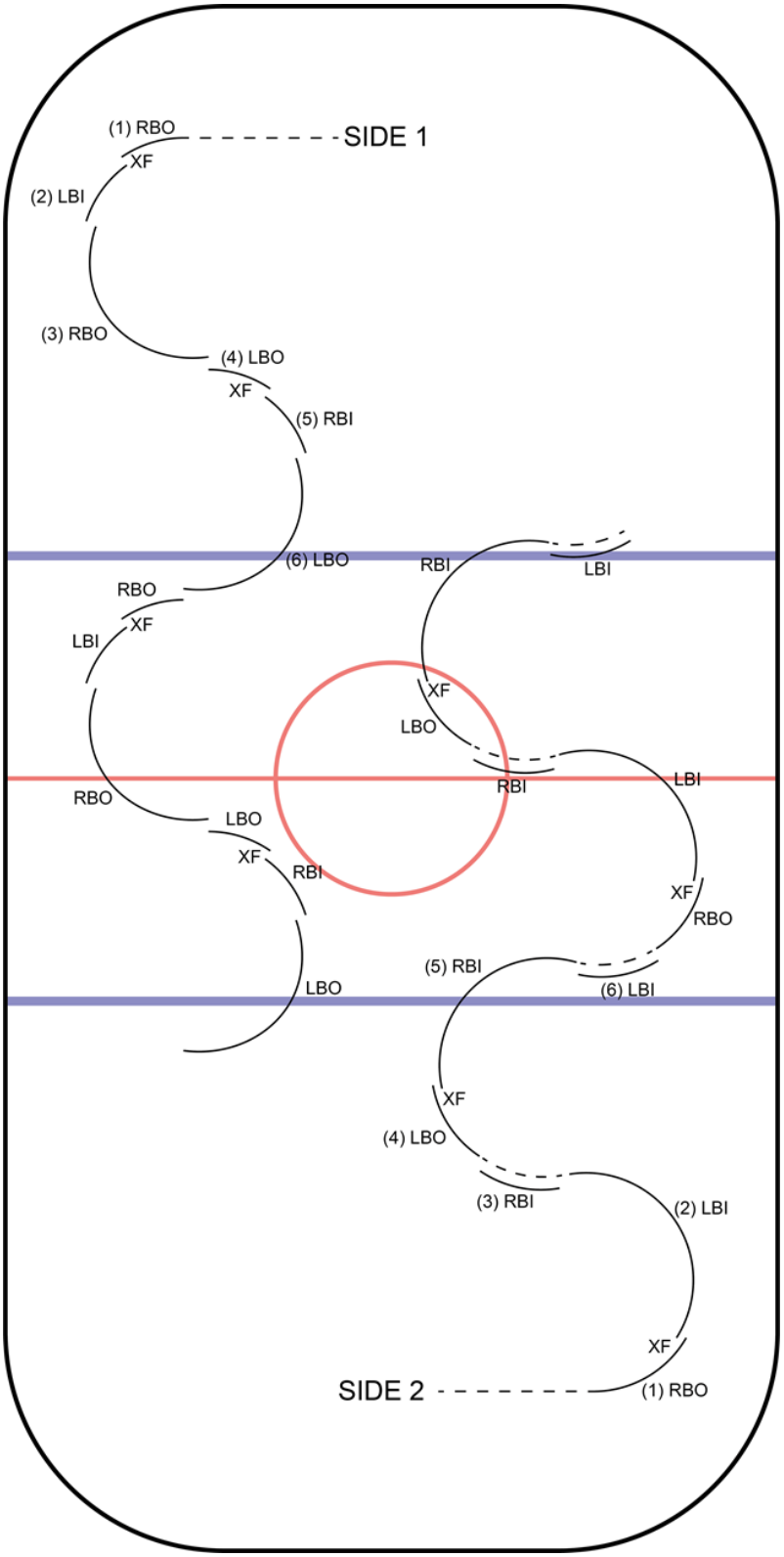
SKILLS TEST 2

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

- BACKWARD OUTSIDE & INSIDE EDGES
- ONE FOOT SLALOM
- FORWARD 3-TURNS
- FORWARD CROSS ROLLS
- SKATING EXERCISE
- BACKWARD OUTSIDE 3-TURNS

SKILLS 2

EXERCISE 1 - BACKWARD OUTSIDE & INSIDE EDGES



LEARNING OBJECTIVES:

- *Understanding of the long axis.*
- *Controlling backward outside and inside edges.*
- *Smooth backward crossovers.*

OUTCOME:

Demonstrate consistent speed and flow throughout.

