

# ***SKILLS TEST 4***

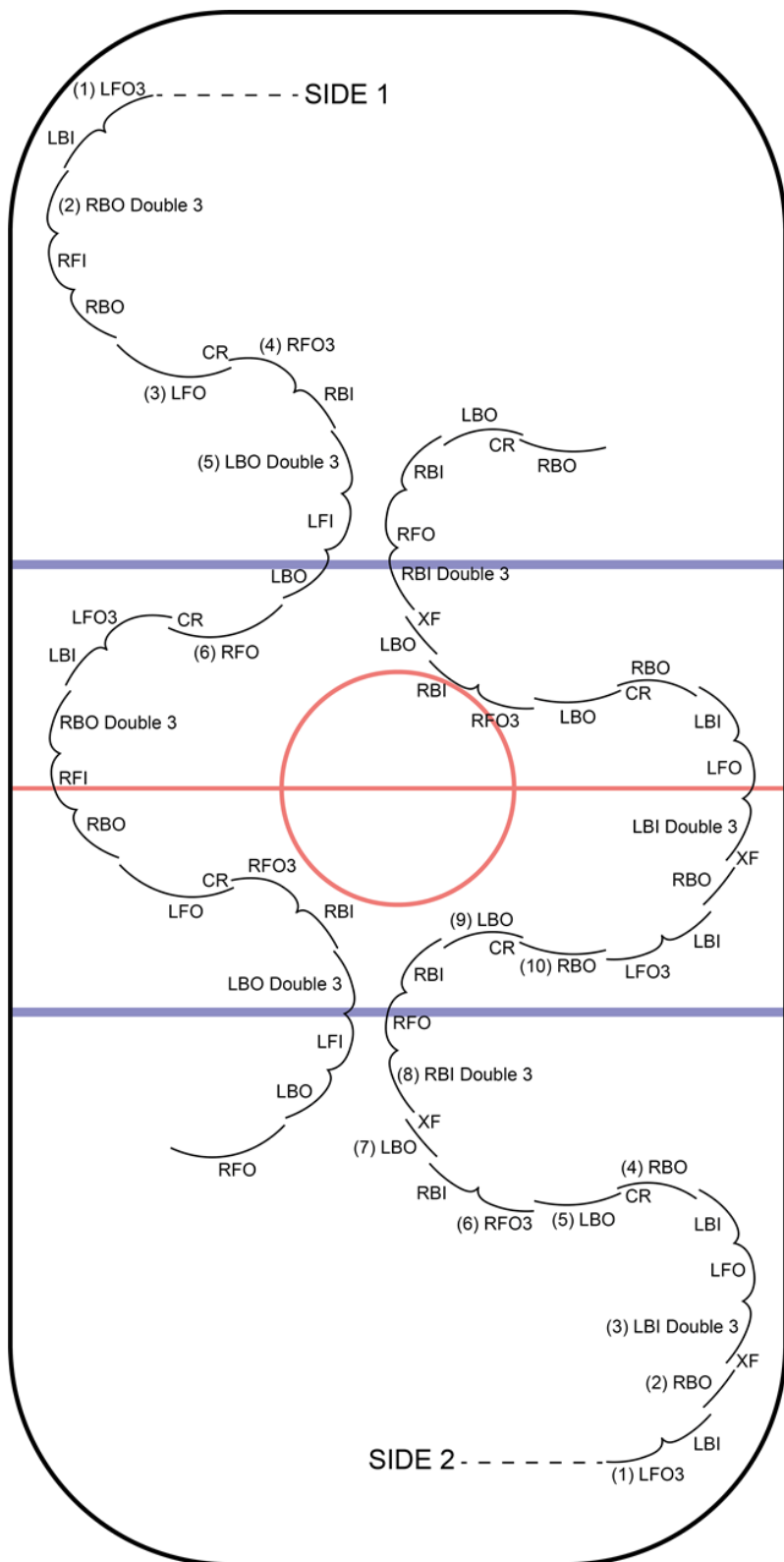
The candidate must skate 4 out of the Skills exercises listed below:

- BACKWARD CHANGES OF EDGE
- BACKWARD DOUBLE 3-TURNS
  - INSIDE ROCKERS
- FORWARD INSIDE TWIZZLES & BACKWARD OUTSIDE TWIZZLE MOVEMENT
  - BACKWARD CHOCTAWS
- MOHAWK & 3-TURN EXERCISE
  - SKATING EXERCISE



# SKILLS 4

## EXERCISE 2 - BACKWARD DOUBLE 3-TURNS



### LEARNING OBJECTIVES:

- Equal edges on 3-turns.
- Control of transfer of body weight from one lobe to another.
- Control of rhythm on the double 3-turns.

