

Moves in the Field Diagrams

Table of Contents for Moves in the Field Diagrams

Pre-Preliminary Moves in the Field

Forward Perimeter Stroking	MITF-3
Basic Consecutive Edges	MITF-4
Forward Right and Left Foot Spirals	MITF-5
Waltz Eight	MITF-6

Preliminary Moves in the Field

Forward and Backward Crossovers	MITF-7
Consecutive Outside and Inside Spirals	MITF-8
Forward Power Three-Turns	MITF-9
Alternating Forward Three-Turns	MITF-10
Forward Circle Eight	MITF-11
Alternating Backward Crossovers to Backward Outside Edges	MITF-12

Pre-Juvenile Moves in the Field

Forward and Backward Perimeter Power Stroking	MITF-13
FO-BI Three-Turns in the Field	MITF-14
FI-BO Three-Turns in the Field	MITF-15
Forward and Backward Power Change of Edge Pulls	MITF-16
Backward Circle Eight	MITF-17
Five-Step Mohawk Sequence	MITF-18

Juvenile Moves in the Field

Stroking: Forward Power Circle	MITF-19
Stroking: Backward Power Circle	MITF-20
Eight-Step Mohawk Sequence	MITF-21
Forward and Backward Free Skate Cross Strokes	MITF-22
Backward Power Three-Turns	MITF-23
Forward Double Three-Turns	MITF-24

Intermediate Moves in the Field

Backward Double Three-Turns	MITF-25
Spiral Sequence	MITF-26
Brackets in the Field Sequence	MITF-27
Forward Twizzles	MITF-28
Inside Slide Chassé Pattern	MITF-29

Novice Moves in the Field

Inside Three-Turns/Rocker Choctaws	MITF-30
Forward and Backward Outside Counters	MITF-31
Forward and Backward Inside Counters	MITF-32
Forward Loops	MITF-33
Backward Rocker Choctaw Sequence	MITF-34
Backward Twizzles	MITF-35

Junior Moves in the Field

Forward and Backward Outside Rockers	MITF-36
Forward and Backward Inside Rockers	MITF-37
Power Pulls	MITF-38
Choctaw Sequence	MITF-39
Backward Loop Pattern	MITF-40
Straight Line Step Sequence	MITF-41

Senior Moves in the Field

Sustained Edge Step	MITF-42
Spiral Sequence	MITF-43
BO Power Double Three-Turns to Power Double Inside Rockers	MITF-44
BI Power Double Three-Turns to Power Double Outside Rockers	MITF-45
Serpentine Step Sequence	MITF-46

Adult Pre-Bronze Moves in the Field

Forward Perimeter Stroking	MITF-47
Basic Consecutive Edges	MITF-48
Forward Right and Left Foot Spirals	MITF-49
Waltz Eight	MITF-50
Forward and Backward Crossovers	MITF-51

Adult Bronze Moves in the Field

Forward and Backward Perimeter Power Stroking	MITF-52
Forward Power Three-Turns	MITF-53
Alternating Backward Crossovers to Backward Outside Edges	MITF-54
Forward Circle Eight	MITF-55
Five-Step Mohawk Sequence	MITF-56

Adult Silver Moves in the Field

Eight-Step Mohawk Sequence	MITF-57
Forward and Backward Free Skate Cross Strokes	MITF-58
FO-BI Three-Turns in the Field	MITF-59
FI-BO Three-Turns in the Field	MITF-60
Consecutive Outside and Inside Spirals	MITF-61
Forward and Backward Power Change of Edge Pulls	MITF-62

Adult Gold Moves in the Field

Stroking: Forward Power Circle	MITF-63
Stroking: Backward Power Circle	MITF-64
Forward Double Three-Turns	MITF-65
Backward Double Three-Turns	MITF-66
Backward Circle Eight	MITF-67
Brackets in the Field	MITF-68

Adaptive Skating Pre-Bronze Moves in the Field

Forward Perimeter Stroking	MITF-69
Basic Consecutive Forward Edges	MITF-70
Forward Crossovers	MITF-71

Adaptive Skating Bronze Moves in the Field

Forward and Backward Crossovers	MITF-72
Forward Right and Left Foot Spirals or Lunges	MITF-73
Basic Consecutive Backward Edges	MITF-74
Alternating Forward Three-Turns	MITF-75

Adaptive Skating Silver Moves in the Field

Forward and Backward Perimeter Power Stroking	MITF-76
Five-Step Mohawk Sequence	MITF-77
Forward Circle Eight	MITF-78
Circular Sequence	MITF-79
Waltz Three-Step Sequence	MITF-80

Adaptive Skating Gold Moves in the Field

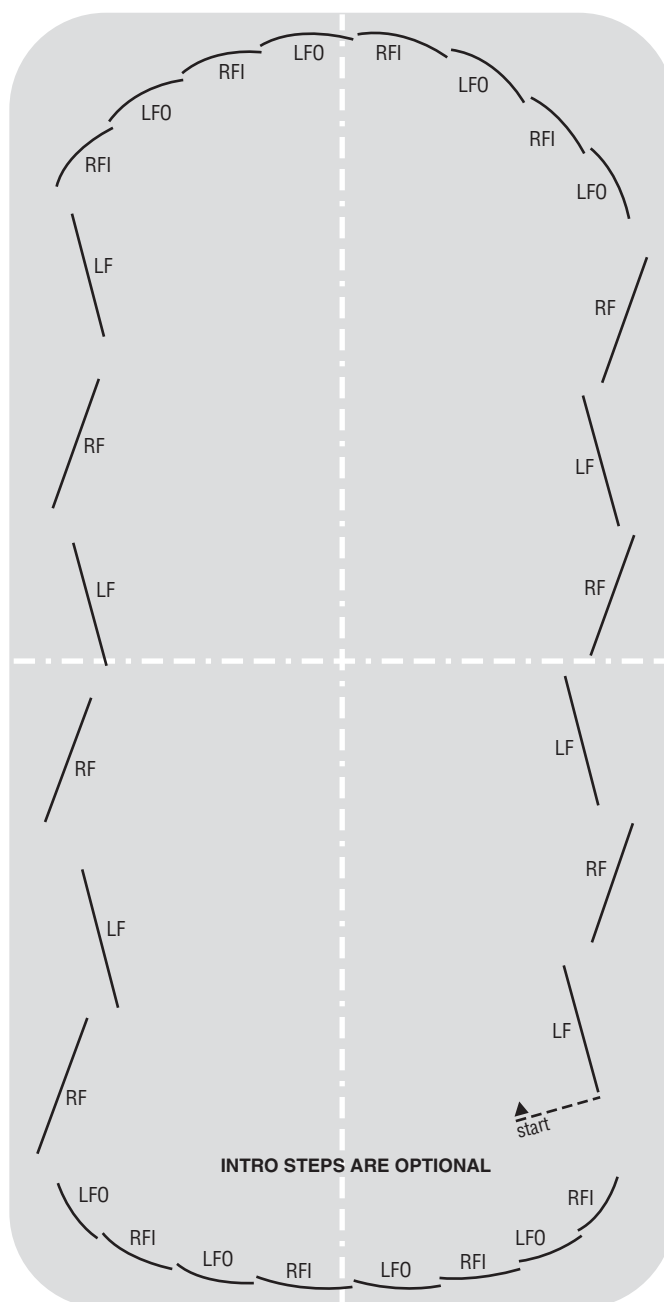
Eight-Step Mohawk Sequence	MITF-81
Forward and Backward Free Skate Cross Strokes	MITF-82
Alternating Right Forward Changes of Edge and Left Forward Three-Turns	MITF-83
Alternating Left Forward Changes of Edge and Right Forward Three-Turns	MITF-84
Alternating Backward Crossovers to Backward Outside Edges	MITF-85
Backward Circle Eight	MITF-86

Pre-Preliminary 1

Forward Perimeter Stroking

The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.

Focus: Power and extension



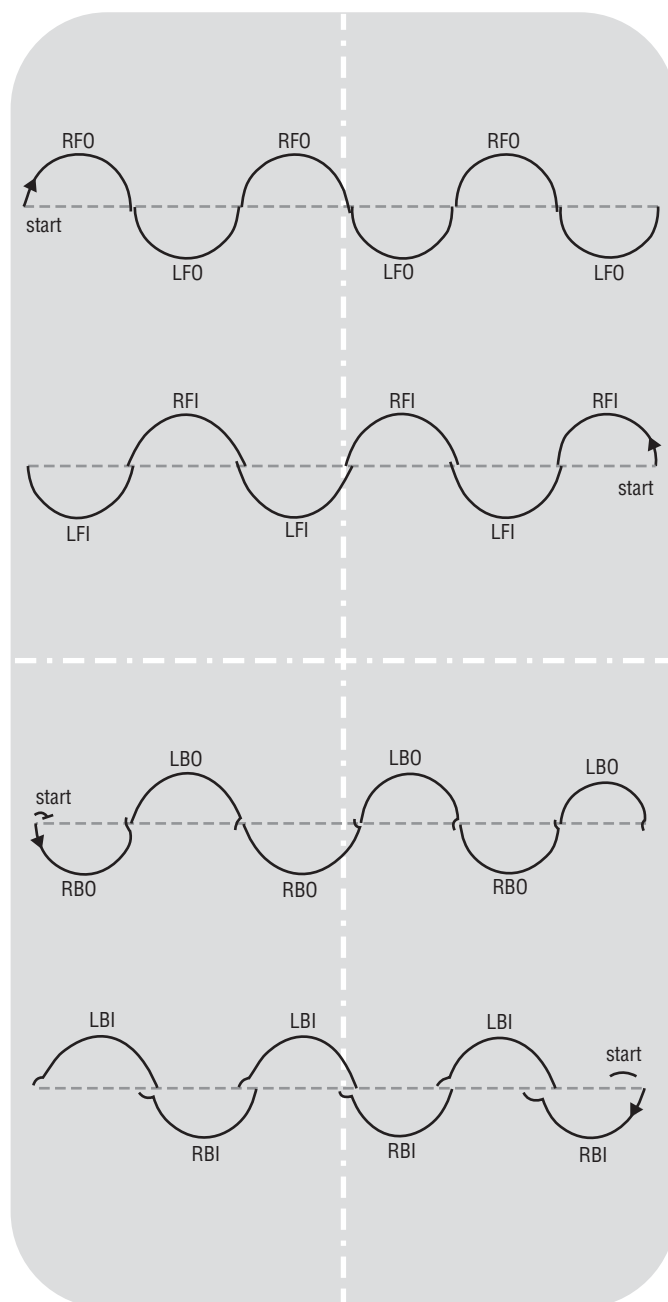
Pre-Preliminary 2

Basic Consecutive Edges

- Forward outside edges
- Forward inside edges
- Backward outside edges
- Backward inside edges

Starting from a standing position the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.

Focus: Edge quality

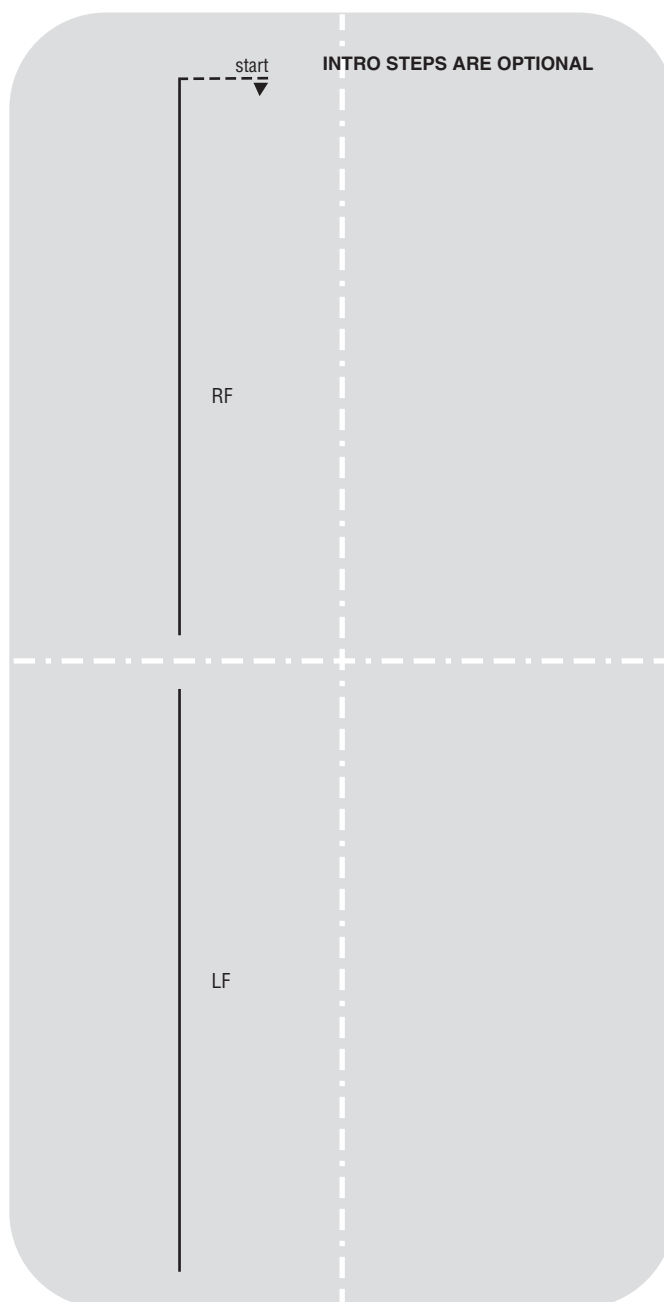


Pre-Preliminary 3

Forward Right and Left Foot Spirals

The skater will perform right foot and left foot spirals down the length of the rink maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats and may start on either foot. Introductory steps are optional.

Focus: Extension

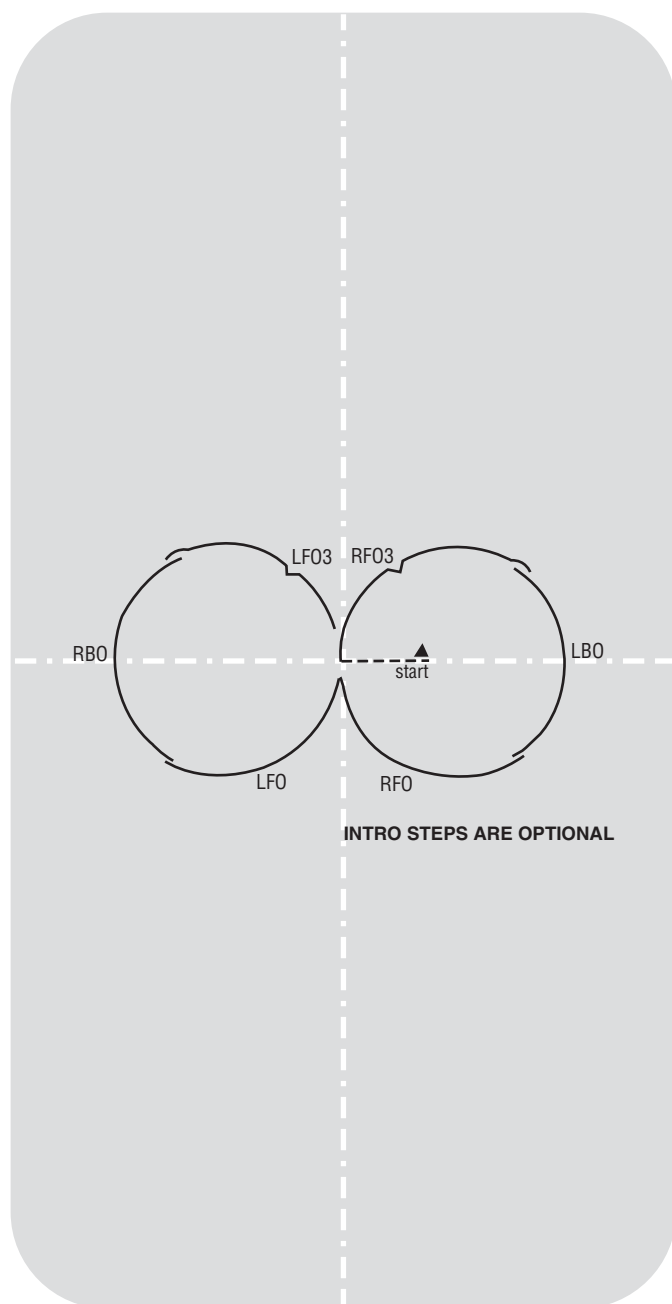


Pre-Preliminary 4

Waltz Eight

The skater will perform the waltz eight, using large circumference circles, completing two patterns on each foot, performed with control. This move may start on either foot. Introductory steps are optional or may begin from a standing start. The skater may mark the center.

Focus: Edge quality

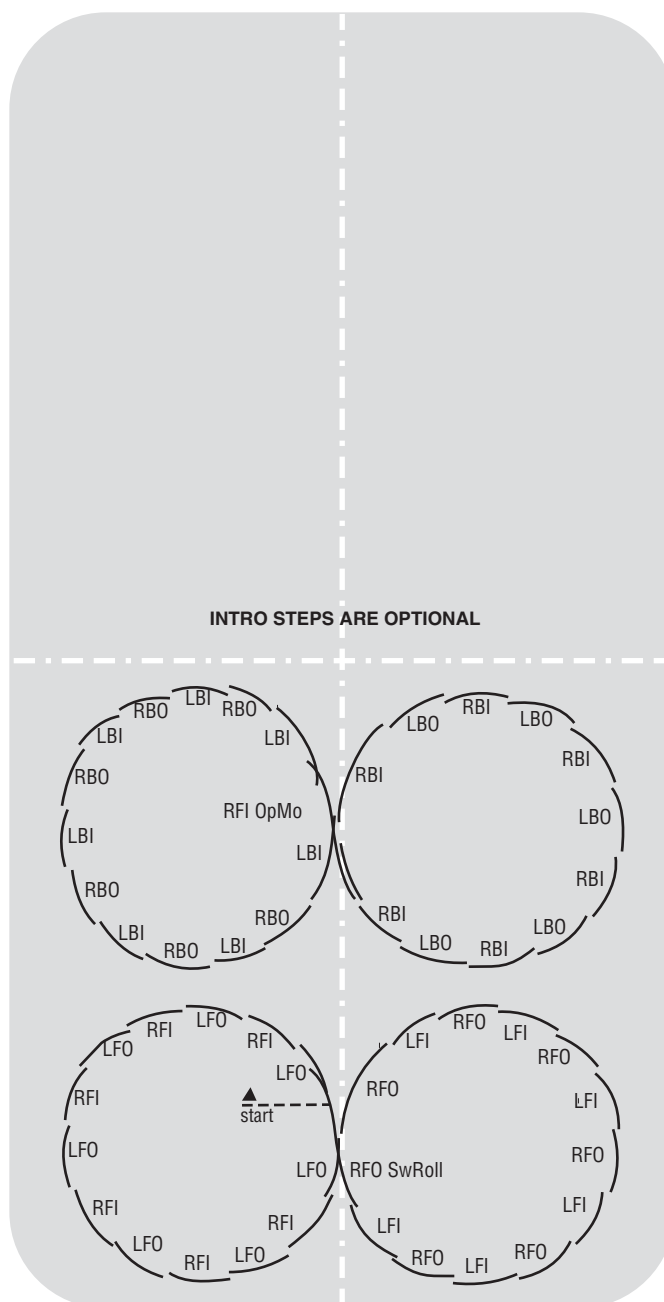


Preliminary 1

Forward and Backward Crossovers

The skater will perform forward crossovers in a figure eight pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended. Upon completing the forward figure eight, the skater will perform a swing roll and change of edge to an open mohawk in order to turn from forward to backward and continue the figure eight pattern with four to six backward crossovers per circle. This move may start in either direction. Introductory steps are optional.