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

SIDE 1 (1)RBO (2)XF-LBI (3)RBO sustained edge (optional free leg position) until the skater reaches the long axis (4)LBO (5)XF-RBI (6)LBO sustained edge (optional free leg position) until the skater reaches the long axis.

Then repeat the sequence.

- A minimum of four and maximum of six continuous curves

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

SIDE 2 (1)RBO (2)XF-LBI sustained edge (optional free leg position) until the skater reaches the long axis, whilst staying on the left foot, step wide to a (3)RBI then transfer your weight back to (4)LBO (5)XF-RBI sustained edge (optional free leg position) until the skater reaches the long axis, whilst staying on the right foot step wide to a (6)LBI.

Then repeat the sequence.

- A minimum of four and maximum of six continuous curves

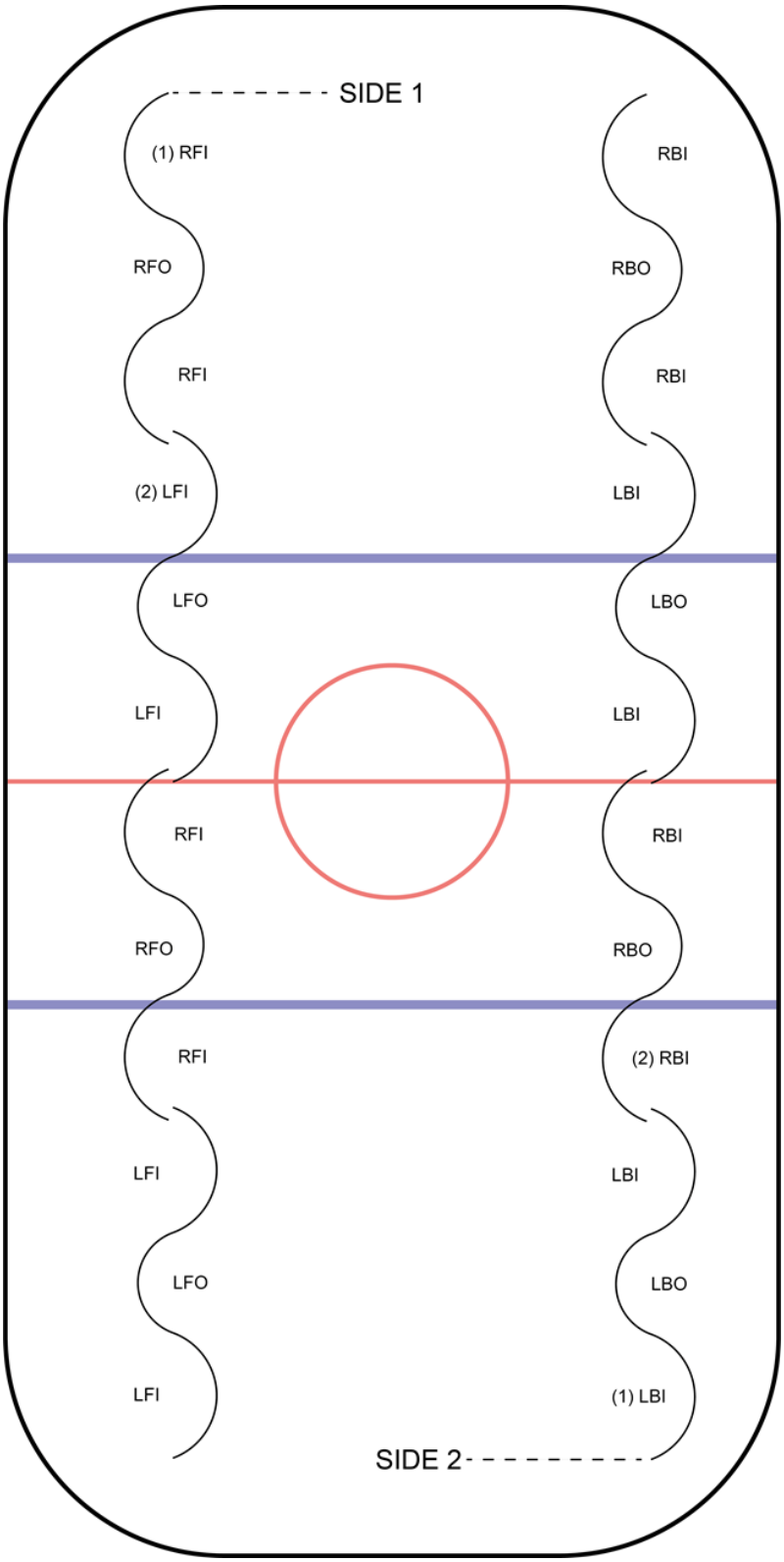
ASSESSMENT: The Assessment Criteria is detailed in the document ***Criteria for Scoring Skills 1-8***, included in the Manual.