### OUTCOME:

Demonstrate good control of 3-turns and maintain speed, flow, and rhythm throughout.

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

**SIDE 1** (1)LFO 3-turn (2)RBO double 3-turn (3)LFO cross roll (4)RFO 3-turn (5)LBO double 3-turn (6)RFO cross roll. Then repeat the sequence.

- Minimum two lobes on each foot

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

**SIDE 2** (1)LFO 3-turn (2)RBO (3)XF-LBI double 3-turn (4)RBO cross roll (5)LBO double 3-turn (6)RFO 3-turn (7)LBO (8)XF-RBI double 3-turn (9)LBO cross roll (10)RBO. Then repeat the sequence.

- Minimum two lobes on each foot

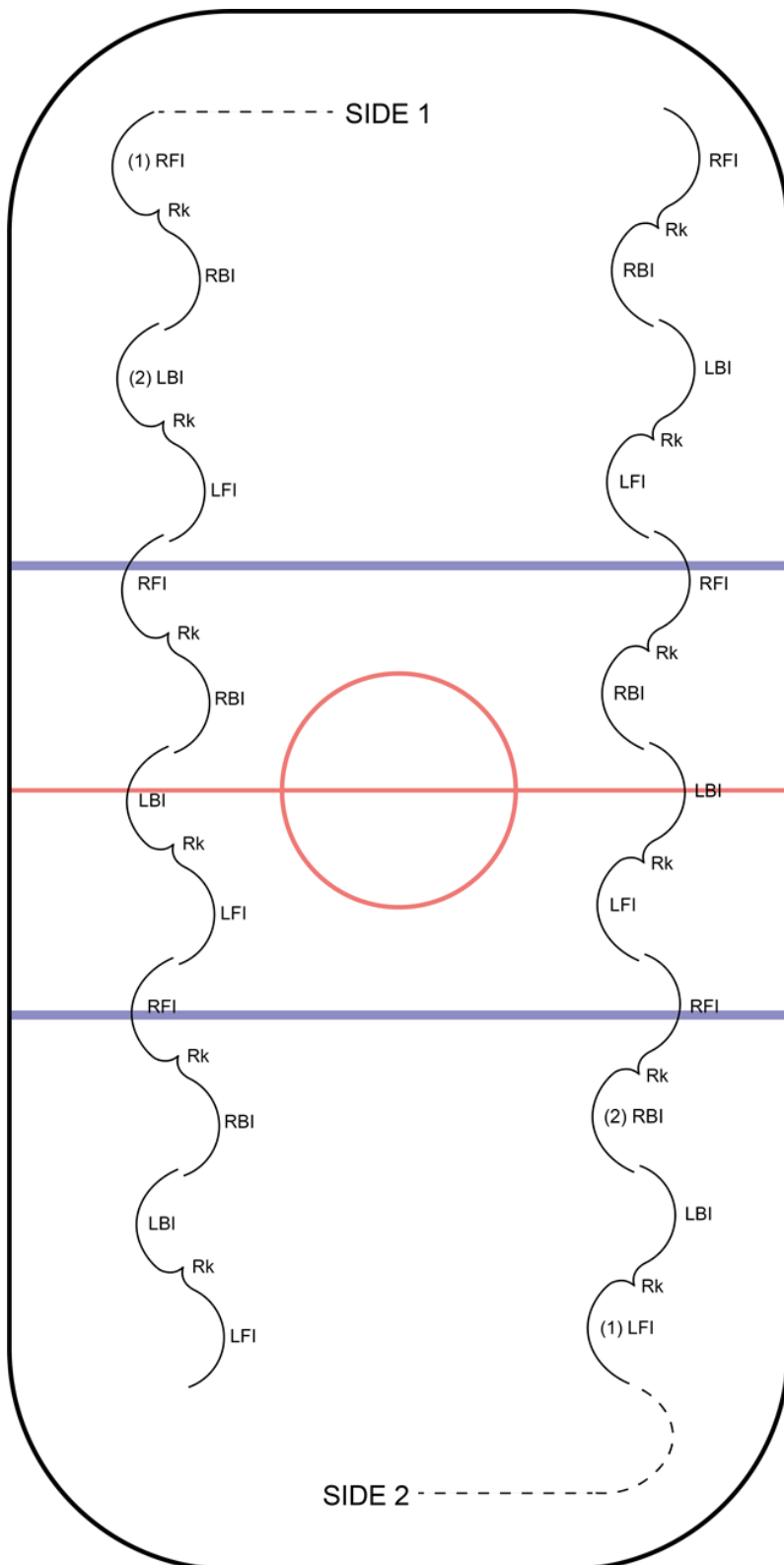
**ASSESSMENT:** The Assessment Criteria is detailed in the document *Criteria for Scoring Skills 1-8*, included in the Manual.

