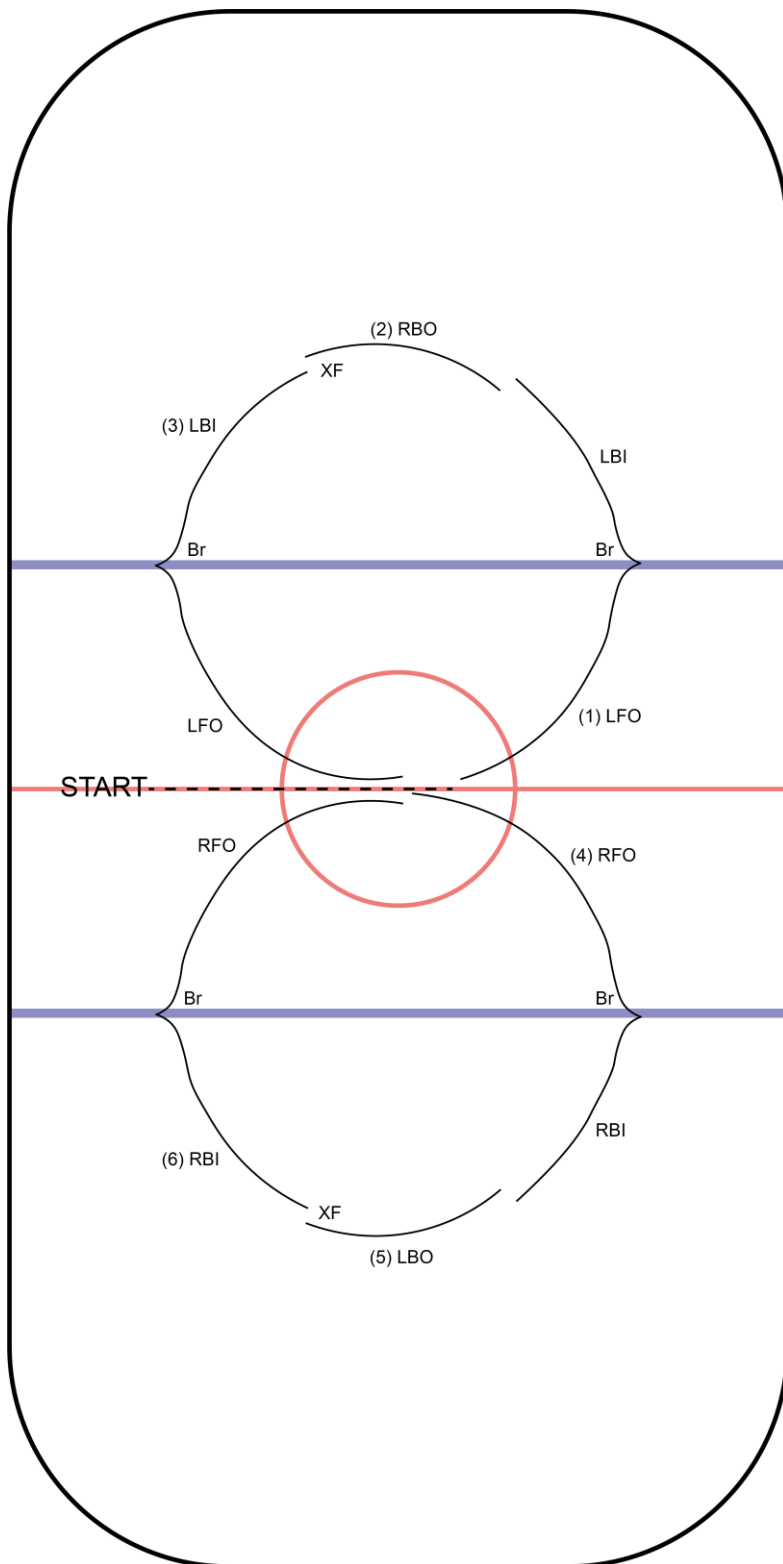
- Two lobes on each foot
- Serpentine shape

**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 5

## EXERCISE 6 – BRACKET EXERCISE



### LEARNING OBJECTIVES:

- Understanding a bracket turn.
- Controlling the speed to facilitate a bracket turn.
- Aiming for equal quality in both directions (clockwise and anti-clockwise).

### OUTCOME:

Demonstrate a steady controlled exercise throughout.

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

(1)LFO bracket (2)RBO (3)XF-LBI bracket  
(4)RFO bracket (5)LBO (6)XF-RBI bracket.  
Then repeat the sequence.