Focus: Power

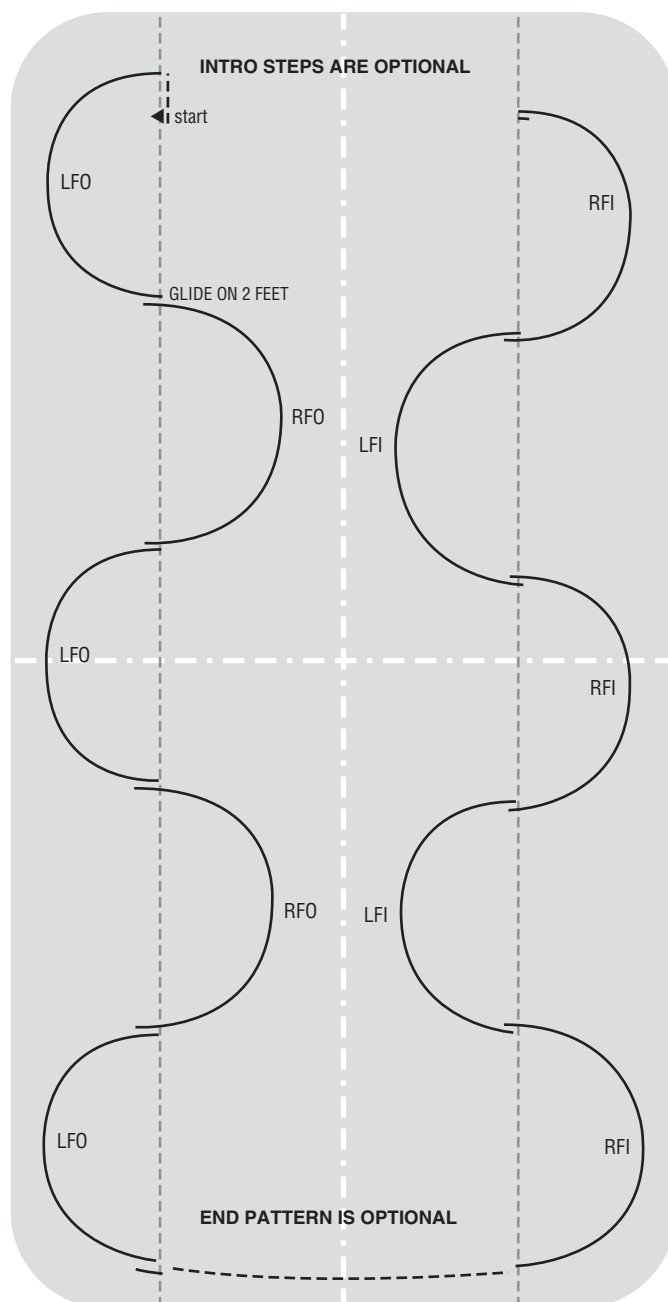


Preliminary 2

Consecutive Outside and Inside Spirals

The skater will perform right foot and left foot spirals. The outside edge spirals will be skated for the first length of the rink. Forward crossovers may be utilized (optional) around the end of the rink. Forward inside edge spirals will be skated for the second length of the rink. The exact number of spirals will depend on the size of the rink and the strength of the skater, however a minimum of four spirals down each length of the rink must be skated. The extended leg in the spiral should be held at hip level or higher. Introductory steps are optional.

Focus: Extension and edge quality

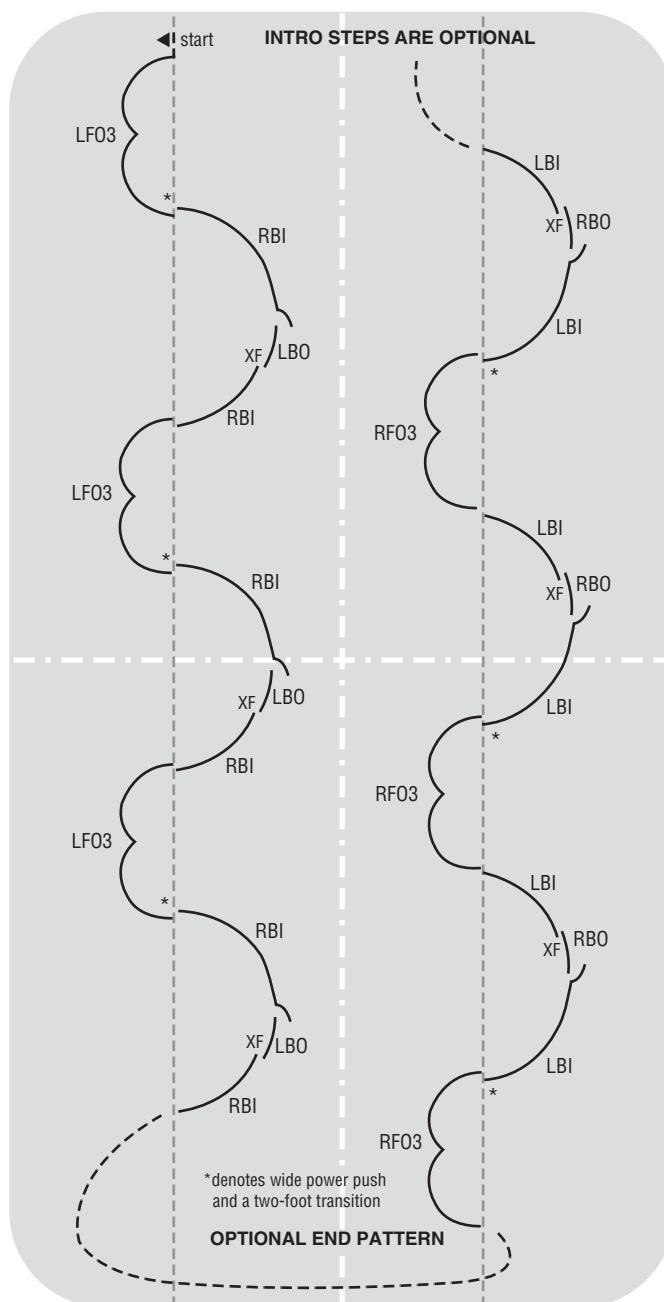


Preliminary 3

Forward Power Three-Turns

The skater will perform forward outside three-turns to a balance position followed by a backward crossover. Three to six sets of three-turns will be skated depending on the length of the ice surface. Skaters may begin this move with either right or left foot three-turns. On the second length of the rink, the three-turns will be skated on the opposite foot. Introductory steps and backward crossovers around the end of the rink are optional.

Focus: Power

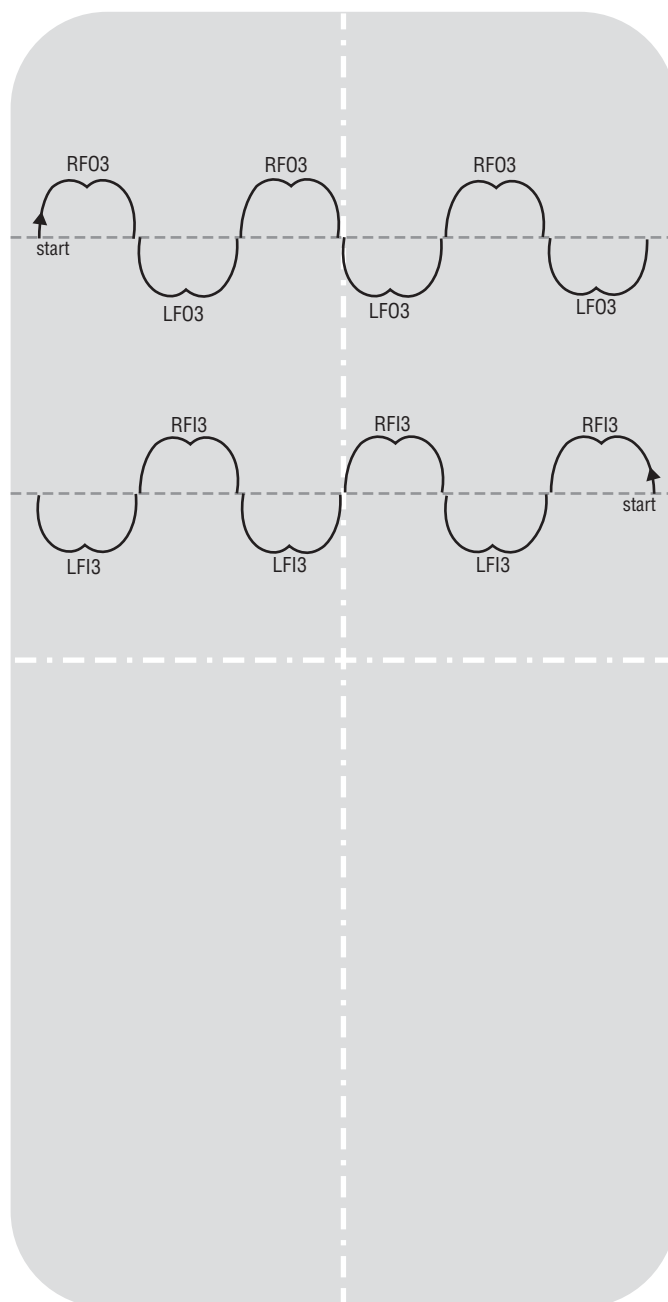


Preliminary 4

Alternating Forward Three-Turns

Starting from a standing position the skater will perform alternating forward outside three-turns for the width of the rink. The skater will then perform forward inside alternating three-turns for the second width of the rink. The size of the rink and strength of the skater will determine the number of three-turns skated. This move may start on either foot.

Focus: Edge quality

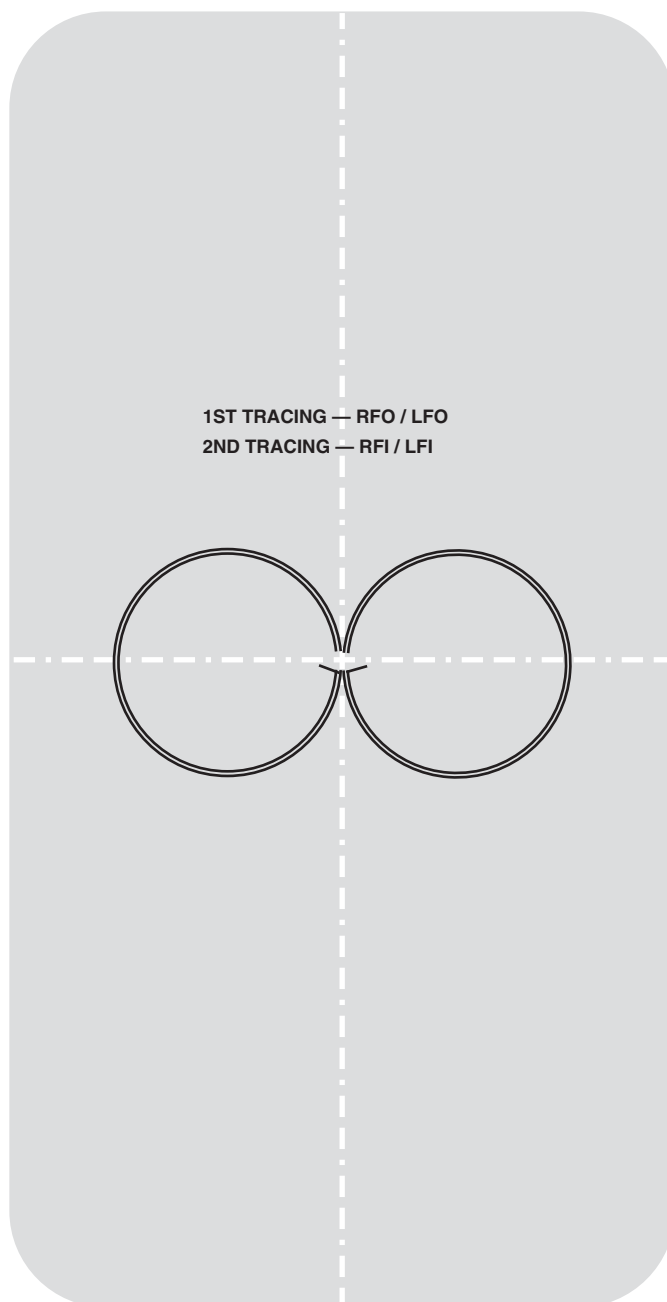


Preliminary 5

Forward Circle Eight

The skater will push from a standing start onto a forward outside edge and complete one forward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a forward inside figure eight by pushing onto a forward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

Focus: Edge quality and continuous flow

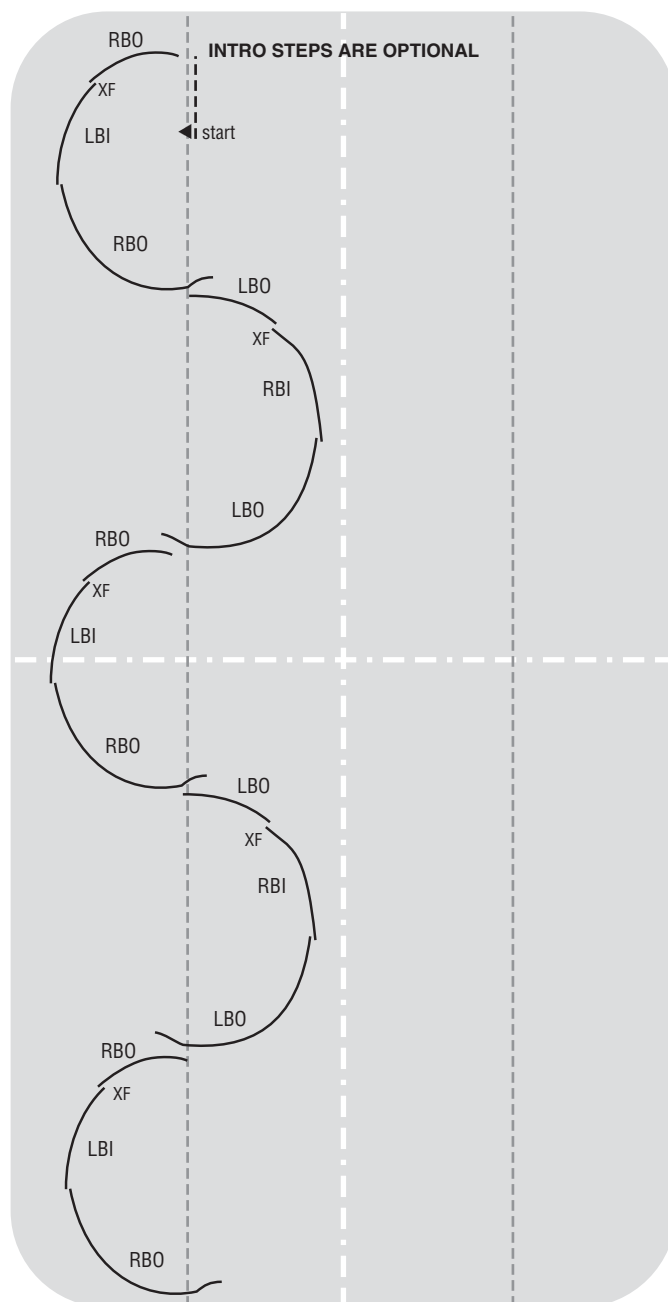


Preliminary 6

Alternating Backward Crossovers to Backward Outside Edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the rink. Four or five lobes should be skated. Introductory steps are optional.

Focus: Power and extension



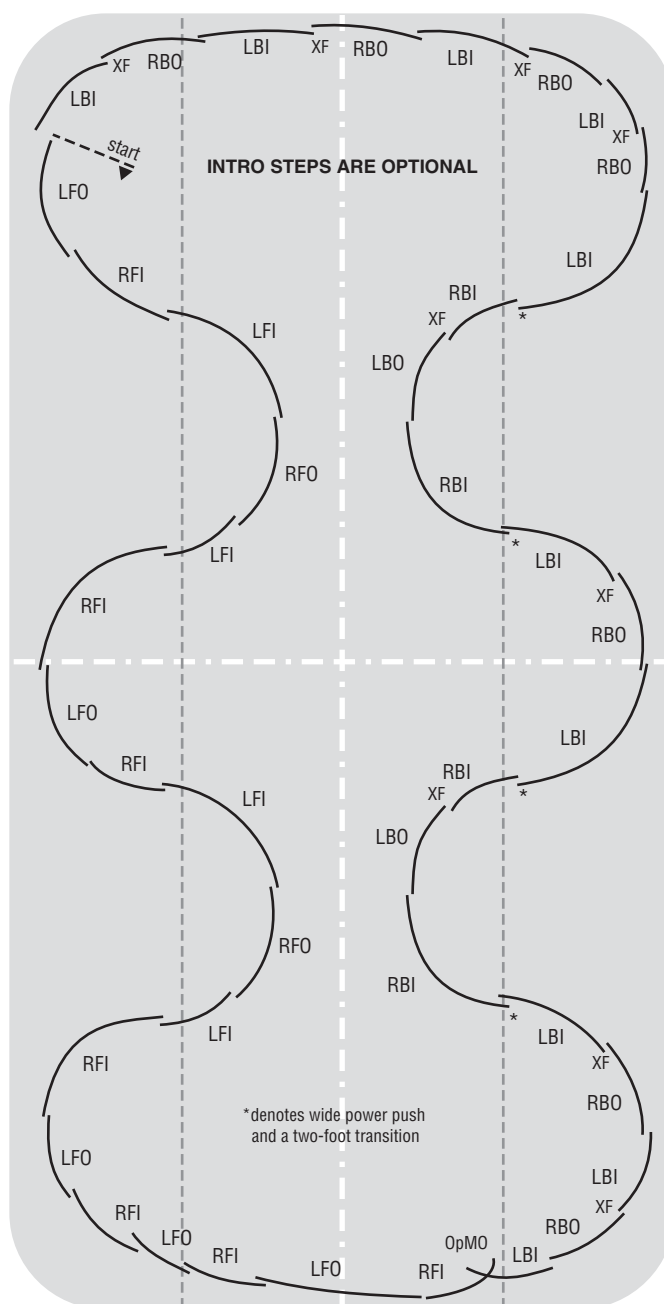
Pre-Juvenile 1

Forward and Backward Perimeter Power Stroking

The skater will perform four alternating forward crossovers separated by strong forward inside edge transitions. The end pattern consists of two forward crossovers followed by a LFO open stroke; then a RFI open mohawk followed by one or two backward crossovers. All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held for two counts. The second side of the pattern resumes with four backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two solid inside edges. The second end pattern consists of three to five backward crossovers. Introductory steps are optional.

Forward focus: Power and extension

Backward focus: Power and edge quality

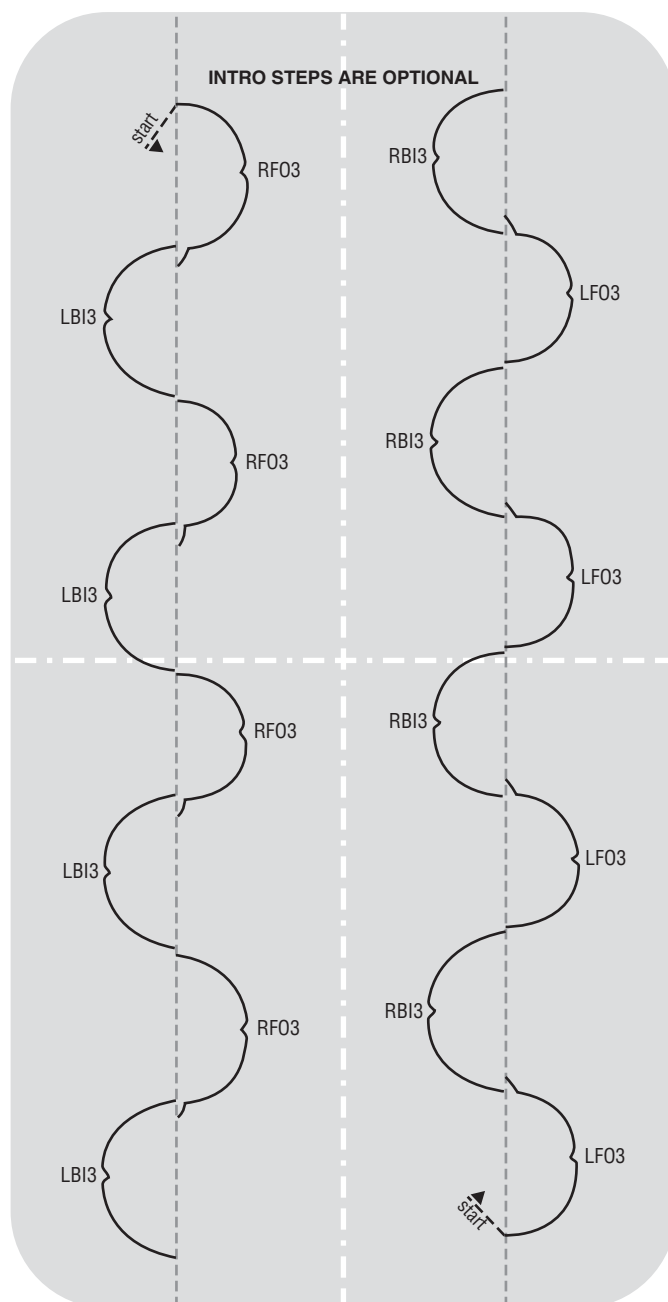


Pre-Juvenile 2

FO-BI Three-Turns in the Field

The skater will perform forward three-turns alternating to backward three-turns covering the length of the rink. One length of the rink will start with RFO-LBI three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. On the second length of the rink, the skater will perform LFO-RBI three-turns. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Edge quality