### 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.

# SKILLS 4

## EXERCISE 3 – INSIDE ROCKERS



### LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action through the rocker turns.
- Control and check of the shoulders on the exit of the turn.

### OUTCOME:

Demonstrate the rocker turns with control and rhythm.

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

**SIDE 1** (1)RFI rocker (2)LBI rocker.

Then repeat the sequence.

- minimum six rockers (must fully utilize the length of the ice surface)

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

**SIDE 2** (1)LFI rocker (2)RBI rocker.

Then repeat the sequence.

- minimum six rockers (must fully utilize the length of the ice surface)

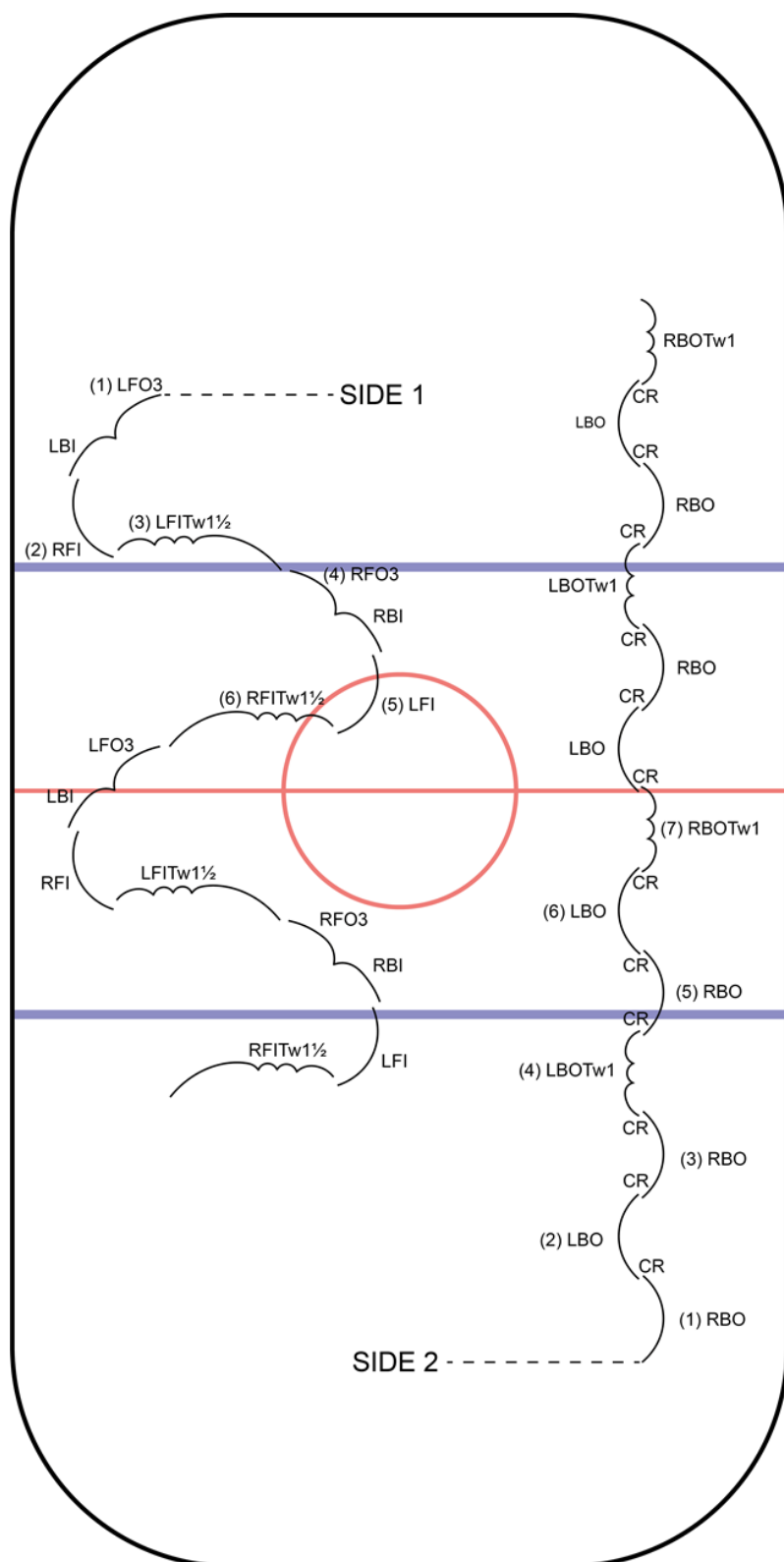
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## SKILLS 4