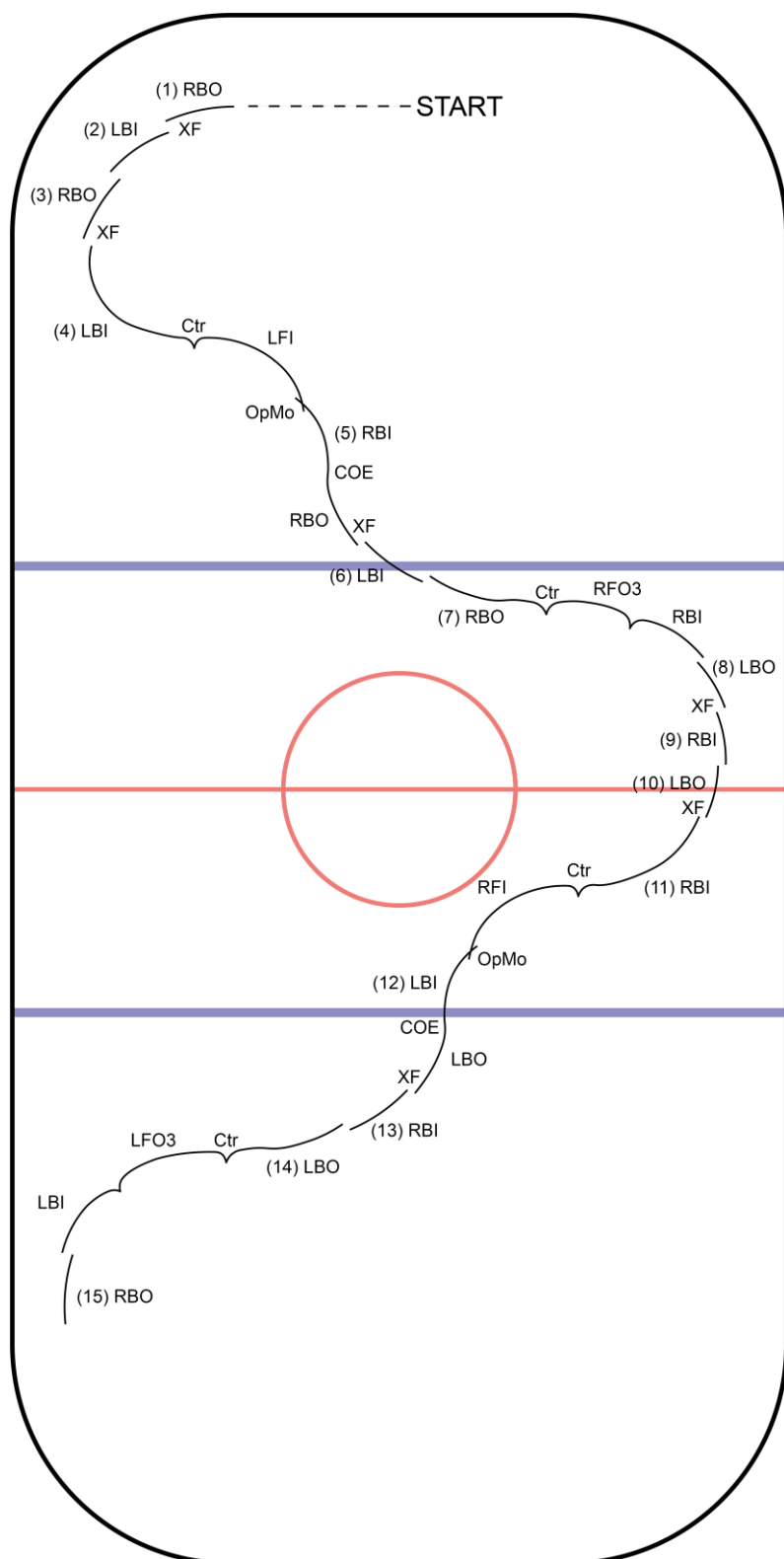
- Two circles on each foot
- Figure of eight pattern like old school figures

**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 5

## EXERCISE 7 – BACKWARD COUNTER EXERCISE



### LEARNING OBJECTIVES:

- *Deep strong edges.*
- *Good ice coverage.*
- *Clean/flowing counter turns.*

### OUTCOME:

Demonstrate consistent speed with flowing counters throughout.

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

(1)RBO (2)XF-LBI (3)RBO (4)XF-LBI counter-open mohawk (5)RBI change of edge (6)XF-LBI (7)RBO counter-3-turn (8)LBO (9)XF-RBI (10)LBO (11)XF-RBI counter-open mohawk (12)LBI change of edge (13)XF-RBI (14)LBO counter-3-turn (15)RBO

This completes the exercise.

**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:**