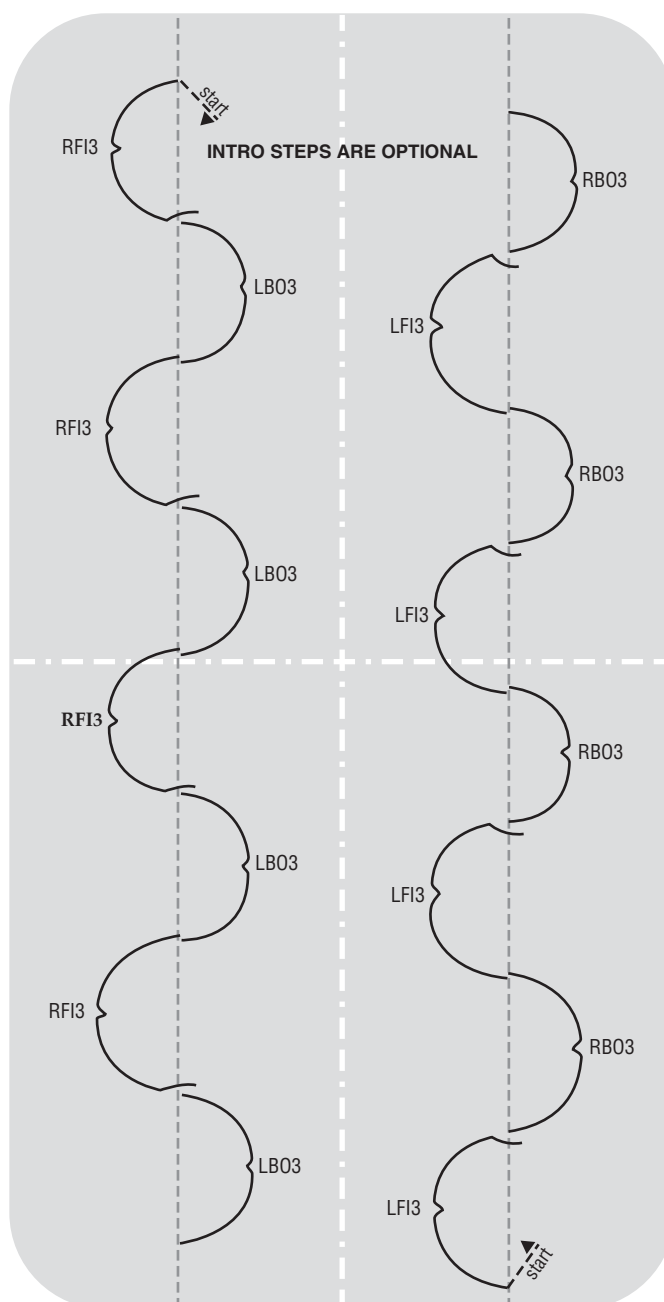


Pre-Juvenile 3

FI-BO Three-Turns in the Field

On one length of the rink, the skater will perform RFI-LBO three-turns. On the other length of the rink, the skater will perform LFI-RBO three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Edge quality

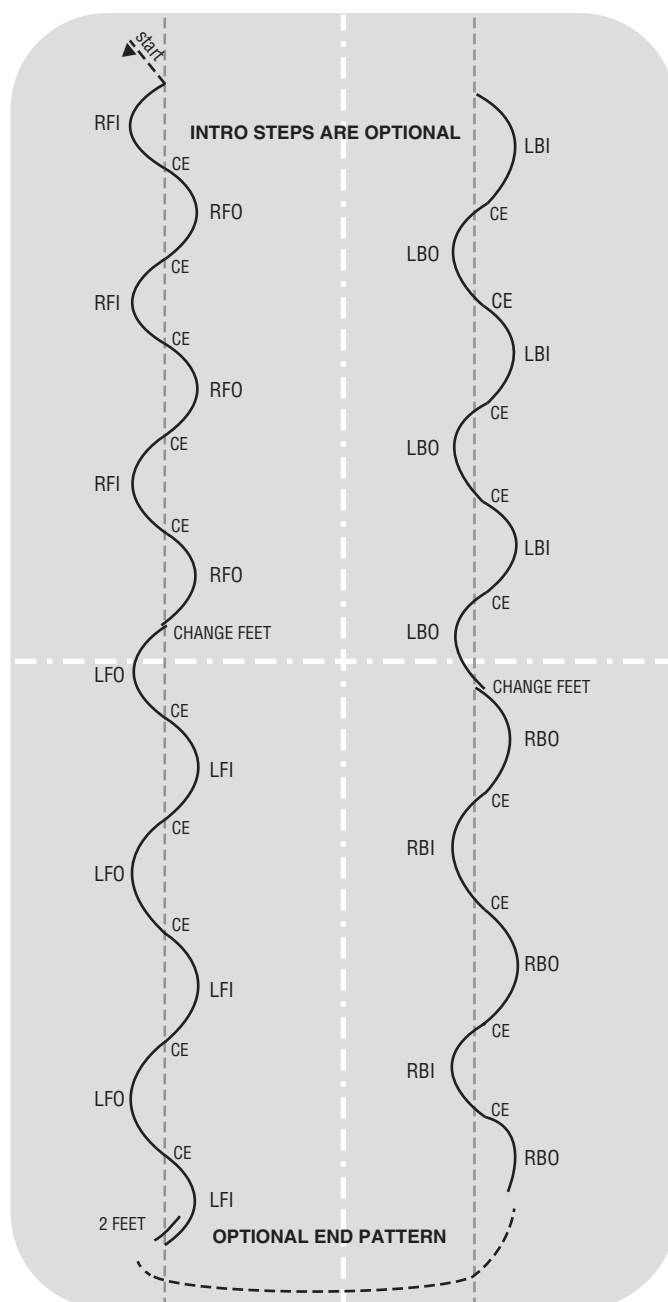


Pre-Juvenile 4

Forward and Backward Power Change of Edge Pulls

The skater will perform consecutive power change of edge pulls — FIO to FOI — for the full length of the rink followed by backward change of edge pulls — BOI to BIO — for the second full length of the rink. The skater will change feet at the center of the rink. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Power

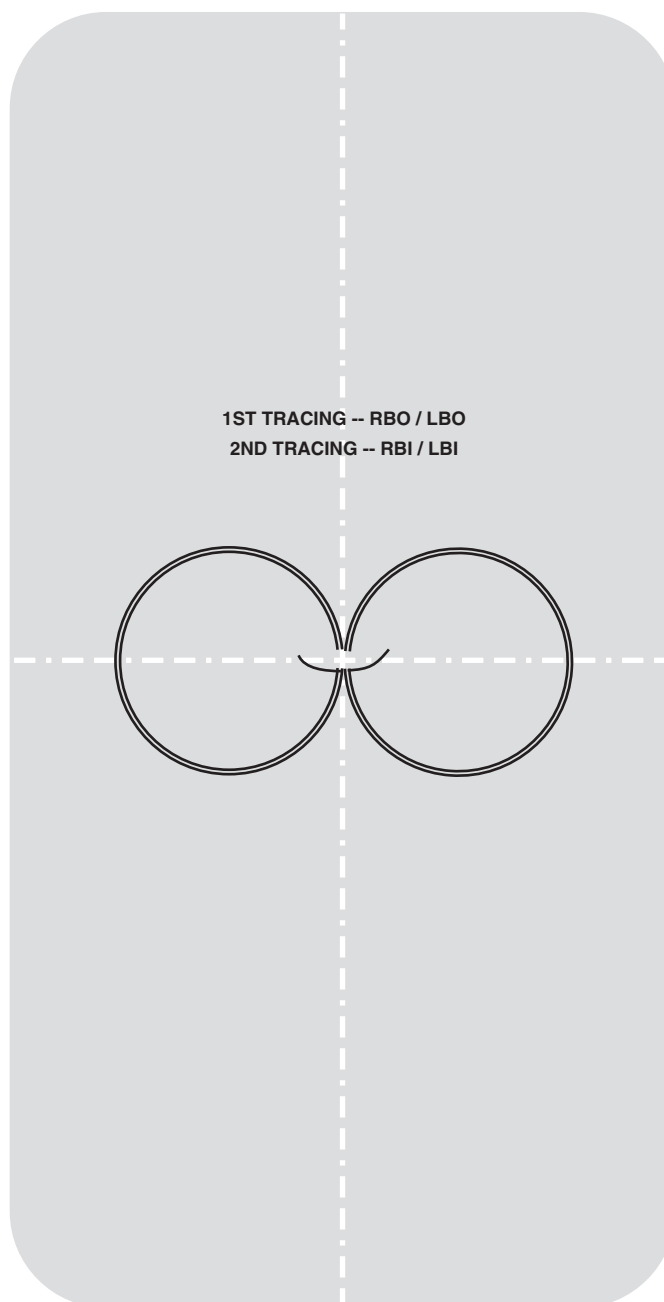


Pre-Juvenile 5

Backward Circle Eight

The skater will push from a standing start onto a backward outside edge and complete one backward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a backward inside figure eight by pushing onto a backward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

Focus: Edge quality and continuous flow

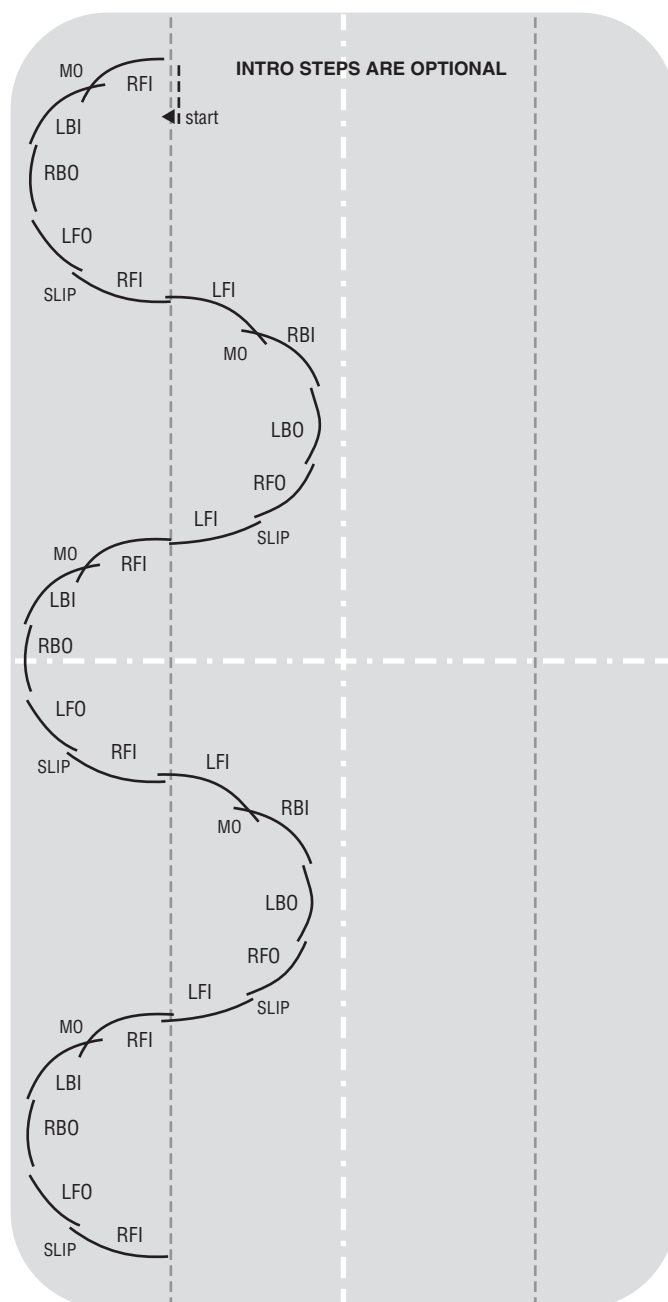


Pre-Juvenile 6

Five-Step Mohawk Sequence

The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five-step sequence. The skater will skate one length of the ice with four or five lobes. Introductory steps are optional.

Focus: Edge quality and extension

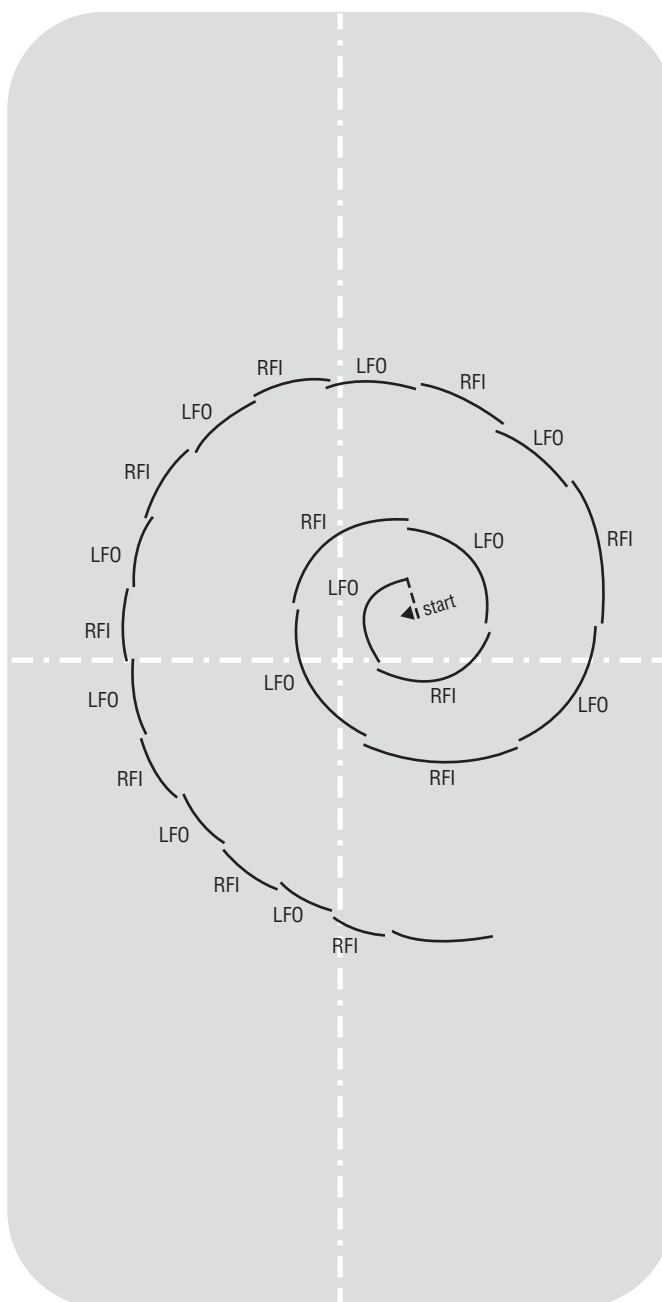


Juvenile 1

Stroking: Forward Power Circle

Starting from a standing position, the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed in both counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing each portion of this move. This move may start in either direction.

Focus: Power

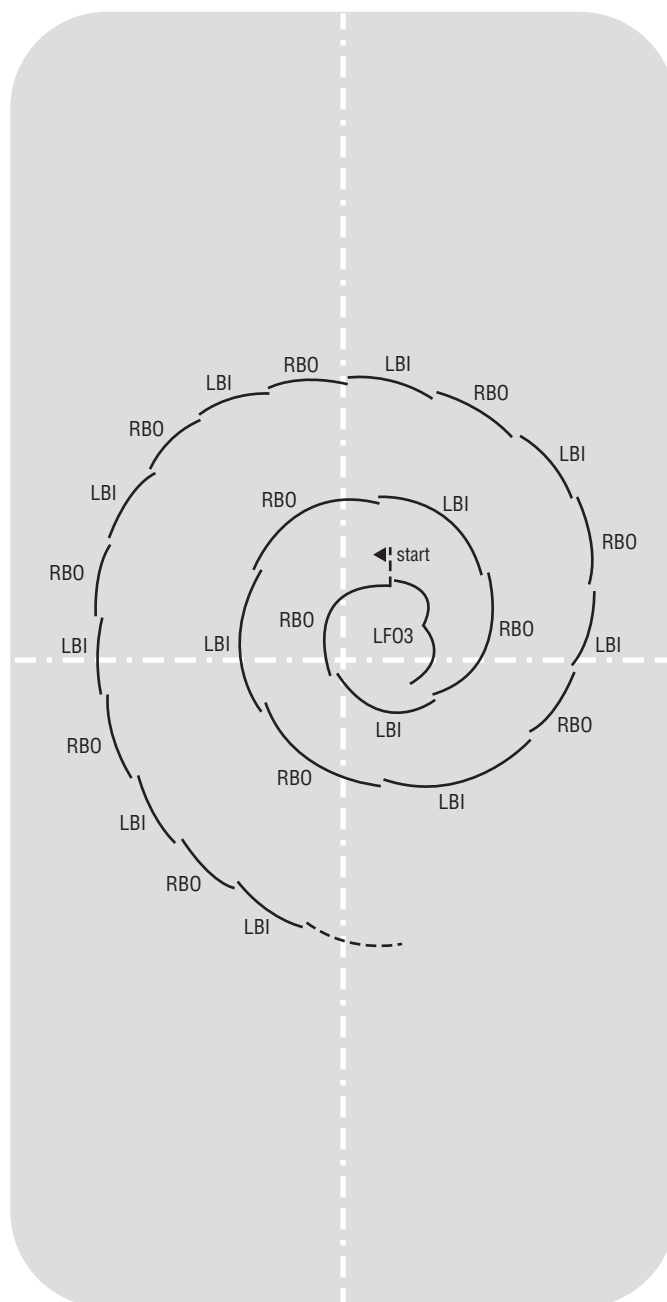


Juvenile 2

Stroking: Backward Power Circle

Starting from a standing position, the skater will perform backward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace, to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed in both counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing each portion of this move. This move may start in either direction.

Focus: Power

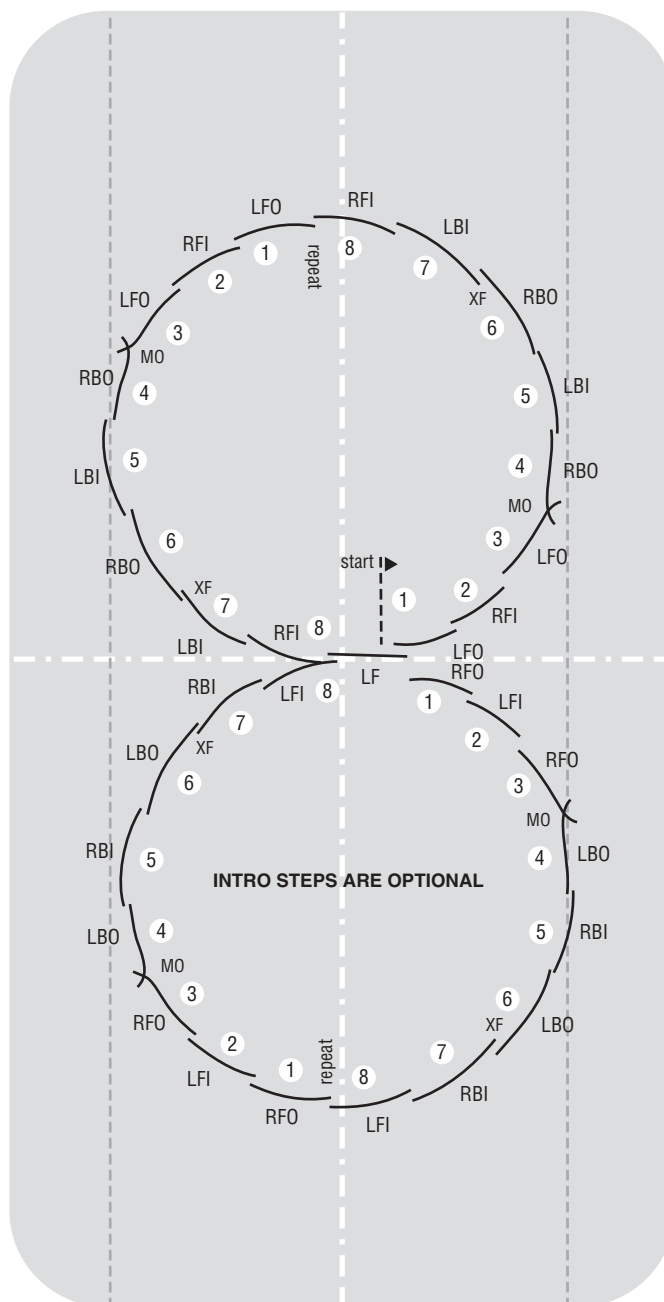


Juvenile 3

Eight-Step Mohawk Sequence

The skater will perform two eight-step mohawk sequences counterclockwise. The step order is: Forward crossover into a LFO mohawk, followed by LBI, RBO, LBI cross forward and RFI. The skater should maintain a march cadence (one beat per step). Between the circles is a two-beat left foot transition. The sequence is then repeated twice in the opposite direction. Introductory steps are optional. This move may start on either foot.