### EXERCISE 4 - FORWARD INSIDE TWIZZLES & BACKWARD OUTSIDE TWIZZLE MOVEMENT



#### LEARNING OBJECTIVES SIDE 1:

- Weight on correct part of blade on twizzle.
- Control of shoulders throughout.

#### LEARNING OBJECTIVES SIDE 2:

- Introduction to a backward outside twizzle.
- Correct body positioning prior to twizzle movement.

#### OUTCOME:

Demonstrate forward inside twizzles and an understanding of a backward twizzle movement all with control of the upper body throughout.

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

**SIDE 1** (1)LFO 3-turn (2)RFI (3)LFI Twizzle 1 ½ exiting with an extended position (4)RFO 3-turn (5)LFI (6)RFI twizzle 1 ½ exiting with an extended position. Then repeat the sequence.

- A minimum of two twizzles on each foot

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

**SIDE 2** (1)RBO cross roll (2)LBO cross roll (3)RBO cross roll (4)LBO Twizzle 1, cross roll (5)RBO cross roll (6) LBO cross roll (7)RBO Twizzle 1, cross roll. Then repeat the sequence.

- A minimum of two twizzle movements on each foot
- Optional free leg position on twizzles

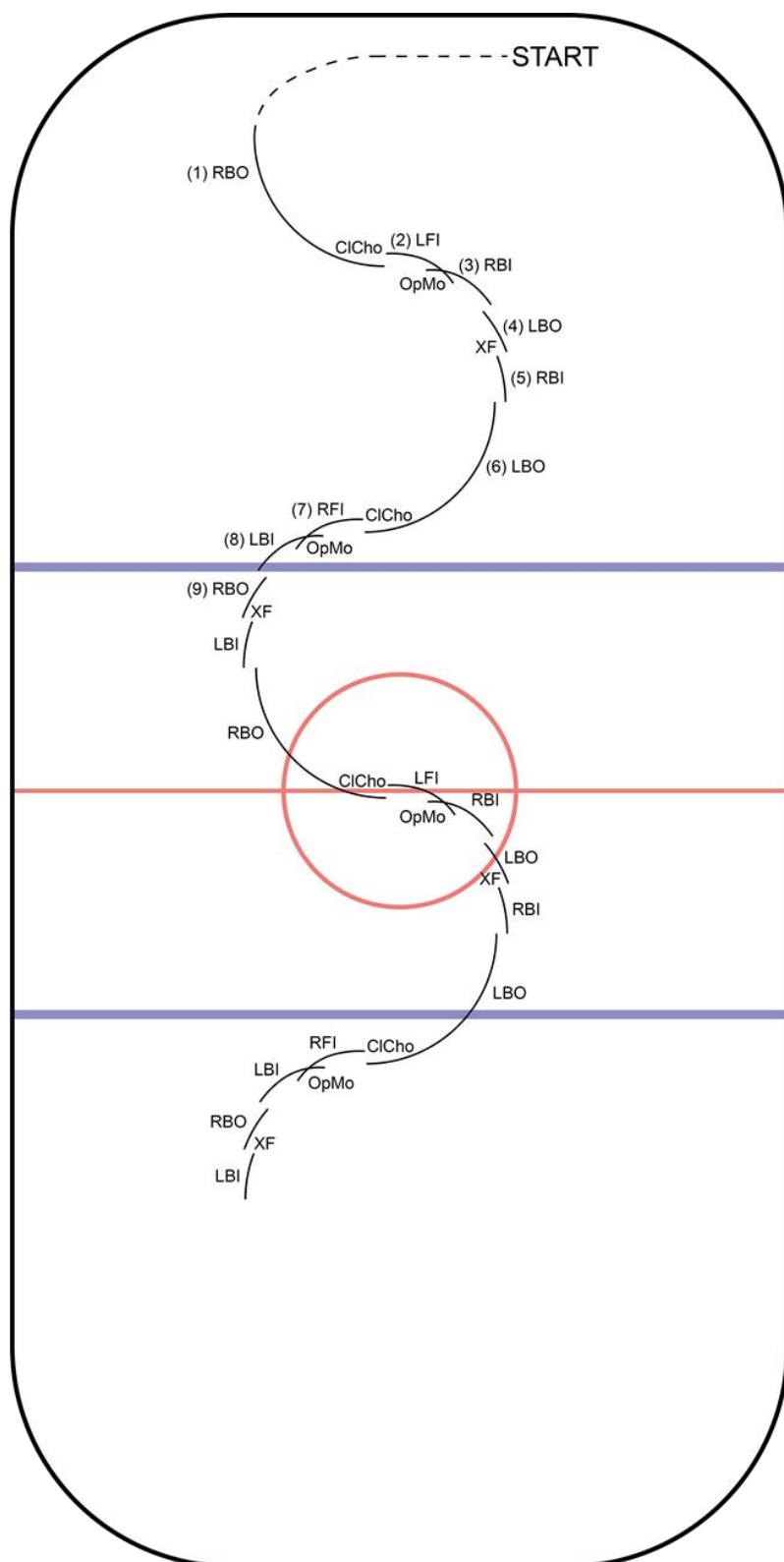
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## SKILLS 4

### EXERCISE 5 – BACKWARD CHOCTAWS



#### LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Understanding the use of the short axis as a guide for the placement of the choctaw.
- Control of upper body between the choctaw and mohawk.

#### OUTCOME:

Demonstrate an understanding of the choctaw within the exercise with control and maintenance of speed throughout.

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

(1)RBO extended edge-closed choctaw  
 (2)LFI open mohawk (3)RBI (4)LBO  
 (5)XF-RBI (6)LBO extended edge-closed choctaw (7)RFI open mohawk (8)LBI  
 (9)RBO (10)XF-LBI.

Then repeat the sequence.