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 2
EXERCISE 2 - ONE FOOT SLALOM



LEARNING OBJECTIVES:

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

OUTCOME:
Demonstrate a good rhythm and flow both forward and backward.

From a moving start the skater will begin the exercise with:
SIDE 1 (1)RFI/O/I one foot power change of edge.
(2)LFI/O/I power change of edge.
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/O/I one foot power change of edge.
(2)RBI/O/I one foot power change of edge.
Then repeat the sequence.

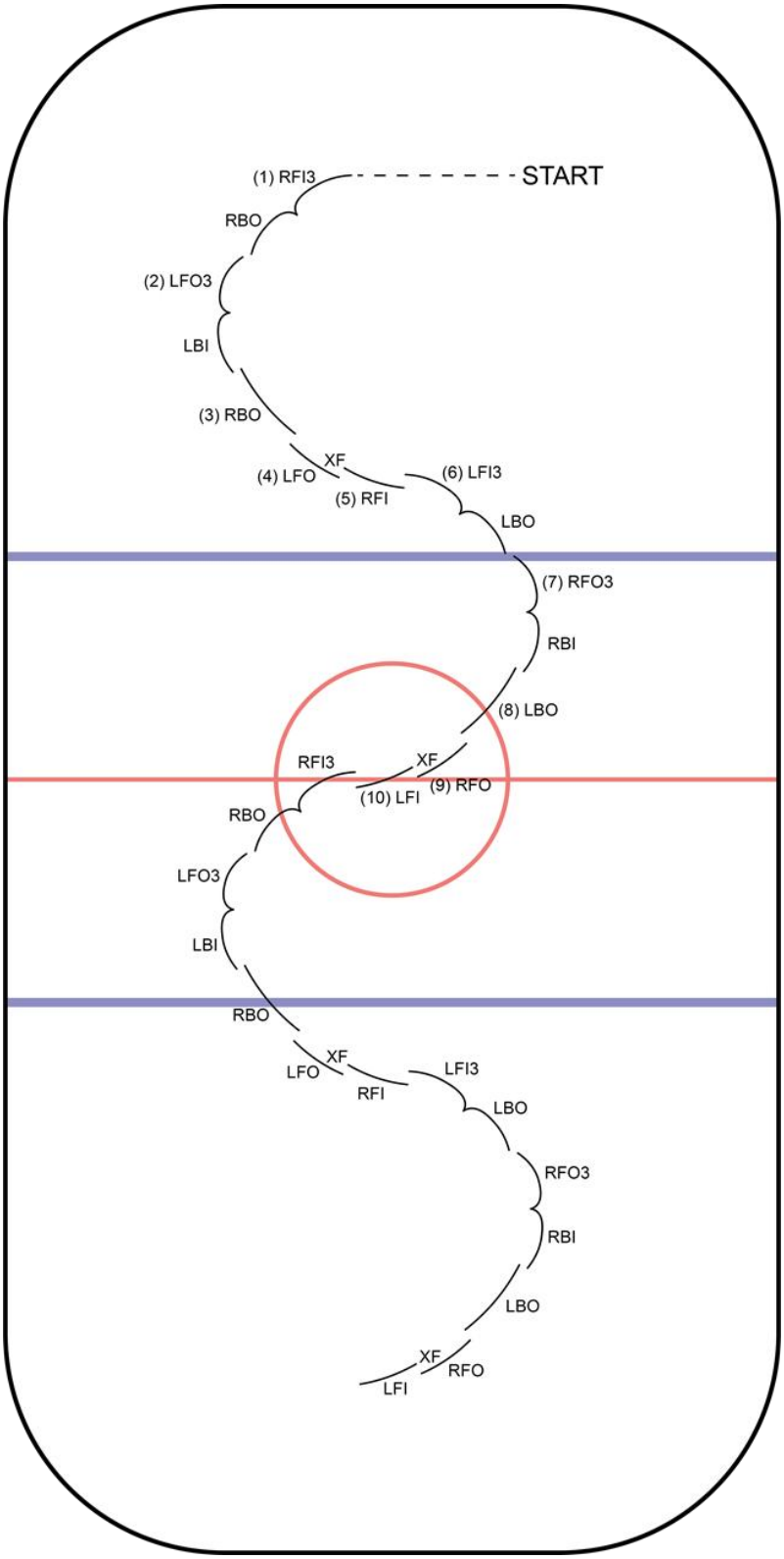
- A minimum of two repetitions on each foot