Focus: Quickness and power

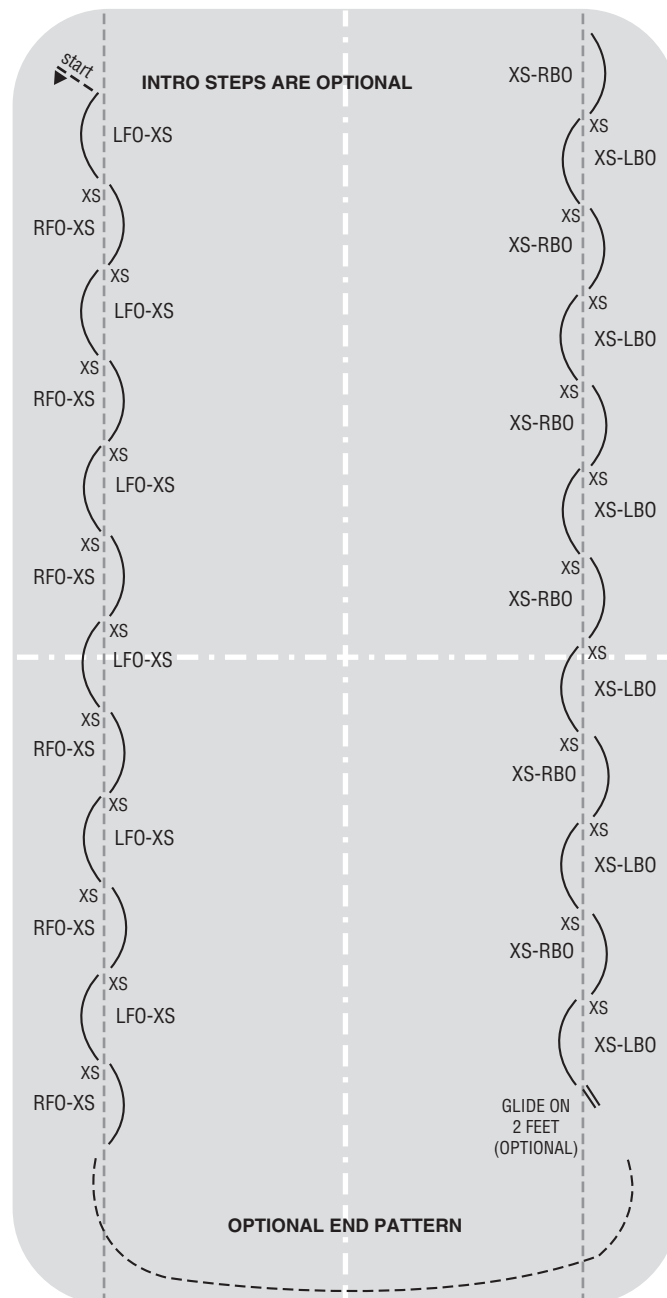


Juvenile 4

Forward and Backward Free Skate Cross Strokes

The skater will perform free skate cross strokes the length of the ice surface. Forward cross strokes will be skated for one length of the rink and backward cross strokes skated for the second length of the rink. Introductory steps and end patterns are optional. This move may start on either foot.

Focus: Power

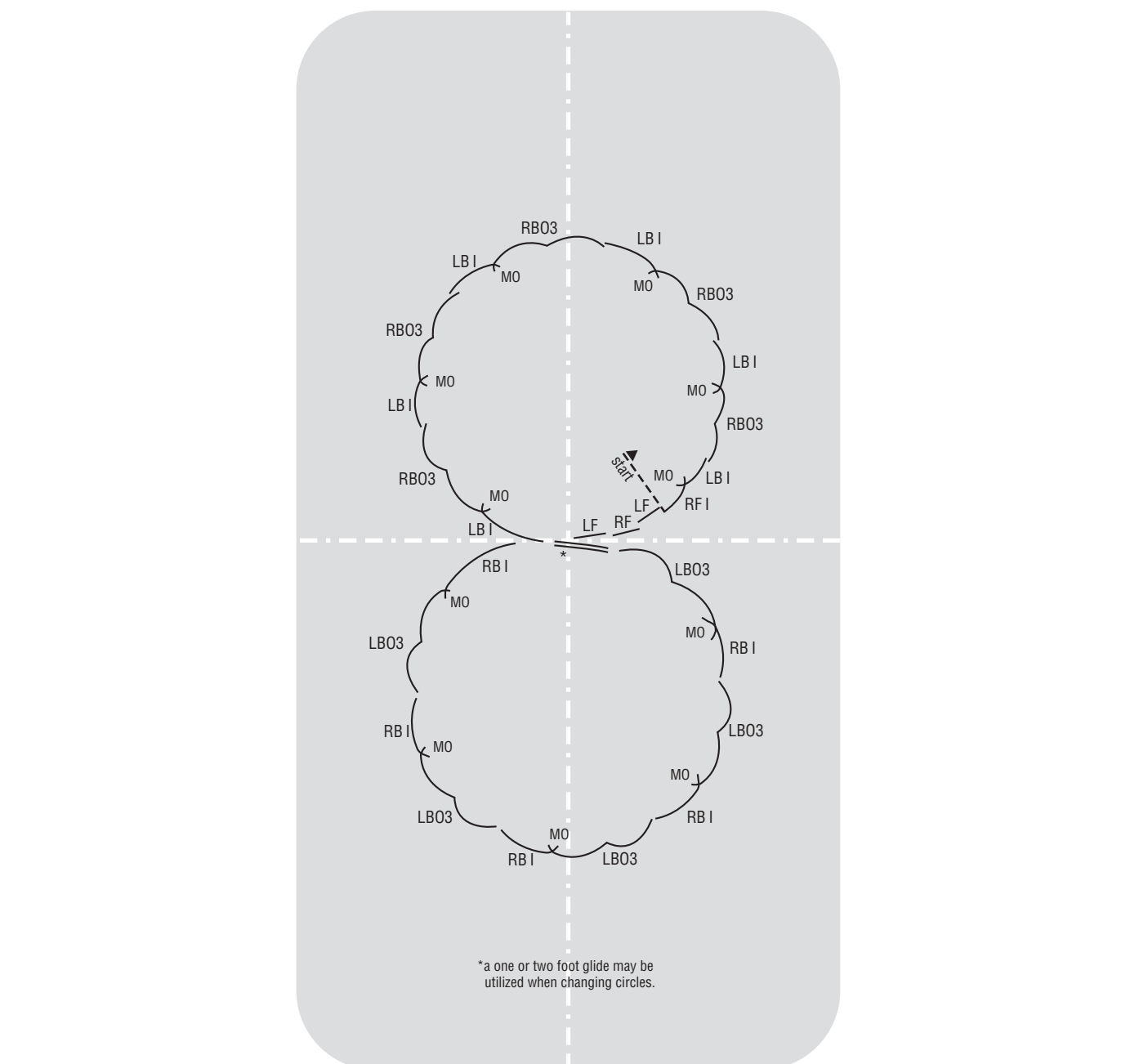


Juvenile 5

Backward Power Three-Turns

The skater will perform three to five backward power three-turns per circle in a figure eight pattern. One complete figure eight is required. A one or two-foot glide may be utilized when changing circles. Introductory steps are optional. This move may start in either direction.

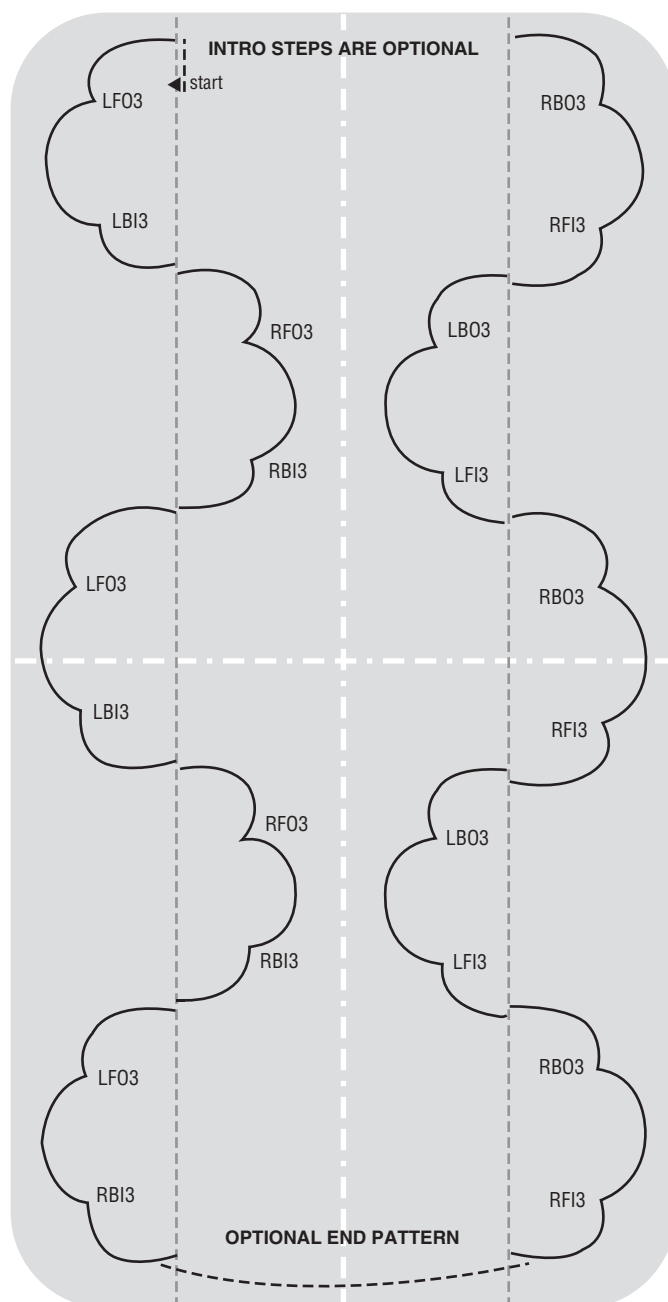
Focus: Power



Juvenile 6

Forward Double Three-Turns

Focus: Edge quality

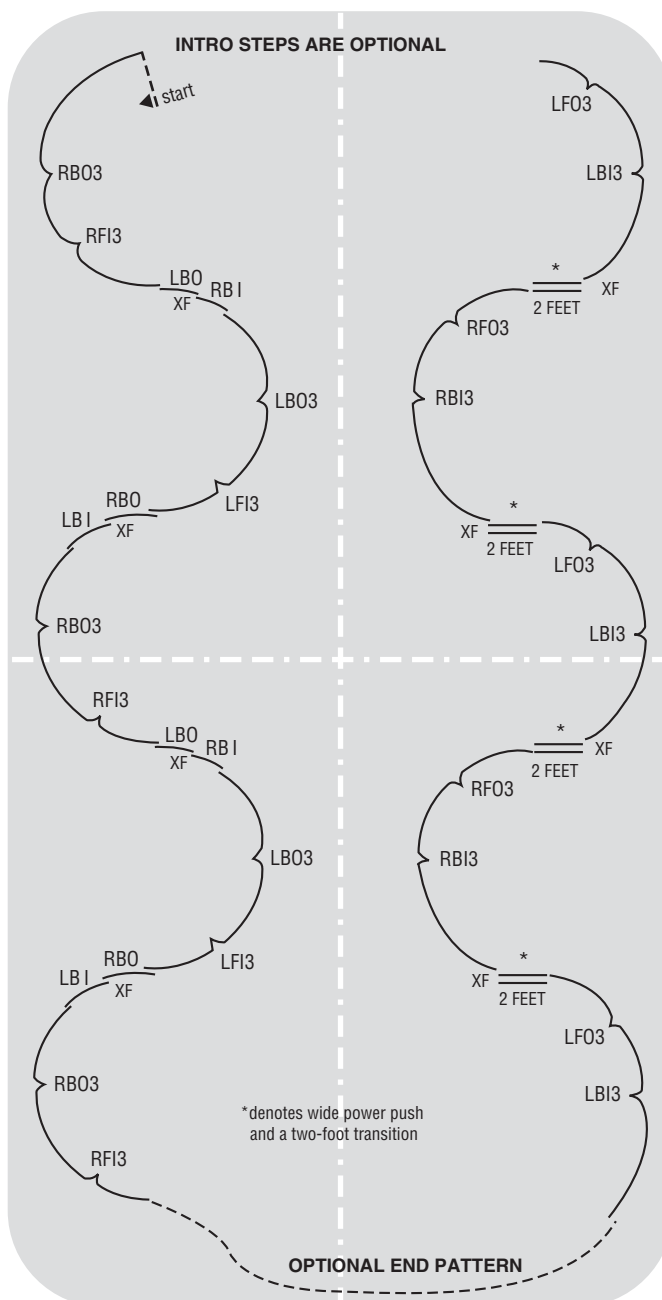


Intermediate 1

Backward Double Three-Turns

The skater will perform consecutive backward double three-turns on half circles with alternating feet. Four to six half circles will be skated depending on the length of the rink and strength of the skater. The sequence begins with backward outside double three-turns covering the first length of the rink. The backward inside double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

Focus: Edge quality and extension

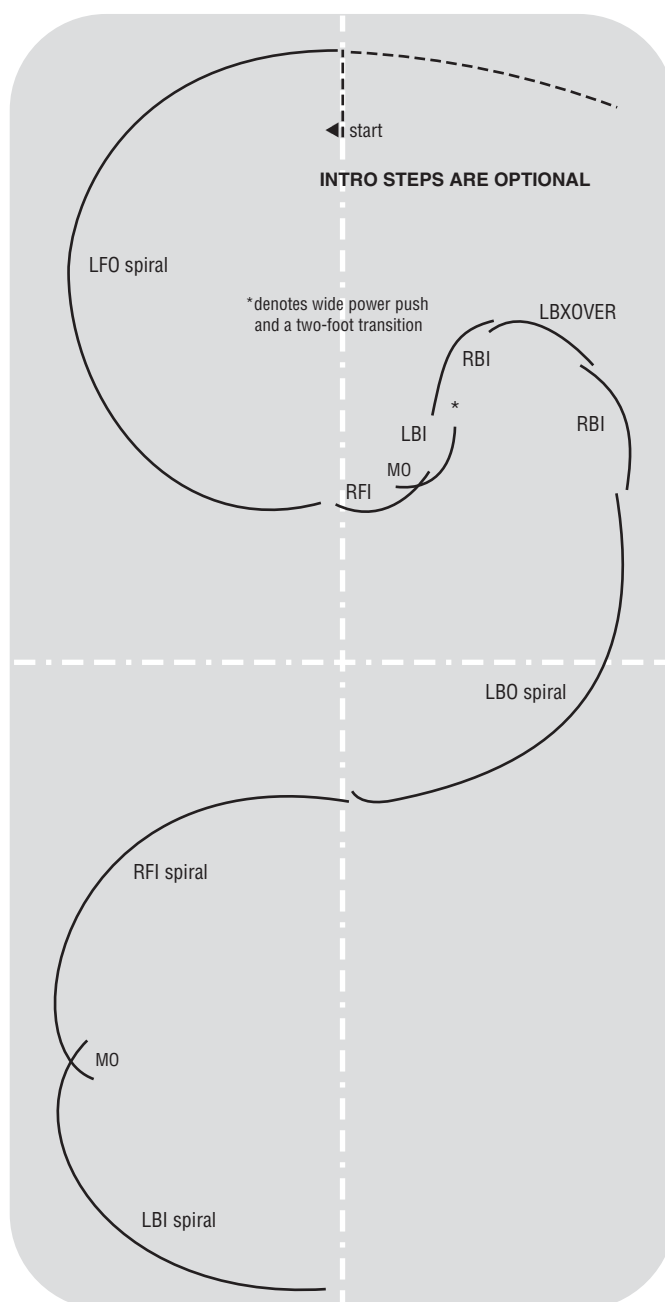


Intermediate 2

Spiral Sequence

The skater will begin with a LFO spiral that should be held until the long axis of the rink. The skater then brings the free leg down into a RFI open mohawk and steps wide with a two-foot power push transition to a backward right over left crossover. The skater will then push into a LBO spiral to be held until the long axis of the rink. Skater must step immediately into a RFI spiral. The free leg will drop into a RFI mohawk and lift again into a LBI spiral, also to be held until the long axis. Optional steps to repeat pattern in opposite direction starting with RFO spiral. Note: All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility. Introductory steps are optional. This move may start on either foot.

Focus: Extension and edge quality

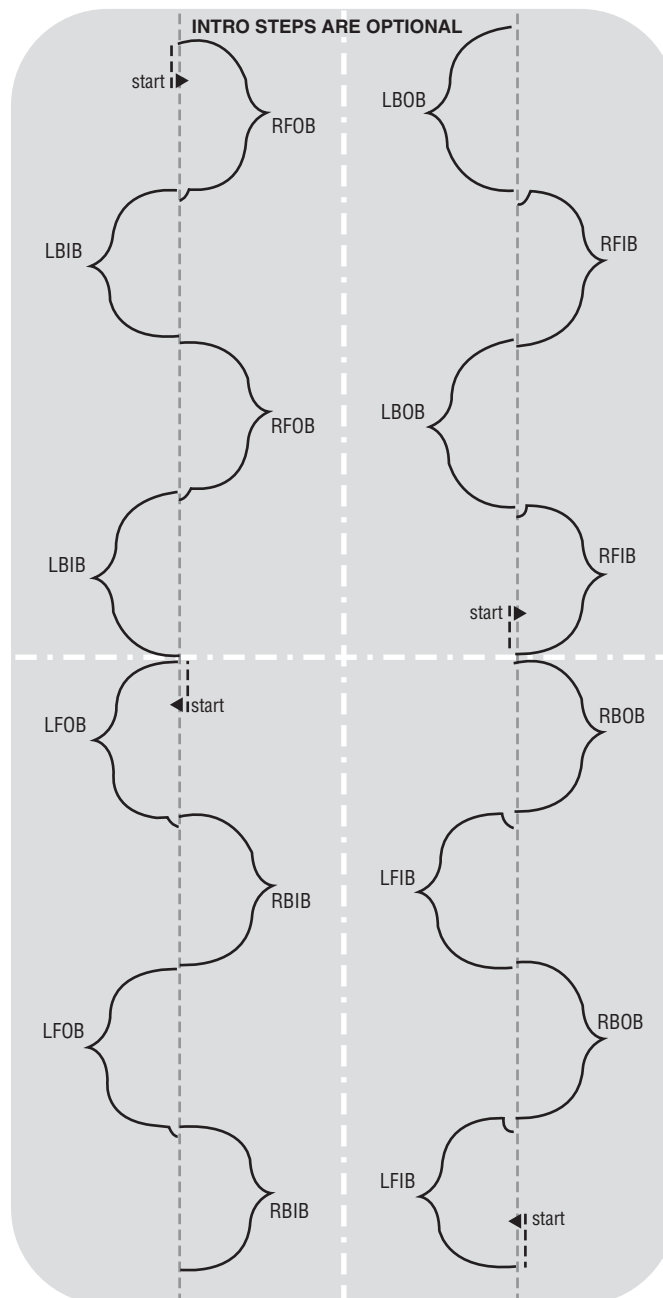


Intermediate 3

Brackets in the Field Sequence

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the rink. Continuing down the remaining length of the rink the skater then will perform two sets of turns (LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half the length of the rink. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the rink with an optional step to transition to the RFI edge. Introductory steps are optional. This move may start in either foot; the FO/BI brackets will precede the FI/BO brackets.

Focus: Edge quality



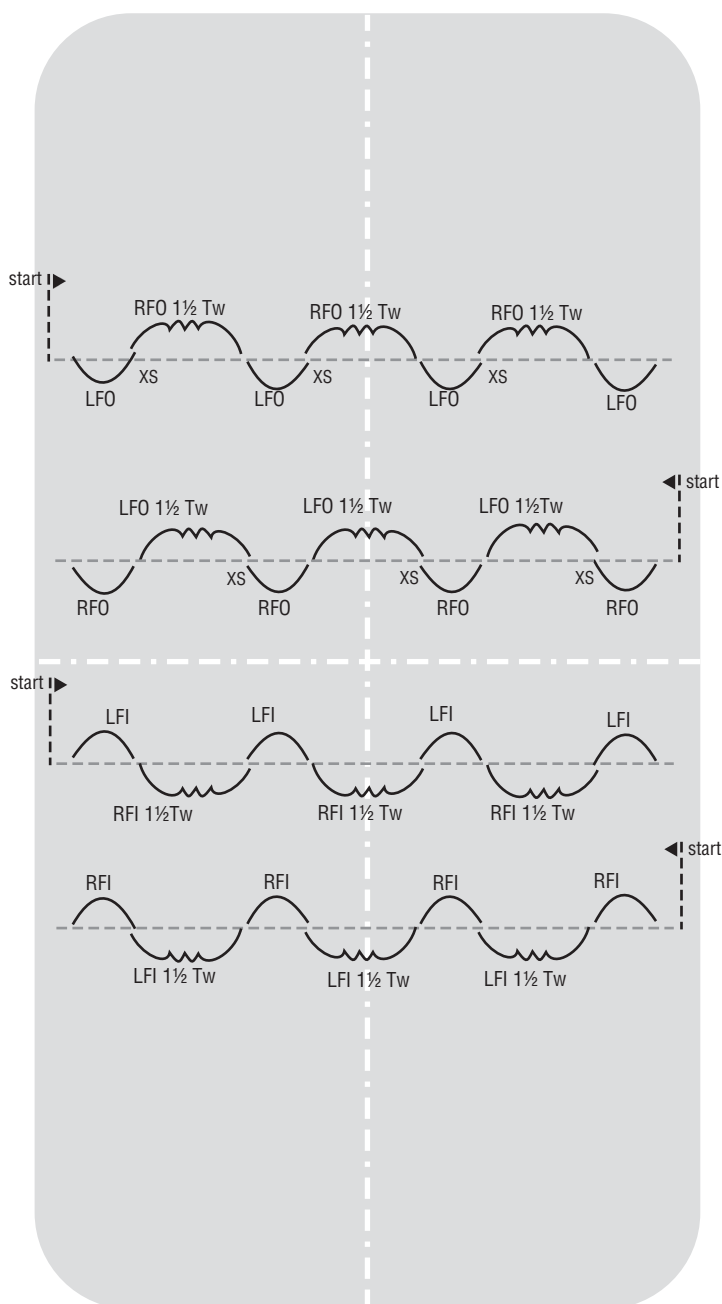
Intermediate 4

Forward Twizzles

Forward outside twizzles: The skater will begin from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on RBI after 1½ revolutions. The skater will then step LFO to complete the set. Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

Forward inside twizzles: For the second part of the move, the skater will begin from a standing start with a LFI roll to a RFI twizzle which ends on RBO after 1½ revolutions. The skater will then step LFI to complete the set. Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner. This move may start in either direction.