- A minimum of two lobes on each foot

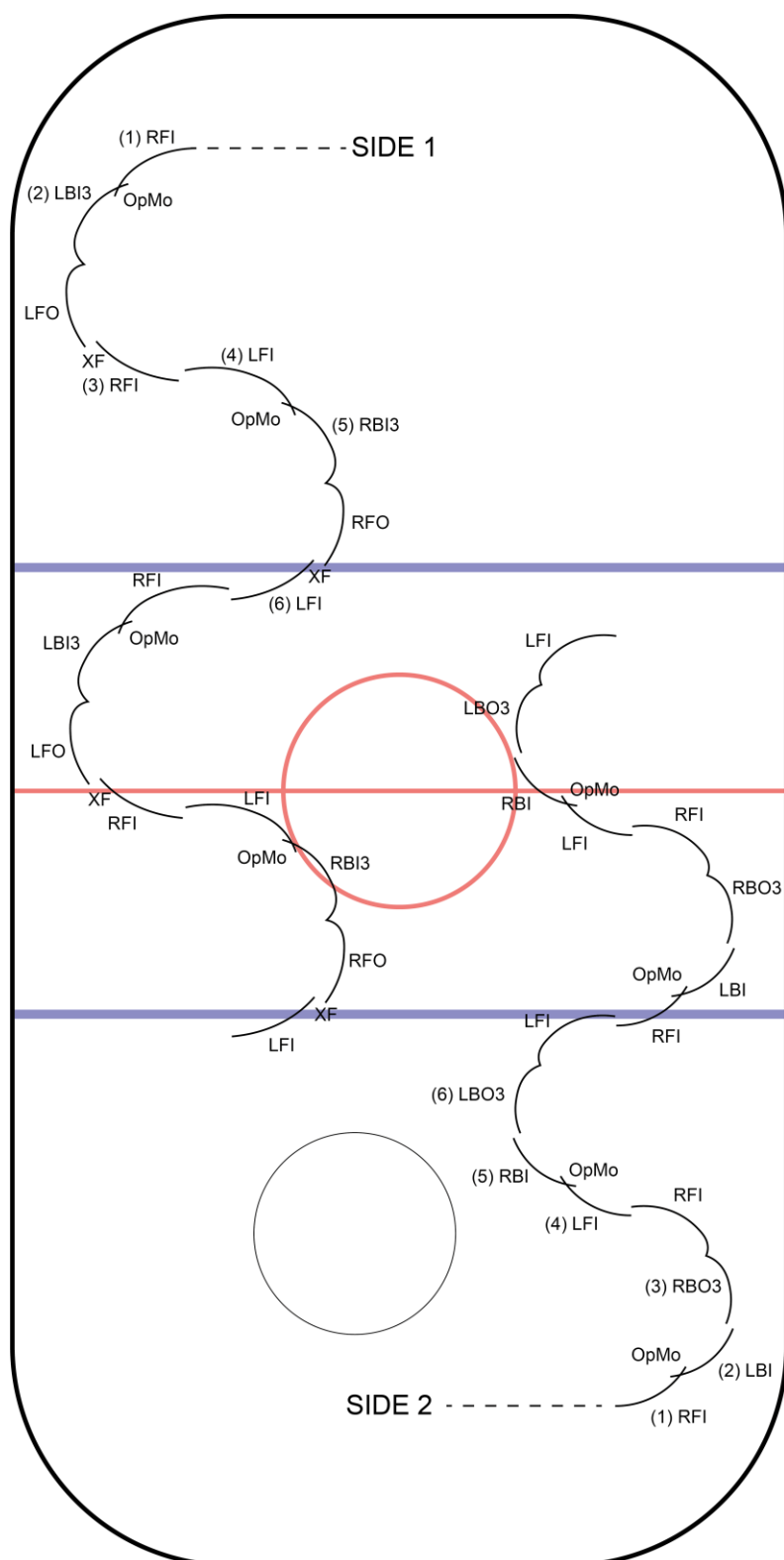
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## SKILLS 4

### EXERCISE 6 – MOHAWK & 3-TURN EXERCISE



#### LEARNING OBJECTIVES:

- To skate with flow and glide on exercise.
- Control of transfer of body weight from one lobe to another.
- Control of mohawks and 3-turns.

#### OUTCOME:

Demonstrate good control of mohawks and 3-turns whilst maintaining speed, flow, and rhythm throughout.

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

**SIDE 1** (1)RFI open mohawk (2)LBI 3-turn (3)XF-RFI (4)LFI open mohawk (5)RBI 3-turn (6)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)RFI open mohawk (2)LBI (3)RBO 3-turn (4)LFI open mohawk (5)RBI (6)LBO 3-turn.

Then repeat the sequence.