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.
All key requirements of the exercise must be included.

SKILLS 2

EXERCISE 3 – FORWARD 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:

(1)RFI 3-turn (2)LFO 3-turn (3)RBO (free leg position optional) (4)LFO (5)XF-RFI (6)LFI 3-turn (7)RFO 3-turn (8)LBO (free leg position optional) (9)RFO (10)XF-LFI. 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.

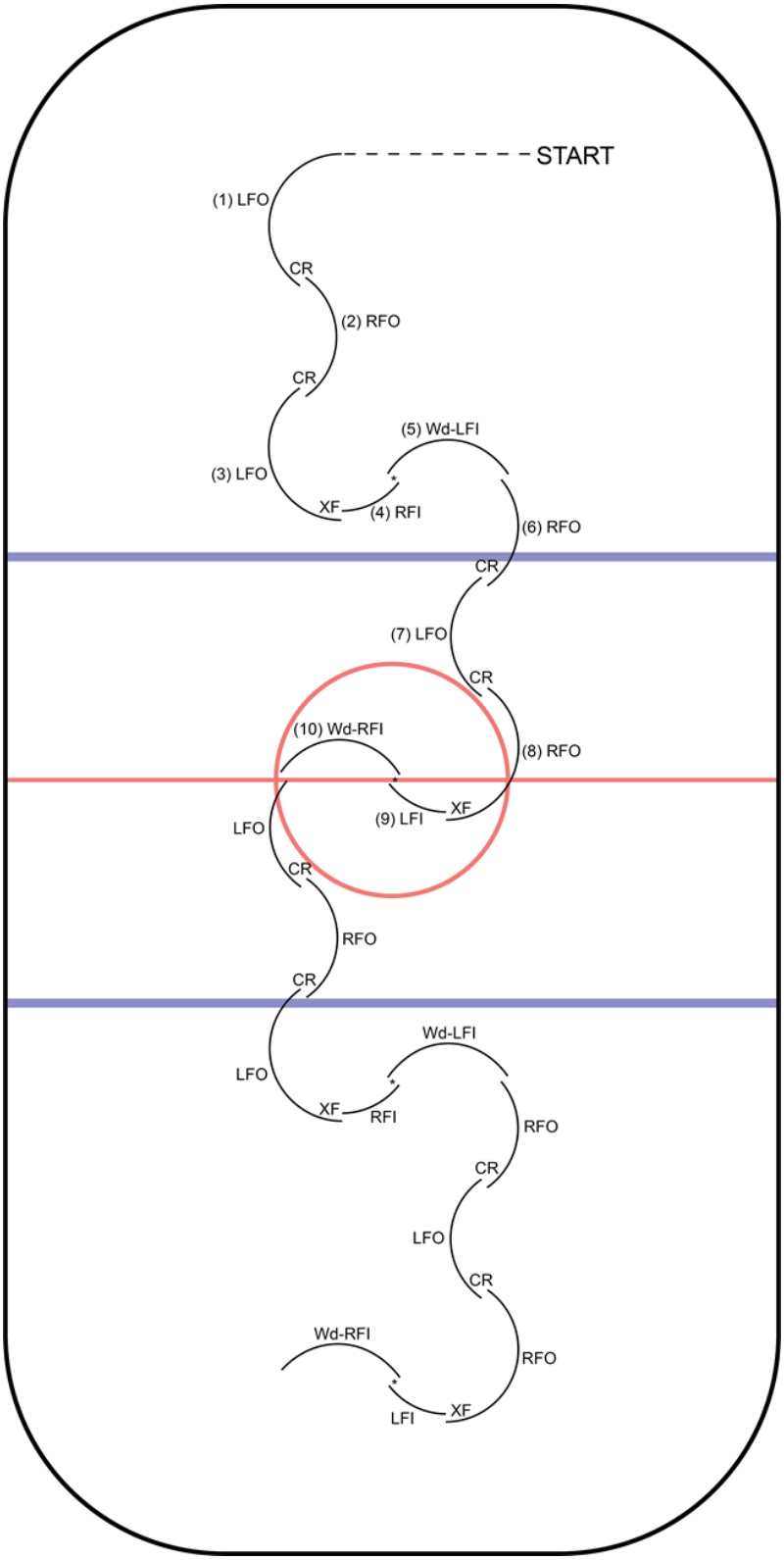
SMALLER RINKS

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.

All key requirements of the exercise must be included.

SKILLS 2

EXERCISE 4 – FORWARD CROSS ROLLS



LEARNING OBJECTIVES:

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

OUTCOME:

Demonstrate a smooth, flowing exercise with correct foot placement on the cross rolls.

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

(1)LFO cross roll (2)RFO cross roll (3)LFO (4)XF-RFI step wide to (5)LFI (6)RFO cross roll (7)LFO cross roll (8)RFO (9)XF-LFI step wide to (10)RFI.

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.