Focus: Turn execution and continuous flow

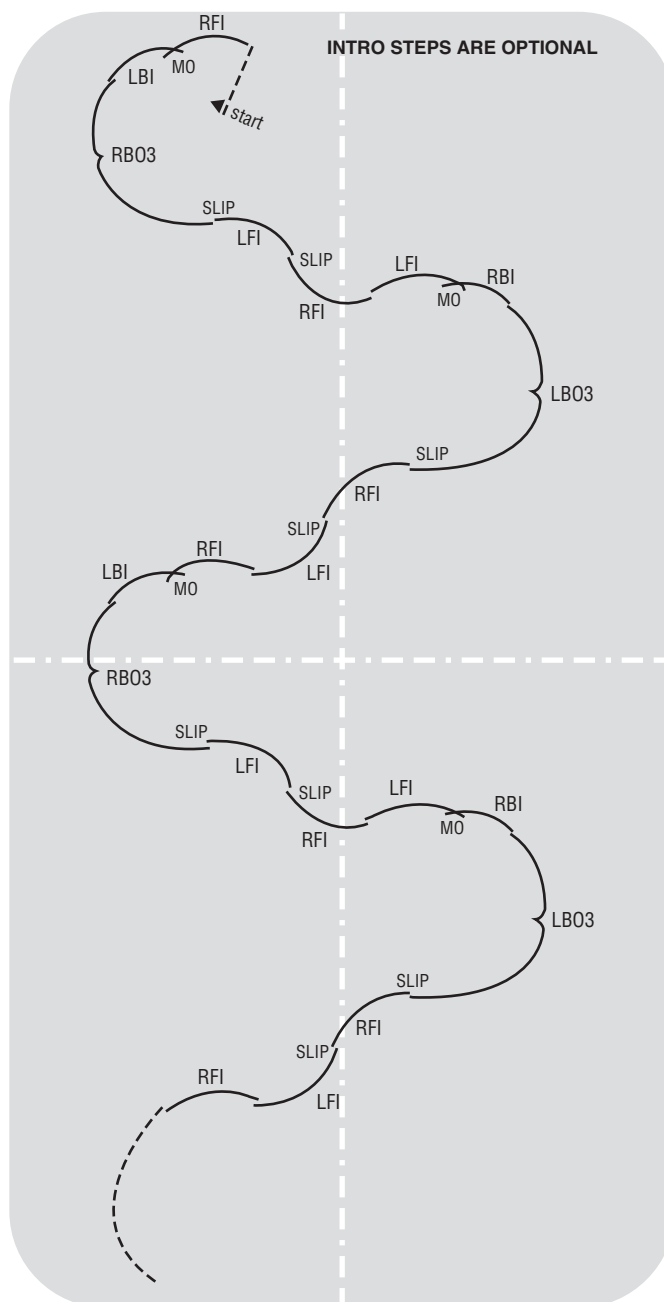


Intermediate 5

Inside Slide Chassé Pattern

The skater will perform four alternating patterns of inside slide chassés preceded by backward power three-turns. The pattern should cover the entire length of the rink. Introductory steps are optional.

Focus: Edge quality and extension

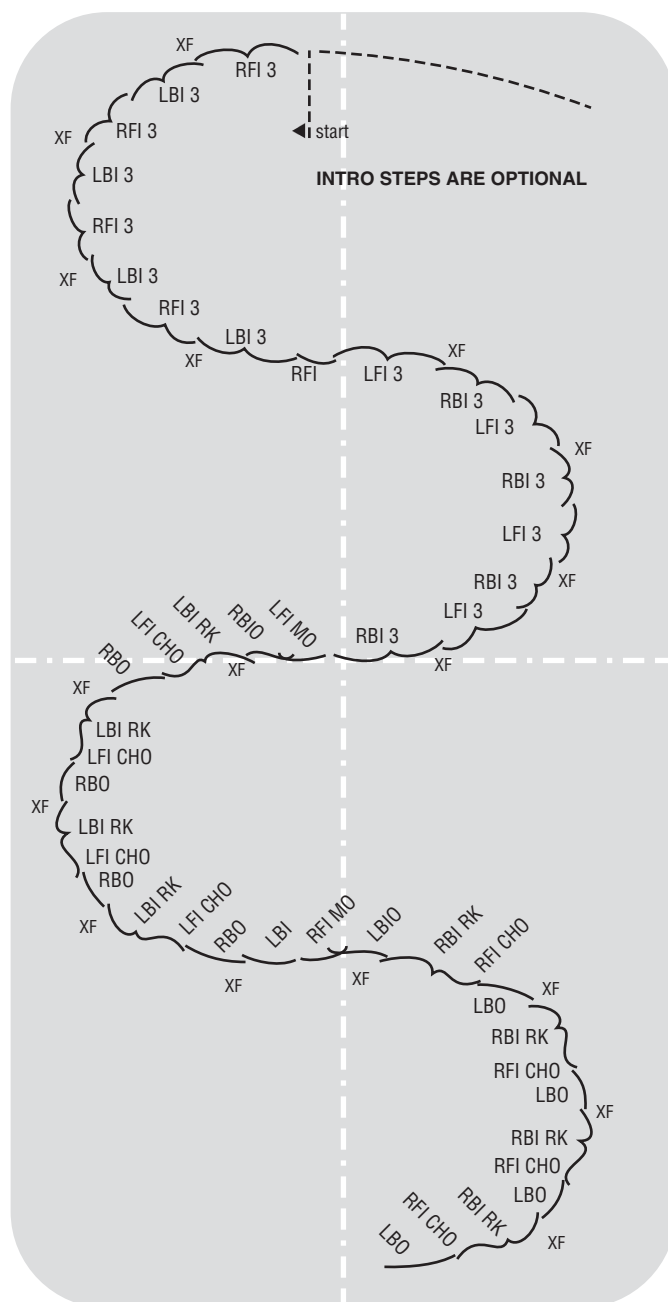


Novice 1

Inside Three-Turns/Rocker Choctaws

The move should be skated across four semi-circles down the long axis of the rink. The first two lobes consist of forward inside and backward inside three-turns and the second half of the move will consist of rocker/choctaw sequences. Four to five 'sets' of each turn per lobe are recommended. The skater will begin with RFI3-LBI3 sets repeated four to five times (depending on rink size). After the last LBI3 the skater should step RFI and begin the second lobe with a LFI3-RBI3 set and repeat in the same manner. To transition to the rocker/choctaw sequences, the skater should perform LFI mohawk and change edge to RBO crossing in front. The third lobe begins with a LBI rocker/LFI closed choctaw set repeated four to five times (depending on rink size). After the last choctaw and cross front, the skater should step RFI and perform a RFI mohawk and change edge to LBO cross forward. The fourth lobe consists of RBI rocker/RFI closed choctaw sets repeated four to five times. Introductory steps are optional. This move may start in either direction.

Focus: Power and quickness

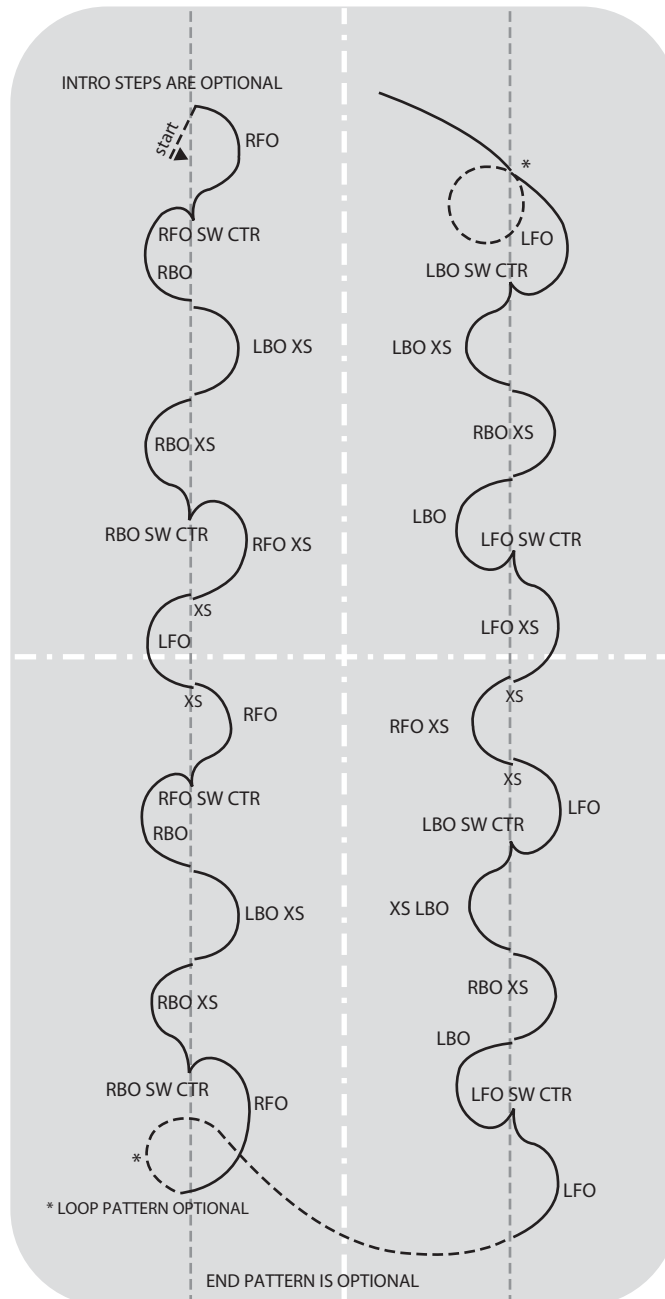


Novice 2

Forward and Backward Outside Counters

The skater will perform forward outside counters followed by two backward free skating cross strokes to a backward outside counter. Each backward counter is then followed by two forward free skating cross strokes to a forward outside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward outside counters on the opposite foot. The introductory steps and complete loop are optional.

Focus: Edge quality and power

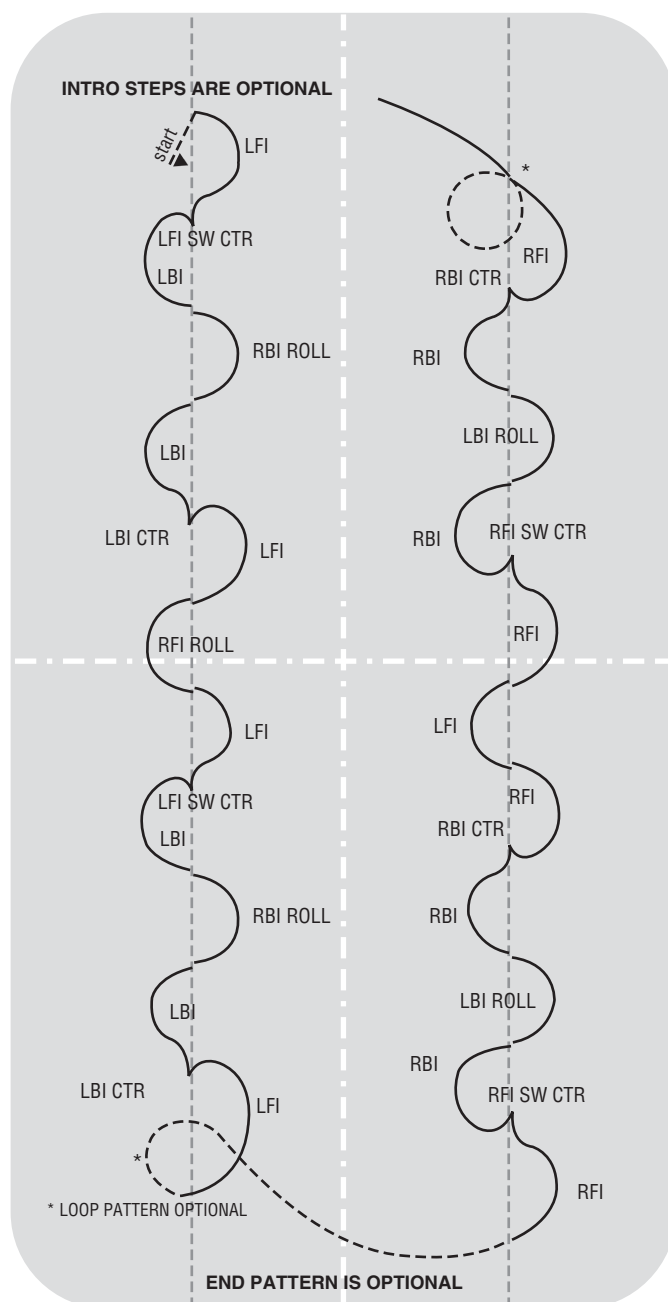


Novice 3

Forward and Backward Inside Counters

The skater will perform forward inside counters followed by two backward inside rolls to a backward inside counter. Each backward inside counter is then followed by two forward inside rolls to a forward inside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward inside counters on the opposite foot. The introductory steps and the end patterns are optional.

Focus: Edge quality and power

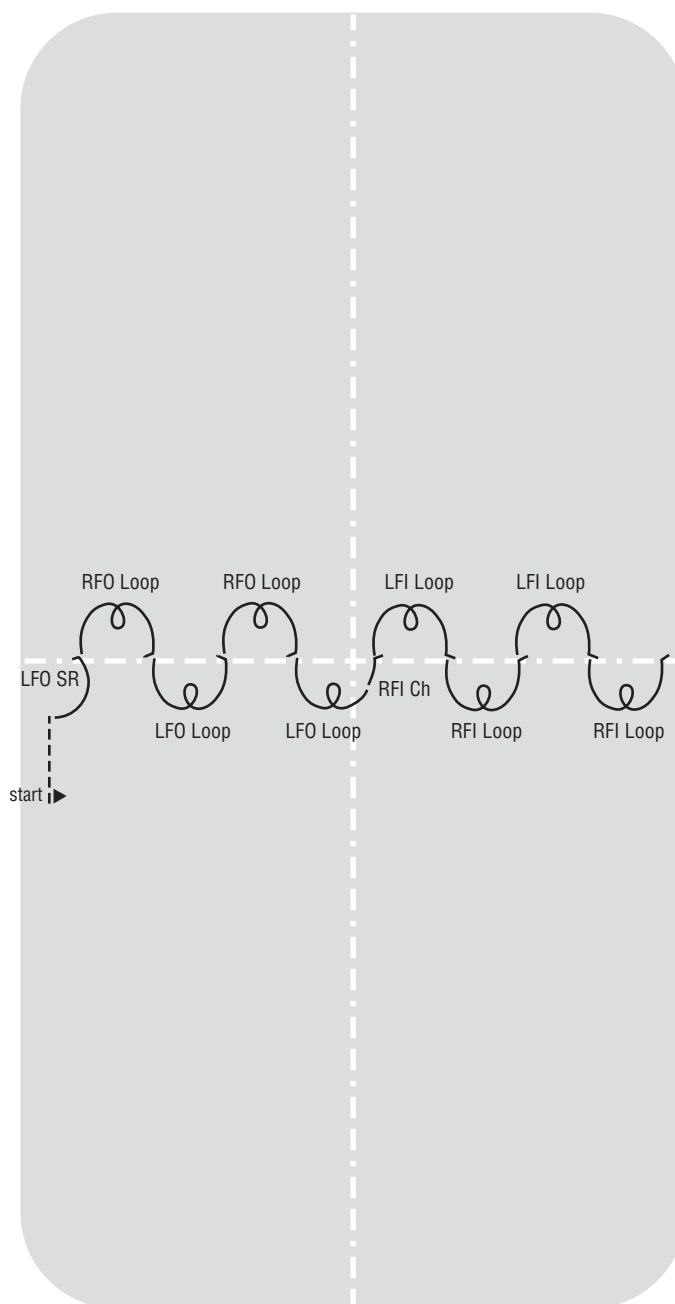


Novice 4

Forward Loops

The move may be skated across the width or down the length of the rink and begins from a standing start. The skater will begin with a LFO swing roll to prepare for the first RFO loop. The skater then pushes into a LFO loop when returning to the axis. This is repeated twice. After the last LFO loop the skater should perform a RFI chassé to prepare for a LFI loop. This loop is followed by a push into a RFI loop. These loops are also repeated twice to complete the move. This move may start on either foot.

Focus: Edge quality and continuous flow

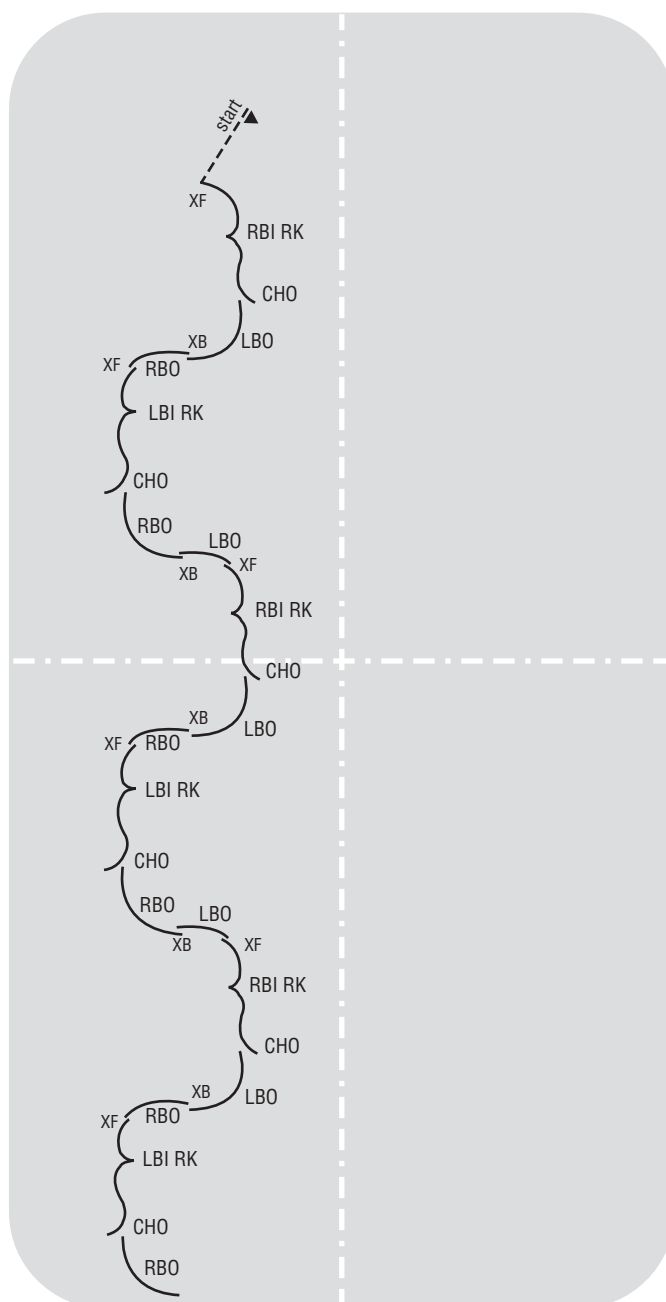


Novice 5

Backward Rocker Choctaw Sequence

The skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in six to eight consecutive half circles on alternating feet. The introductory steps are optional. This move may start on either foot.

Focus: Edge quality, extension and power



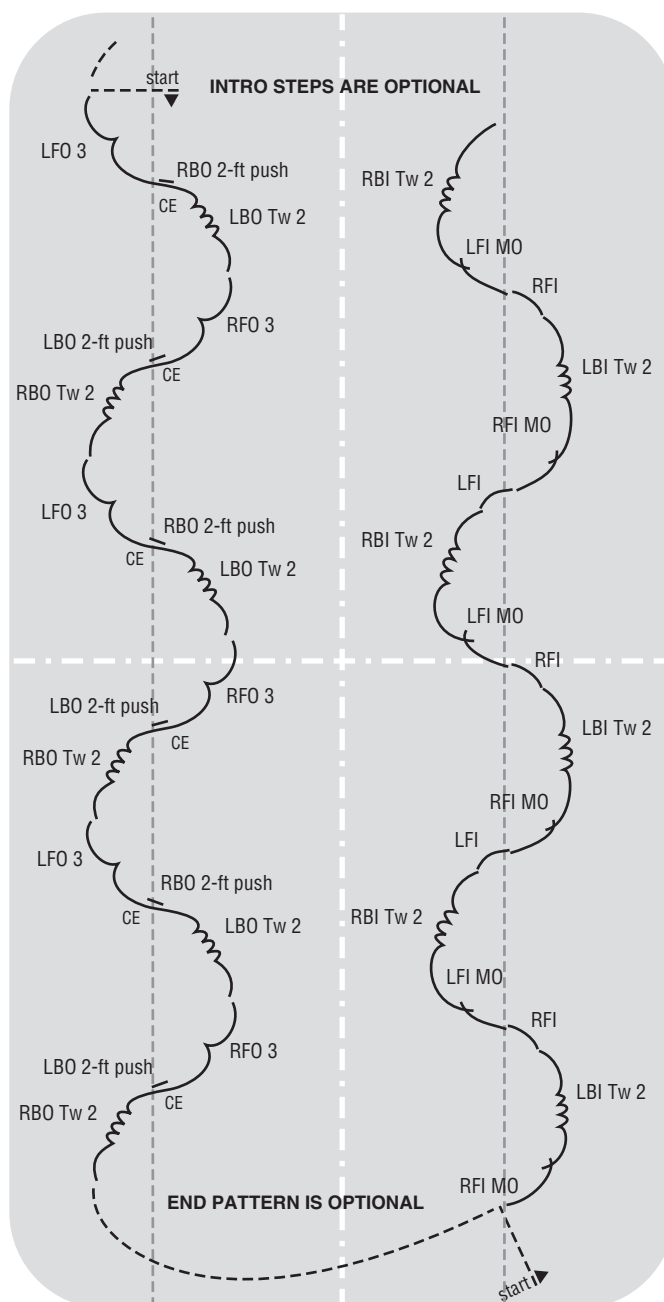
Novice 6

Backward Twizzles

Backward outside twizzles: The skater will begin with a LFO three-turn changing edge into a LBO double twizzle with a two-foot push to assist the twizzle rotation. The skater then steps forward into a RFO three-turn, changing edge into a RBO double twizzle, completing a 'twizzle set'. Each 'twizzle set' is performed three times down the length of the rink.