- A minimum of four lobes

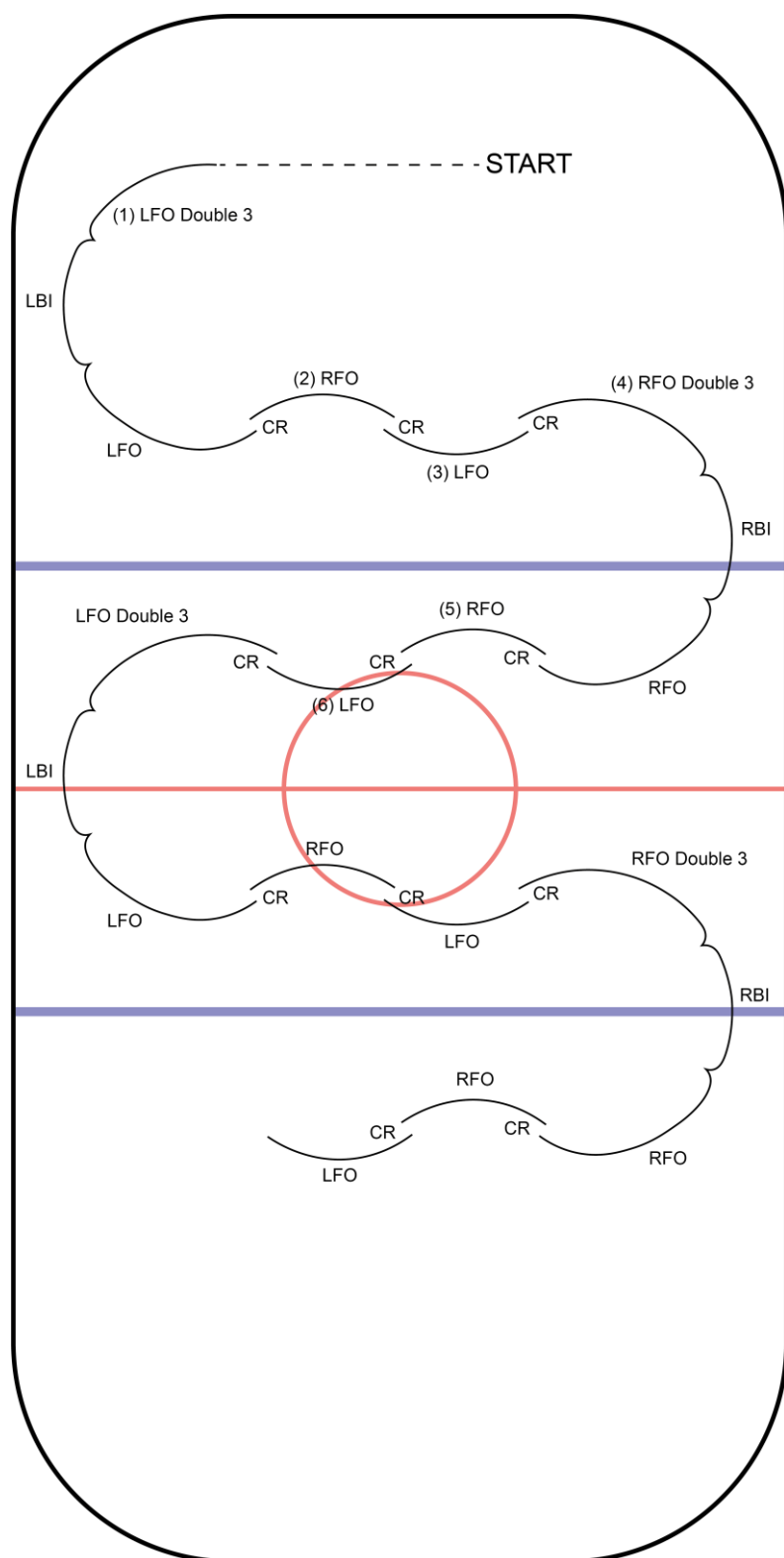
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## SKILLS 4

### EXERCISE 7 – SKATING EXERCISE



#### LEARNING OBJECTIVES:

- Correct edges and foot placement.
- Rhythmic knee action.
- Understanding the rise and fall of the skating knee on the turns and steps.

#### OUTCOME:

Demonstrate multi-directional double 3-turns within a flowing exercise with correct foot placement and edges on the cross rolls.

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

(1)LFO double 3-turn-cross roll (2)RFO cross roll (3) LFO cross roll (4) RFO double 3-turn-cross roll (5)LFO cross roll (6) RFO cross roll.

Then repeat the sequence.

- A minimum of twice on each foot

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