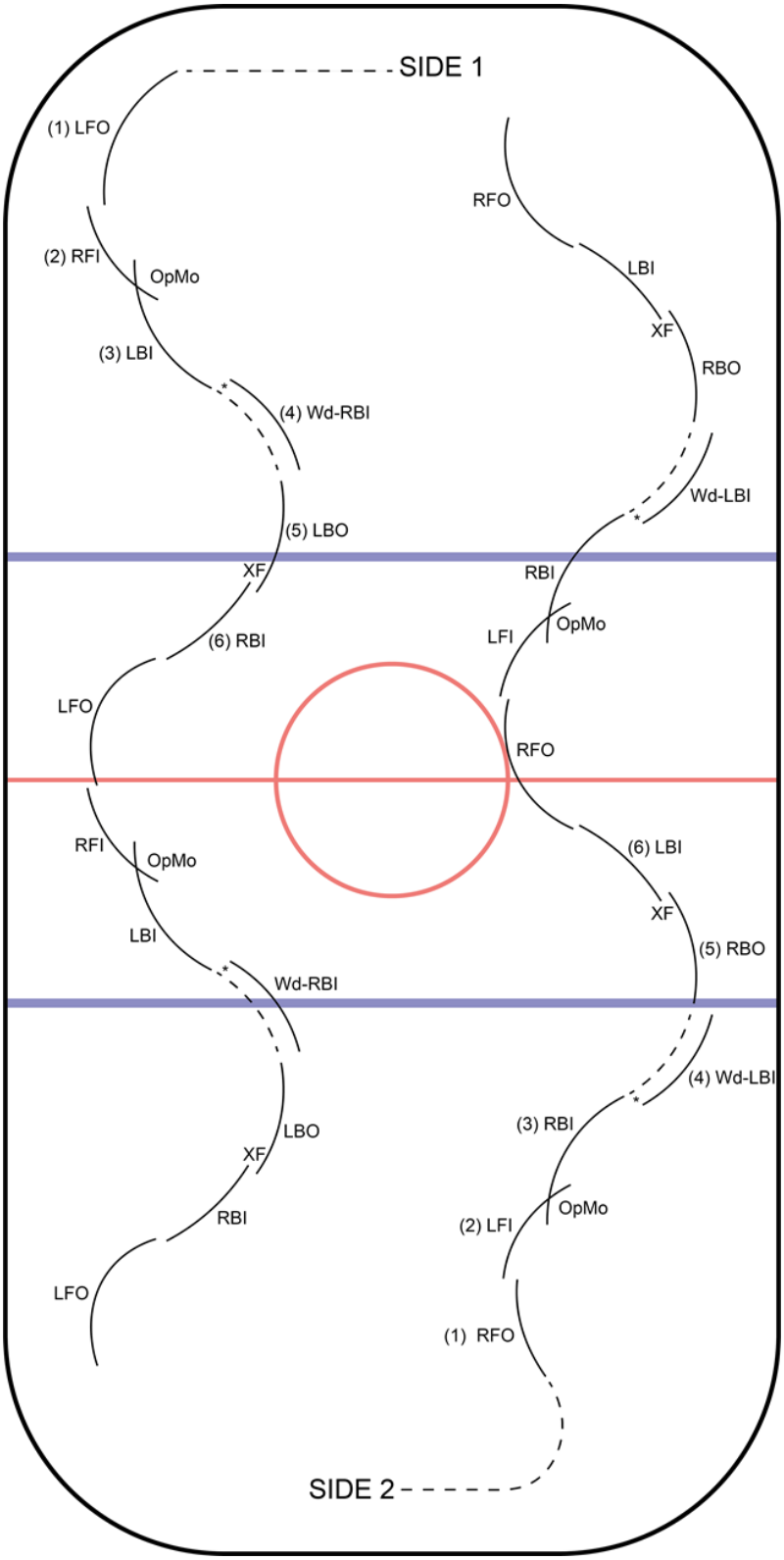
SMALLER RINKS

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.

All key requirements of the exercise must be included.

SKILLS 2

EXERCISE 5 – SKATING EXERCISE



LEARNING OBJECTIVES:

- *Correct foot placement.*
- *Multi-directional turns/steps executed with speed and flow.*
- *Correct edges and shape.*

OUTCOME:

Demonstrate the skating exercise with smooth transitions and controlled speed.

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

SIDE 1 (1)LFO (2)RFI open mohawk (3)LBI whilst staying on the left foot step wide to the (4)RBI then transfer your weight back to (5)LBO (6)XF-RBI. Then repeat the sequence.

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

SIDE 2 (1)RFO (2)LFI open mohawk (3)RBI whilst staying on the right foot step wide to the (4)LBI then transfer your weight back to (5)RBO (6)XF-LBI. Then repeat the sequence.

- Complete a full circuit of the ice surface.