Backward inside twizzles: The second part of the move begins with a RFI mohawk whose exit edge is the entry for a LBI double twizzle. The skater then steps on a RFI edge into a LFI mohawk whose exit edge is the entry for a RBI double twizzle, completing a 'twizzle set'. Each set is performed three times down the length of the rink. This move may start in either direction. Introductory steps and end pattern are optional.

Focus: Turn execution and continuous flow

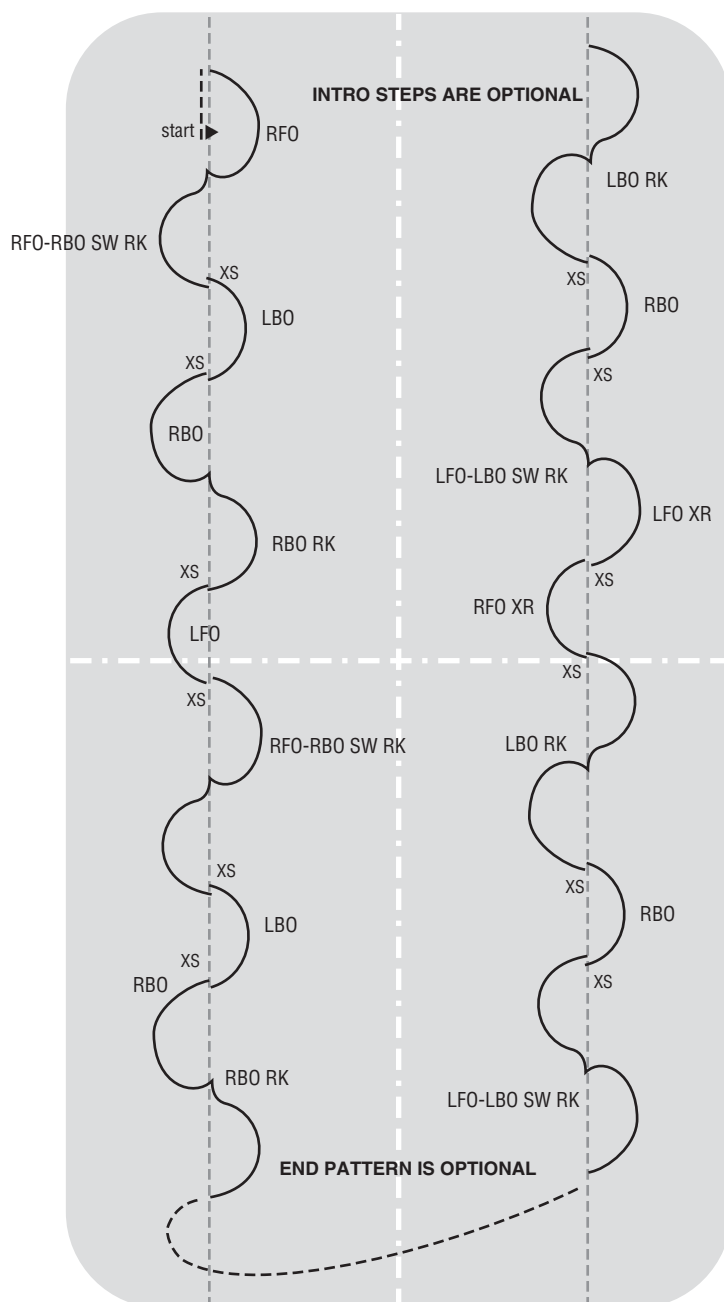


Junior 1

Forward and Backward Outside Rockers

The skater will perform forward outside rockers followed by two backward cross strokes to a backward outside rocker. This backward outside rocker is followed by two forward outside cross strokes to a forward outside rocker. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the FO BO rockers on the opposite foot. There should be two forward and two backward rockers. Note: This move may start in either direction. The introductory steps and end sequence of steps are optional.

Focus: Edge quality and power

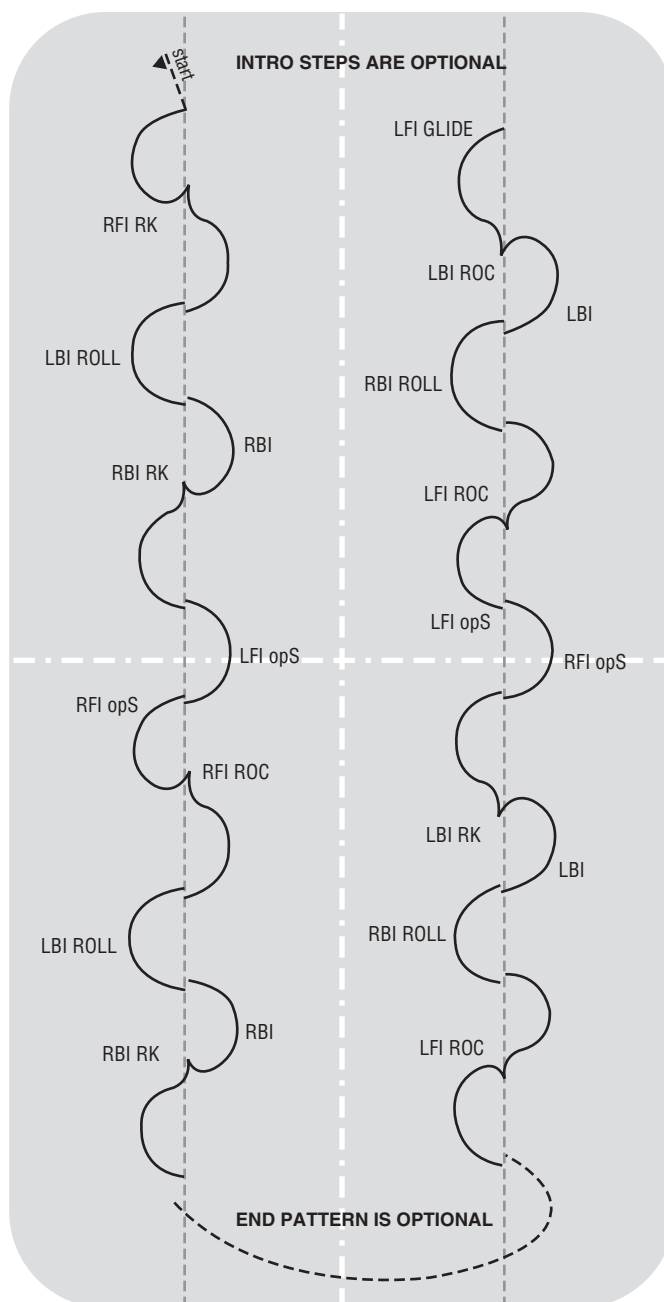


Junior 2

Forward and Backward Inside Rockers

The skater will perform forward inside rockers followed by backward inside rolls to a backward inside rocker. This backward inside rocker is followed by forward inside rolls to a forward inside rocker for the length of the rink. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the forward and backward inside rockers on the opposite foot. There should be two forward and two backward rockers. The introductory steps and end sequence of steps are optional.

Focus: Edge quality and power

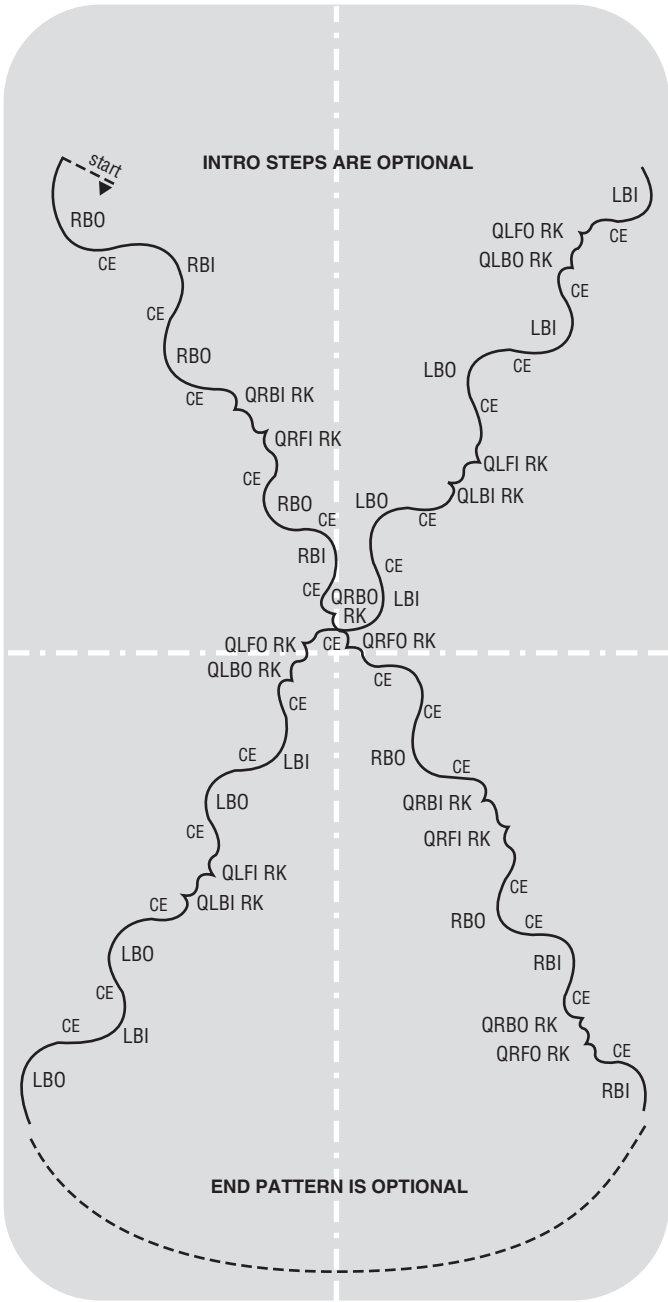


<p>Junior 3</p>

Power Pulls

The skater will perform a sequence of three power pulls followed by two quick twisting rockers. This sequence is then repeated consecutively down the entire diagonal of the rink. It is then performed on the opposite diagonal of the rink on the other foot. There should be a total of three to four sequences per foot. The introductory and end steps are optional. This move may start on either foot.

Focus: Power and quickness

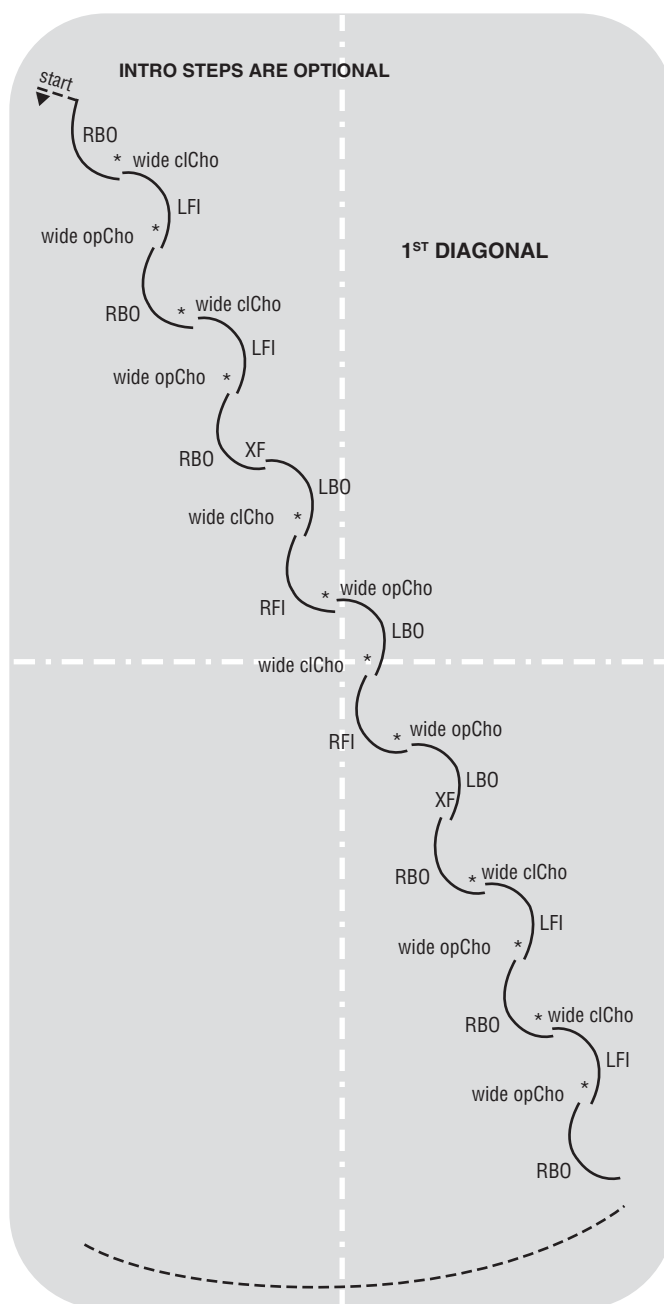


Junior 4

Choctaw Sequence

The skater will perform a choctaw sequence that covers the entire diagonal length of the rink and which is then repeated on the second diagonal. This sequence is performed with two consecutive choctaws that are then performed in the opposite direction. Introductory steps are optional. This move may start in either direction.

Focus: Edge quality and power



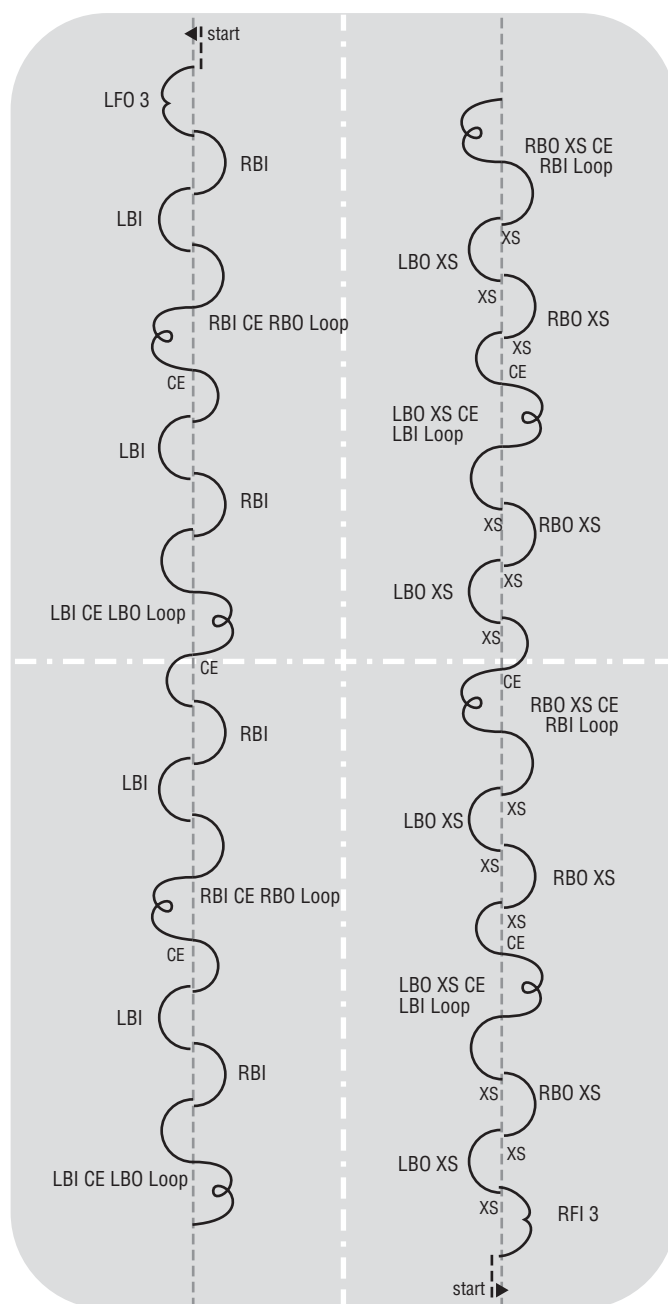
Junior 5

Backward Loop Pattern

Backward outside loops: The skater begins from a standing start with a LFO3 into three backward inside rolls. The last backward inside roll is followed by a RBIO change of edge into a RBO loop. The skater then performs a change of edge to push LBI into three more backward inside rolls followed by a LBIO change of edge into a LBO loop. This sequence should be repeated twice down the length of the rink.

Backward inside loops: For this side of the move the skater begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBOI change of edge into a LBI loop. The skater then performs a change of edge to push into three more backward outside cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBOI change of edge into a RBI loop. This sequence should be repeated twice down the length of the arena. This move may start in either direction

Focus: Edge quality and continuous flow

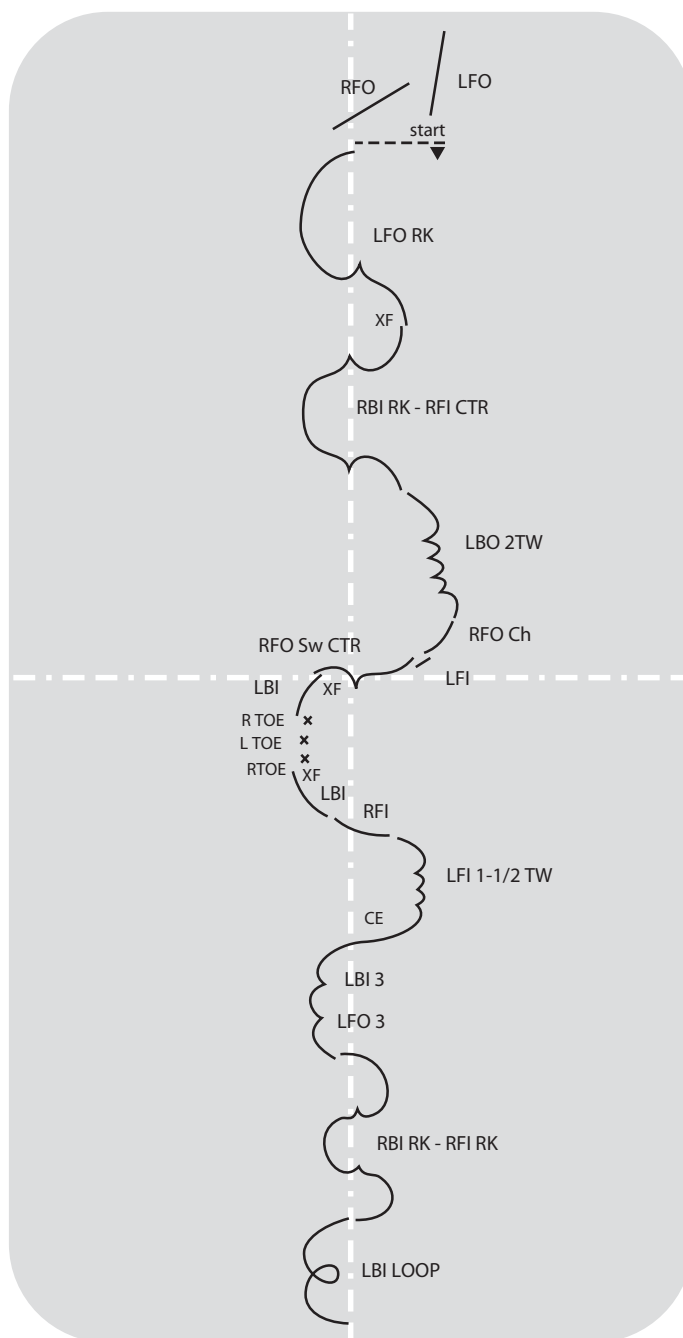
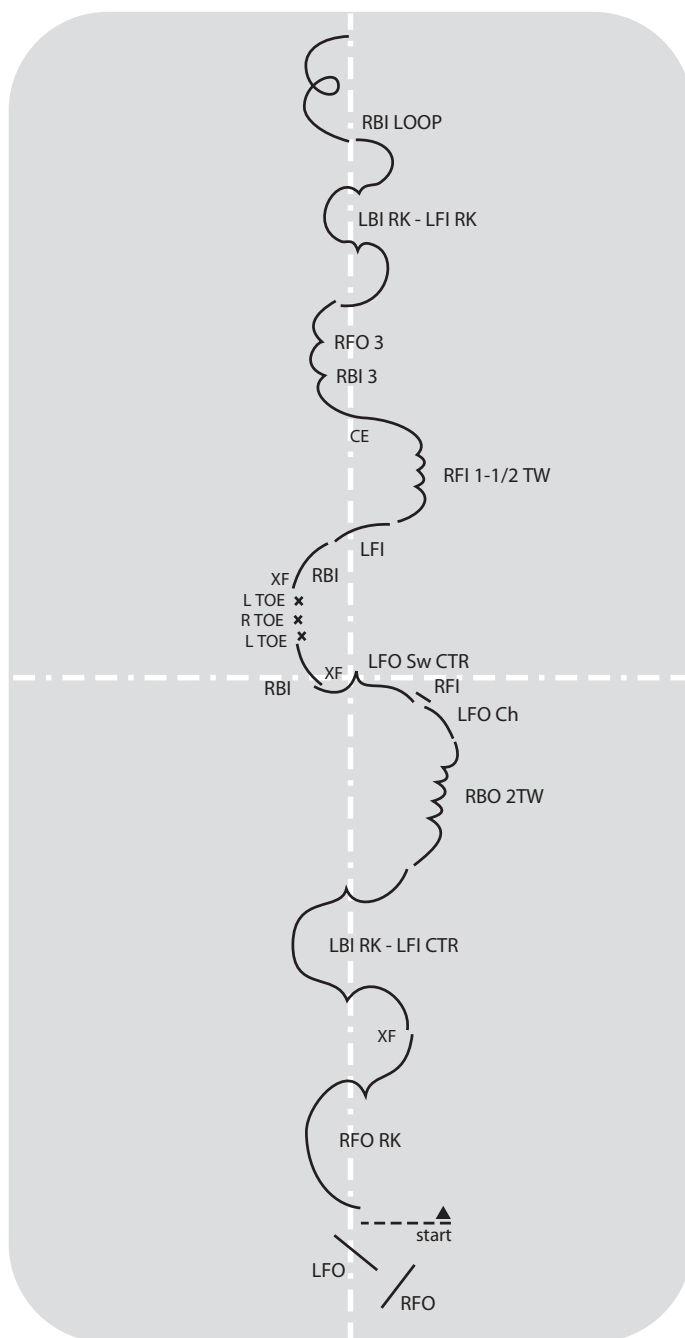


Junior 6

Straight Line Step Sequence

The skater begins from a standing start with two open strokes R and L. The skater will perform a RFO rocker and cross forward to LBI rocker, which enters immediately into a LFI counter. Next is a RBO double twizzle, stepping forward into a LFO chassé to LFO swing counter. The counter is immediately followed by a cross in front to RBI, followed by three clockwise toe steps and another cross in front RBI. The skater then steps forward onto LFI and changes lobe with a 1½ revolution RFI twizzle followed immediately by an edge pull to change edge into a RBI double-three. Finally, the skater pushes into a LBI rocker followed by a LFI rocker, and then a RBI loop. **Sequence is to be repeated starting on the other foot.** This move may start in either direction.

Focus: Edge quality and continuous flow

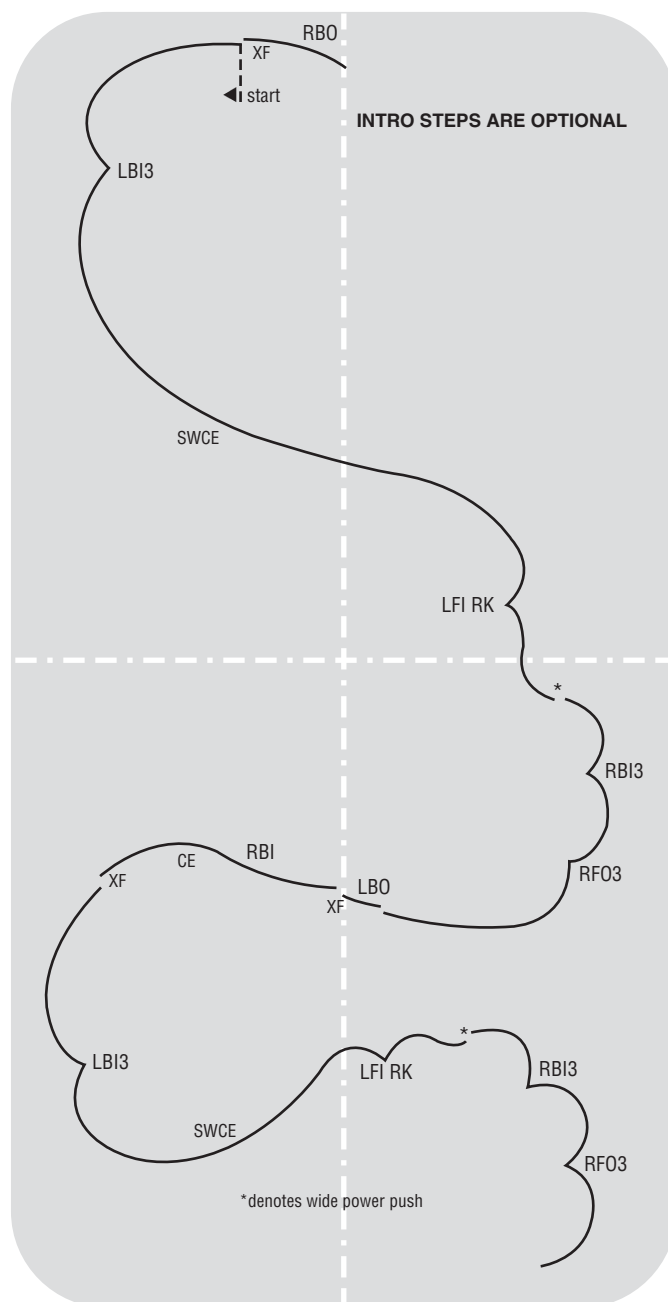


Senior 1

Sustained Edge Step

The skater will powerfully perform a backward inside three-turn to a sustained swing change of edge followed by a forward inside rocker, stepping to a backward inside double three-turn. Backward crossover steps follow this sequence. This pattern is then repeated to cover the entire surface of the rink. The skater will then repeat this step in the opposite direction. Introductory steps are optional. This move may start in either direction.

Focus: Edge quality and power

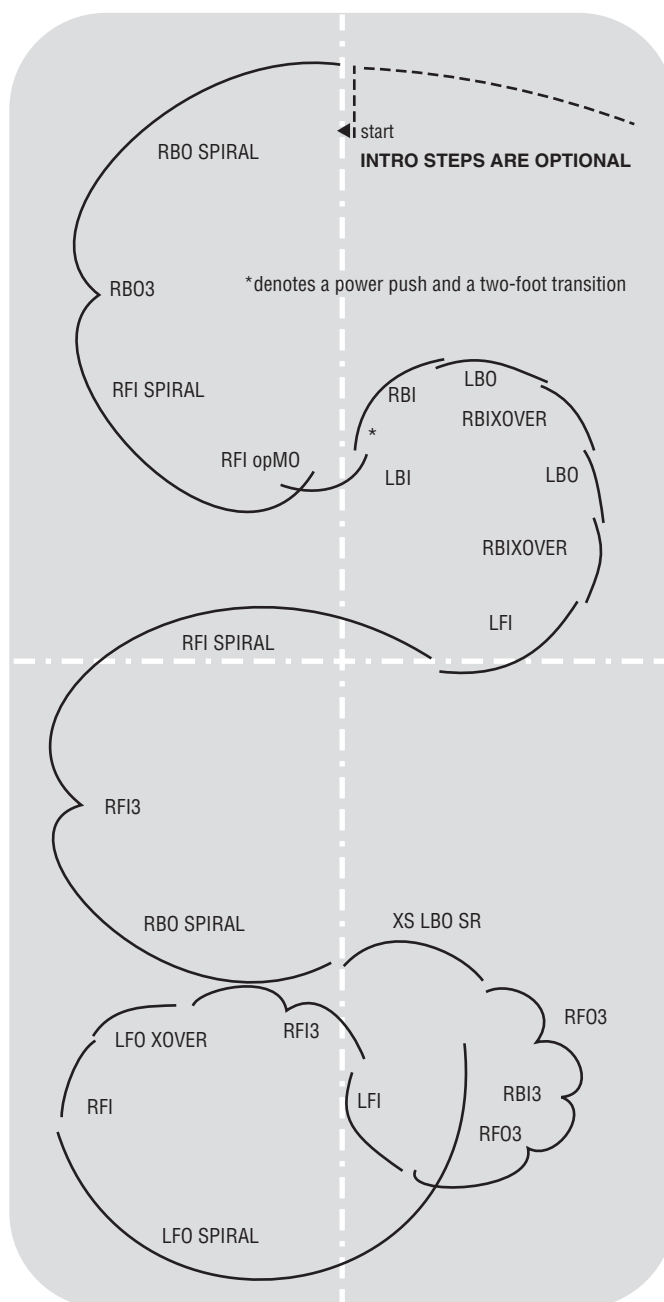


Senior 2

Spiral Sequence

The skater begins with a series of spirals, transitioning from a RBO spiral to a RFI spiral through the use of a RBO3 that is parallel to the long barrier of the rink. The free leg is then lowered into a RFI open mohawk and steps wide with a two-foot power push transition into two backward right over left crossovers. The skater steps onto a LFI and then immediately onto a RFI-RBO spiral sequence, again transitioning between spirals with a RFI3. The skater then does a cross stroke behind LBO swing roll followed by a RFO triple three-turn. Then step LFI into a RFI3, followed by a step forward into a LFO crossover and finally a LFO spiral. The pattern is repeated in the opposite direction, and transition steps are optional. (**Note:** All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility). This move may start in either direction. Introductory steps are optional.

Focus: Extension and edge quality

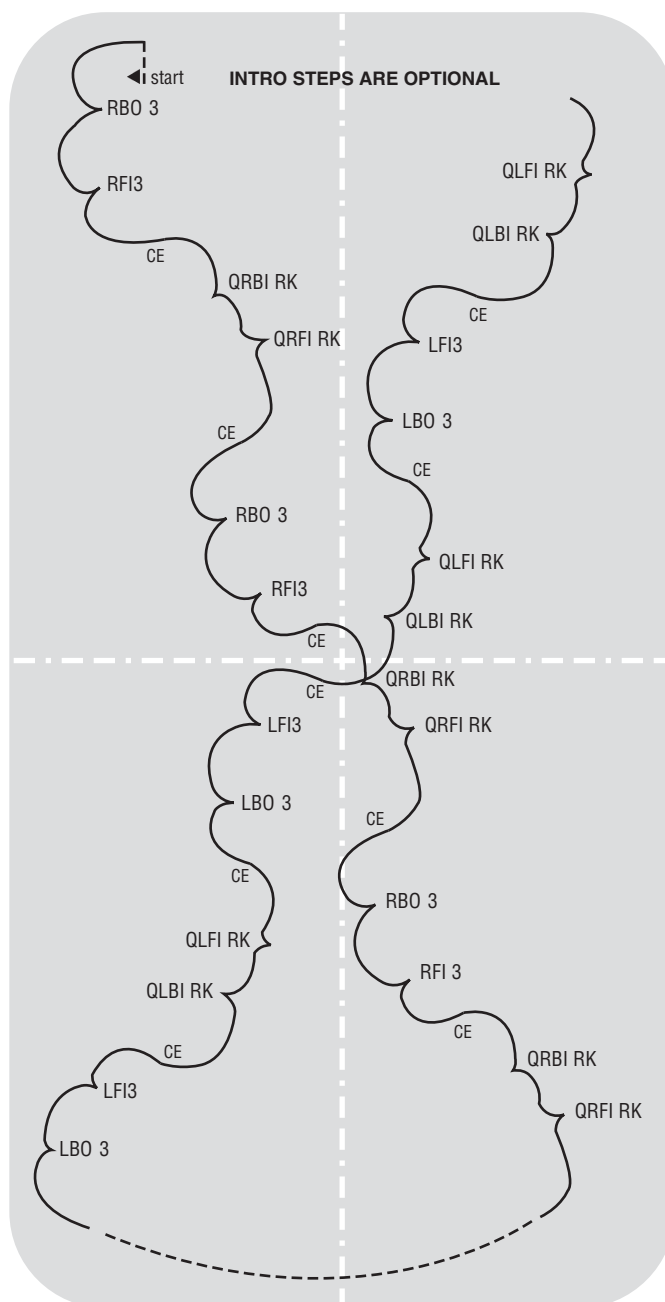


Senior 3

BO Power Double Three-Turns to Power Double Inside Rockers

The skater will perform backward outside power double three-turns, then complete a power pull to backward inside double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

Focus: Power and quickness

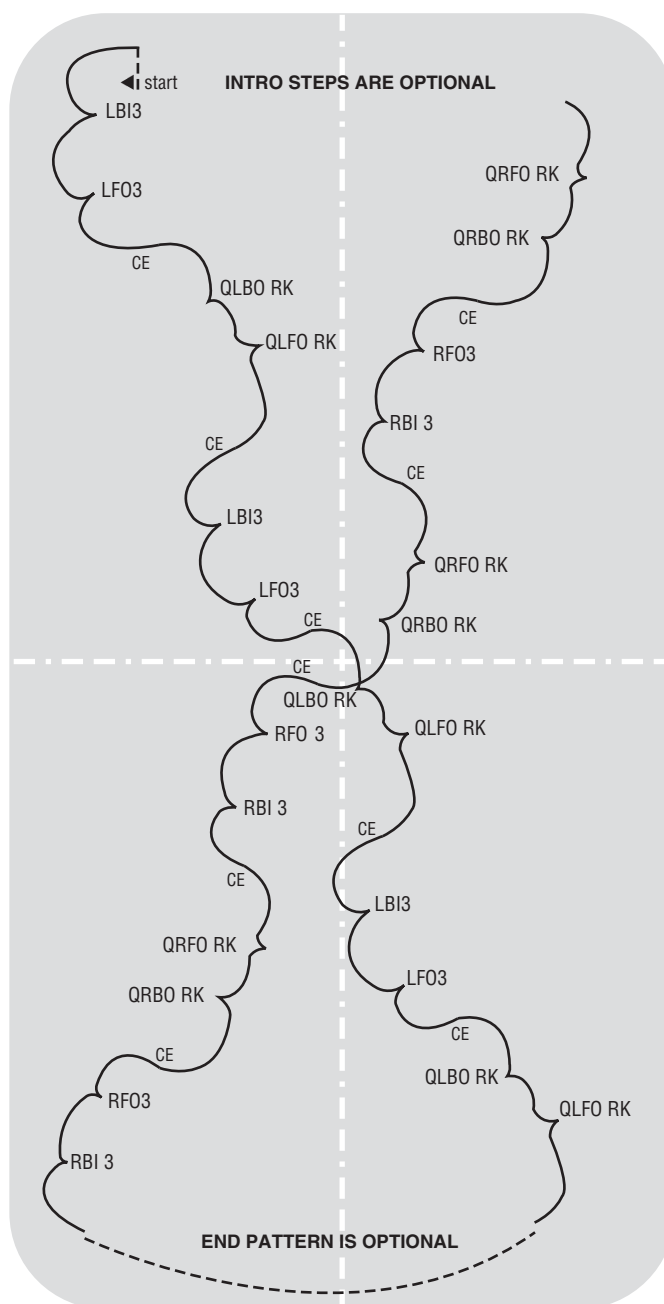


Senior 4

BI Power Double Three-Turns to Power Double Outside Rockers

The skater will perform backward inside power double three-turns, then complete a power pull to backward outside double rockers. These rockers are immediately followed by another power pull and the sequence is then repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

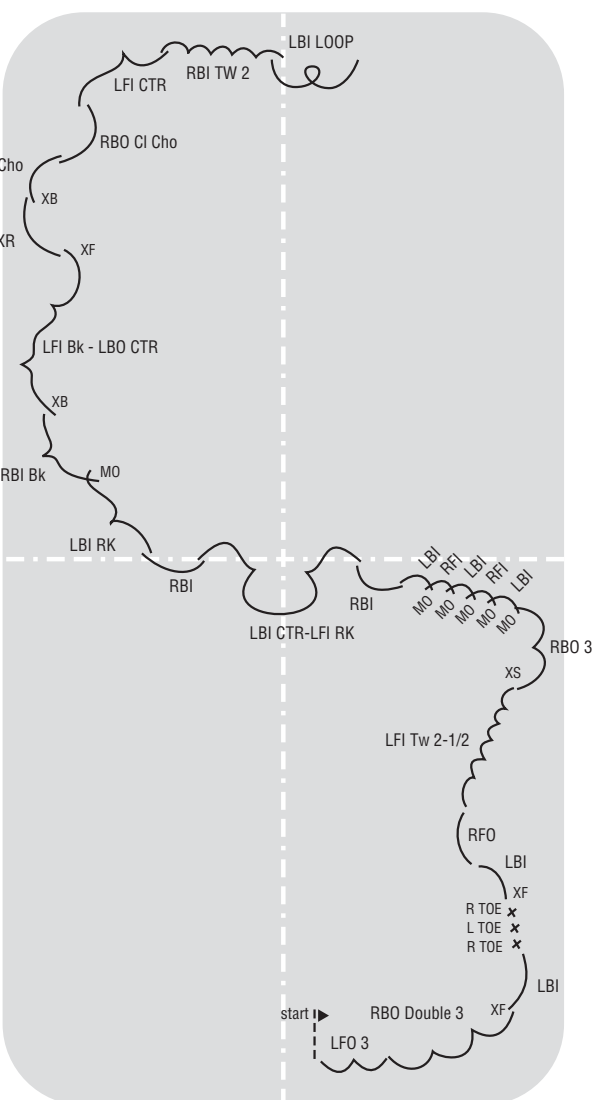
Focus: Power and quickness



Senior 5

Serpentine Step Sequence

Focus: Edge quality and continuous flow

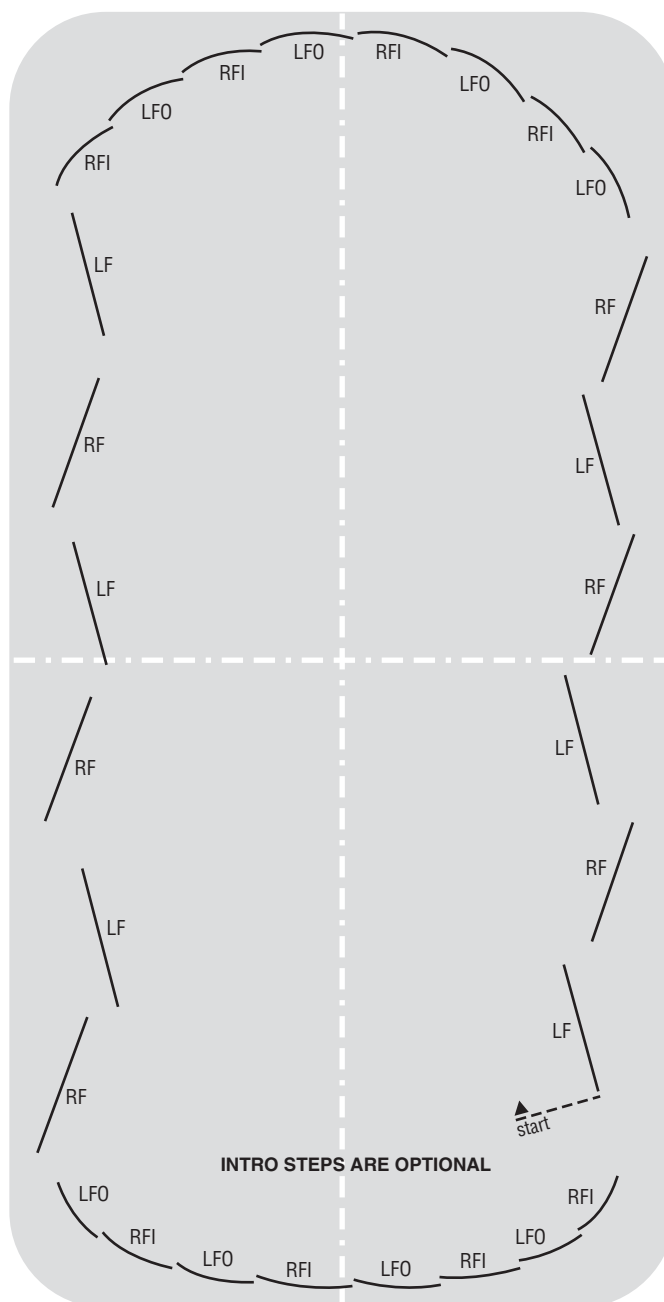


Adult Pre-Bronze 1

Forward Perimeter Stroking

The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.