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

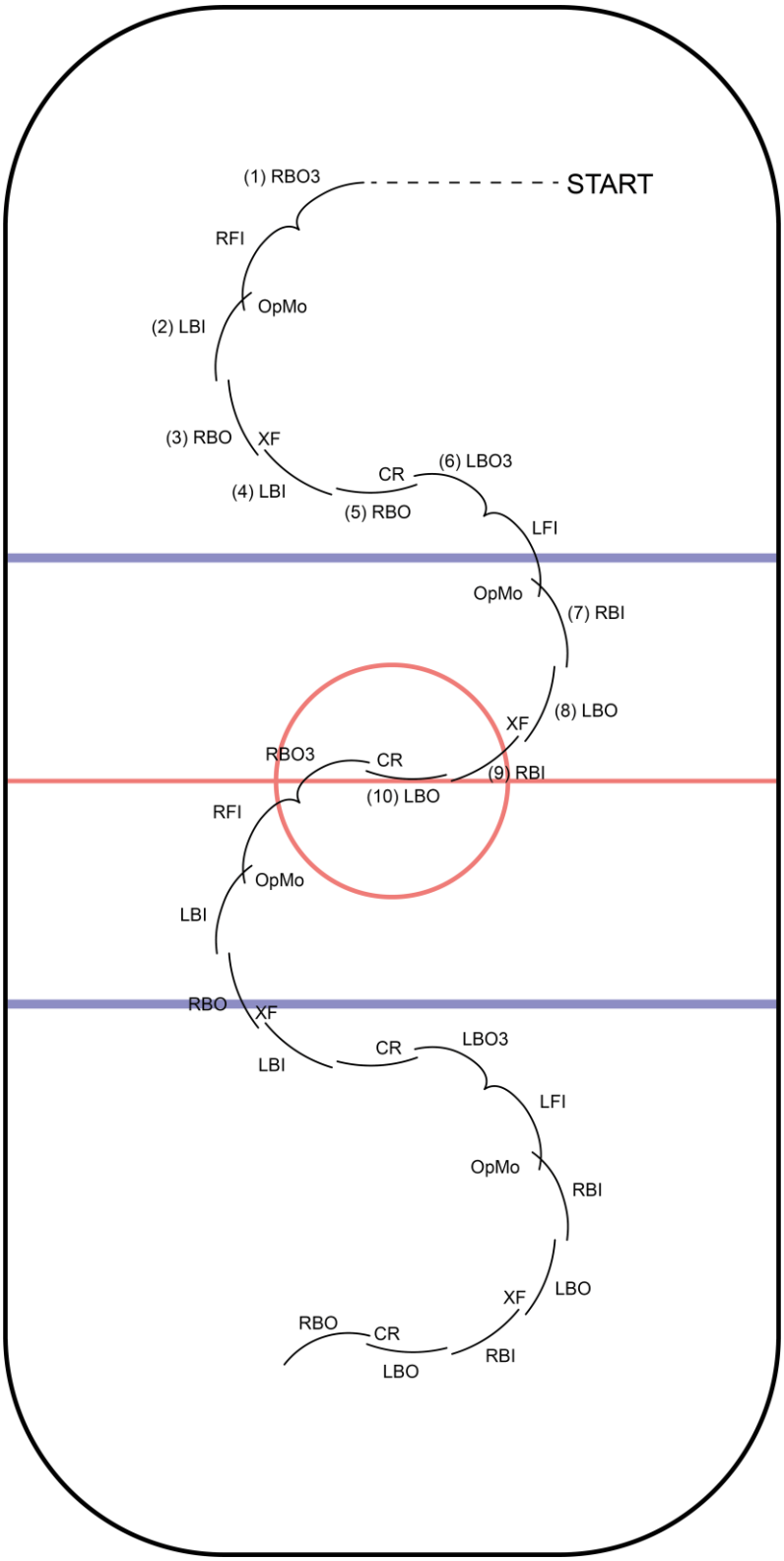
SMALLER RINKS

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 2

EXERCISE 6 – BACKWARD OUTSIDE 3-TURNS



LEARNING OBJECTIVES:

- *Understanding the rise and fall of the skating knee on the backward outside 3- turn.*
- *Control of bodyweight throughout.*
- *Understanding the shape of the exercise.*

OUTCOME:

Demonstrate backward outside 3-turns with consistent speed and flow throughout the exercise.

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

(1)RBO 3-turn-open mohawk (2)LBI (3)RBO (4)XF-LBI (5)RBO cross roll (6)LBO 3-turn-open mohawk (7)RBI (8)LBO (9)XF-RBI (10)LBO cross roll. 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.

All key requirements of the exercise must be included.