Focus: Continuous flow, strength and extension



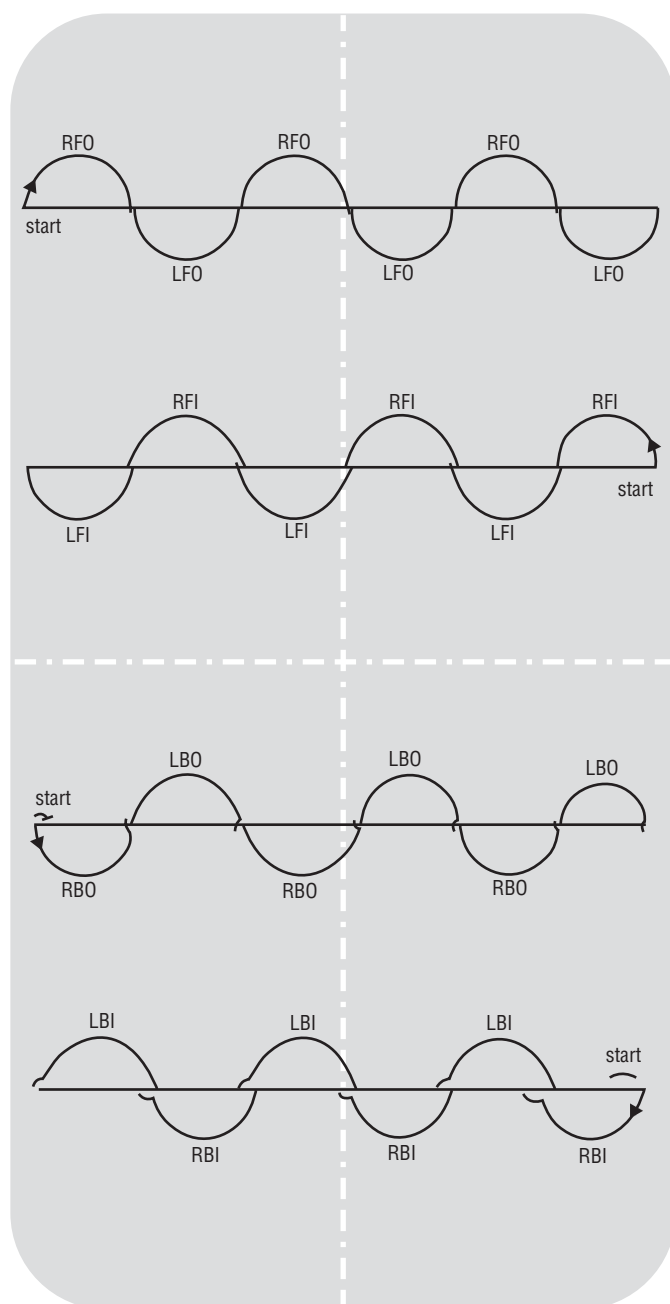
Adult Pre-Bronze 2

Basic Consecutive Edges

- Forward outside edges
- Forward inside edges
- Backward outside edges
- Backward inside edges

Starting from a standing position, the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.

Focus: Edge quality



Adult Pre-Bronze 3

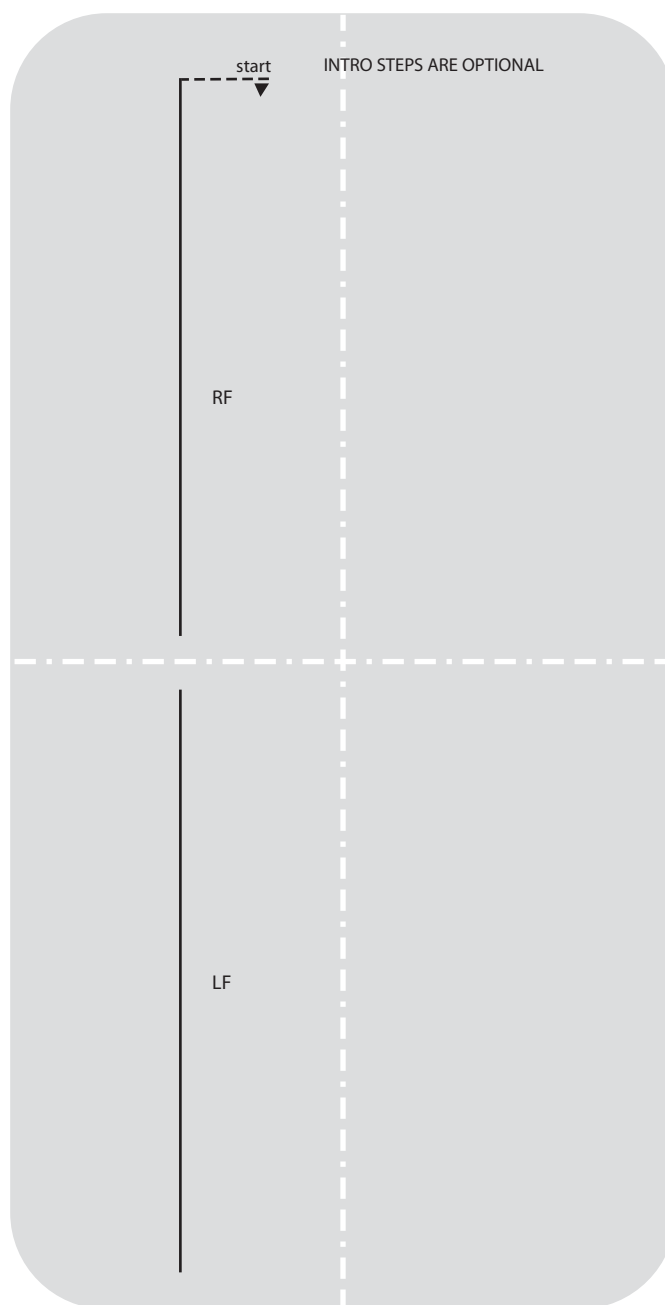
Forward Right and Left Foot Spirals

The skater will perform right foot and left foot spirals down the length of the rink maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats and may start on either foot. Introductory steps are optional.

Focus: Extension

ADULT PRE-BRONZE 5

FORWARD RIGHT AND LEFT FOOT SPIRALS

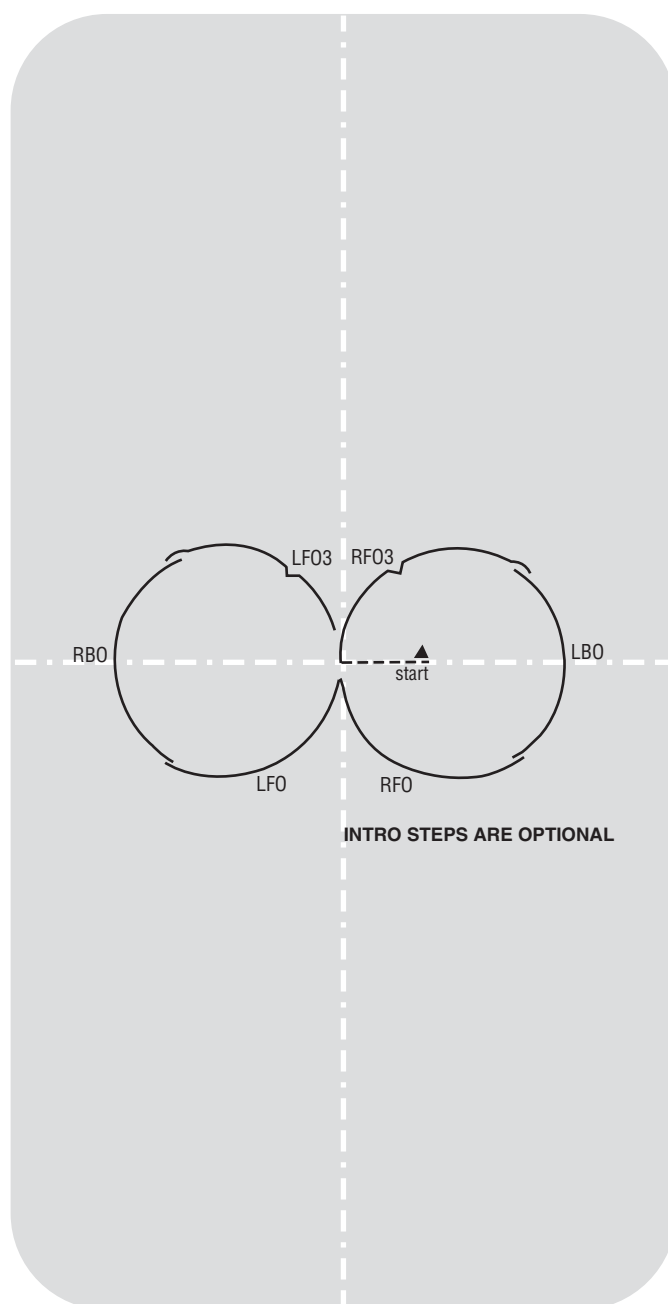


Adult Pre-Bronze 4

Waltz Eight

The skater will perform the waltz eight, using large circumference circles, completing two patterns on each foot, and performed with control. This move may start on either foot. Introductory steps are optional or may begin from a standing start. The skater may mark the center.

Focus: Edge quality

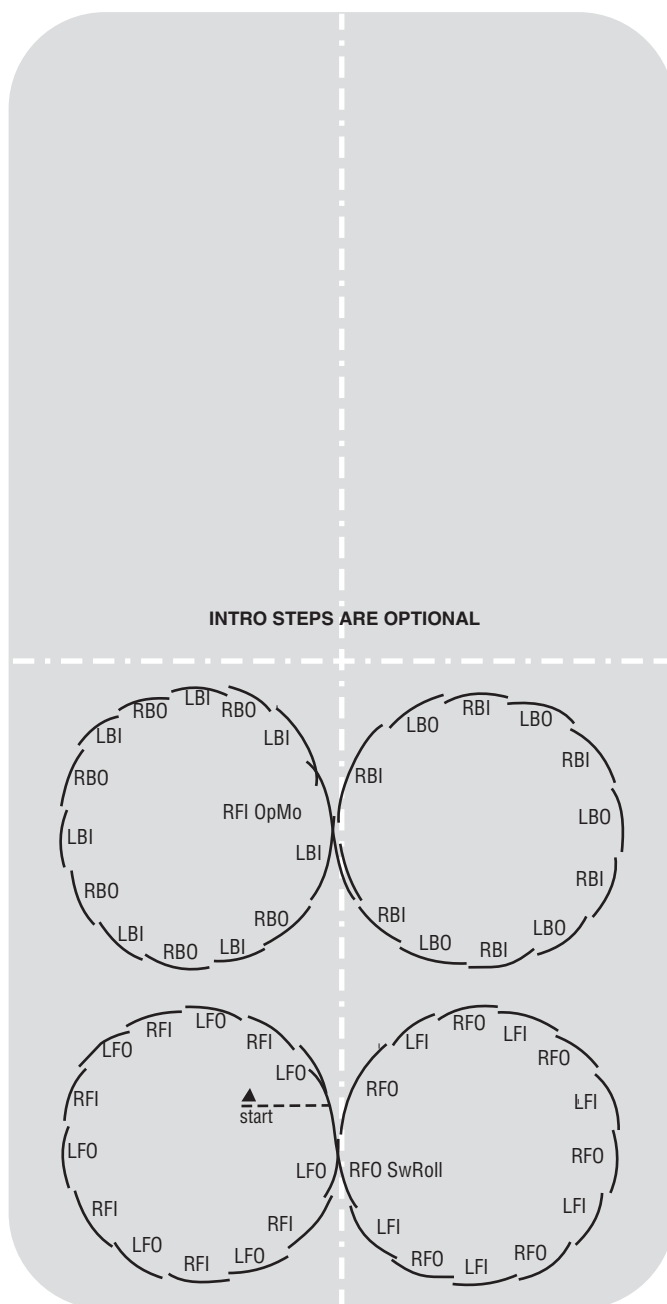


<p>Adult Pre-Bronze <u>5</u></p>

Forward and Backward Crossovers

The skater will perform forward crossovers in a figure eight pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended. Upon completing the forward figure eight, the skater will perform a swing roll and change of edge to an open mohawk in order to turn around and continue the figure eight pattern with four to six backward crossovers per circle. This move may start in either direction. Introductory steps are optional.

Focus: Continuous flow and strength

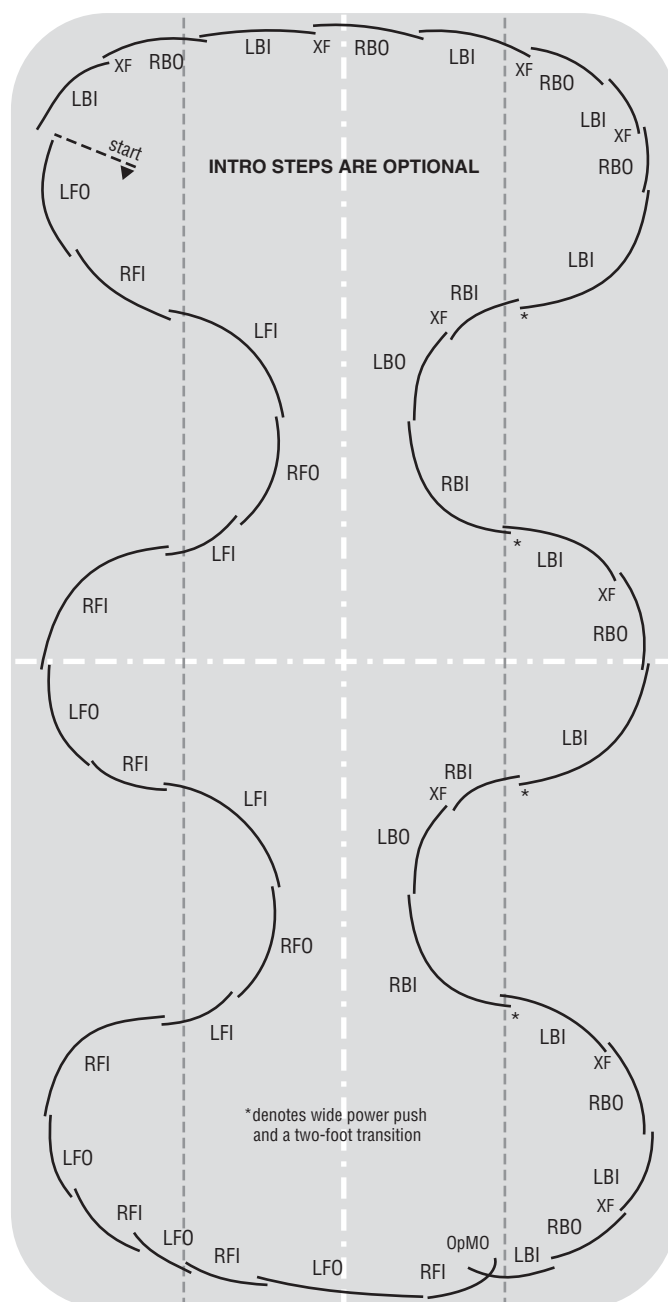


<p>Adult Bronze 1</p>

Forward and Backward Perimeter Power Stroking

The skater will perform four alternating forward crossovers separated by strong forward inside edge transitions. The end pattern consists of two forward crossovers followed by a LFO open stroke; then a RFI open mohawk followed by one or two backward crossovers. All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held for two counts. The second side of the pattern resumes with four backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two solid inside edges. The second end pattern consists of three to five backward crossovers. Introductory steps are optional.

Focus: Continuous flow and strength

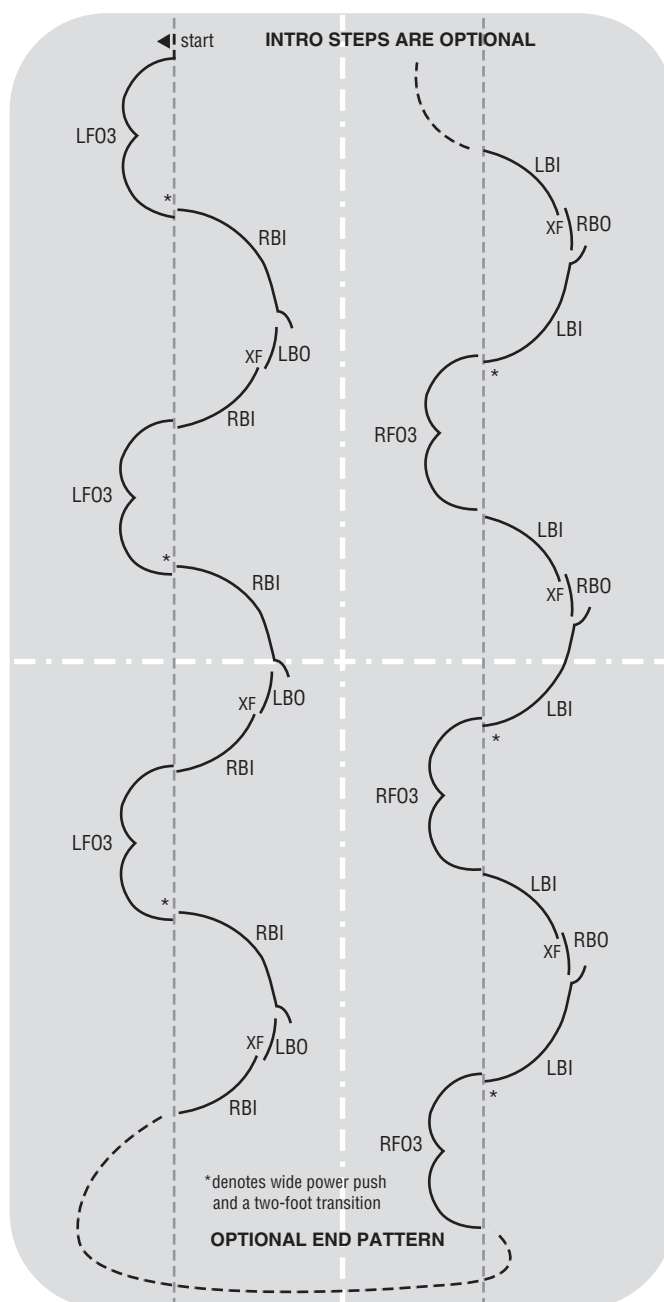


Adult Bronze 2

Forward Power Three-Turns

The skater will perform forward outside three-turns to a balance position followed by a backward crossover. Three to six sets of three-turns will be skated depending on the length of the ice surface. Skaters may begin this move with either right or left foot three-turns. On the second length of the rink, the three-turns will be skated on the opposite foot. Introductory steps and backward crossovers around the end of the rink are optional.

Focus: Continuous flow and strength

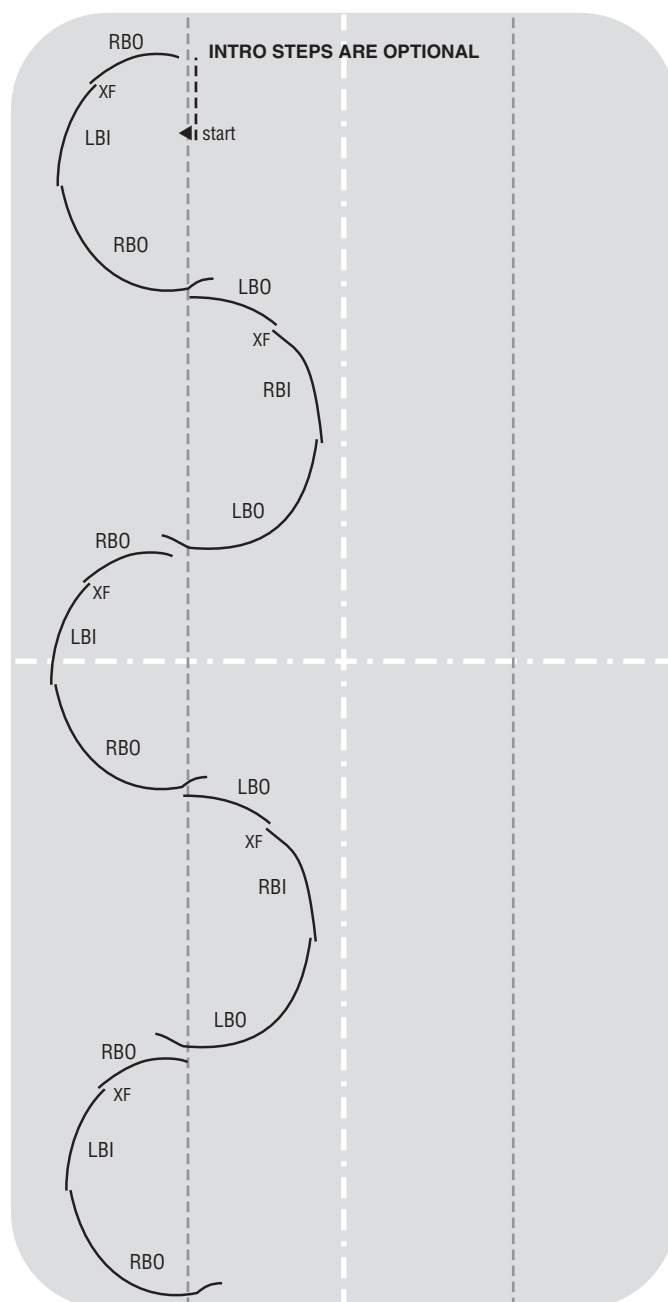


Adult Bronze 3

Alternating Backward Crossovers to Backward Outside Edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the rink. Four or five lobes should be skated. Introductory steps are optional.

Focus: Continuous flow and strength

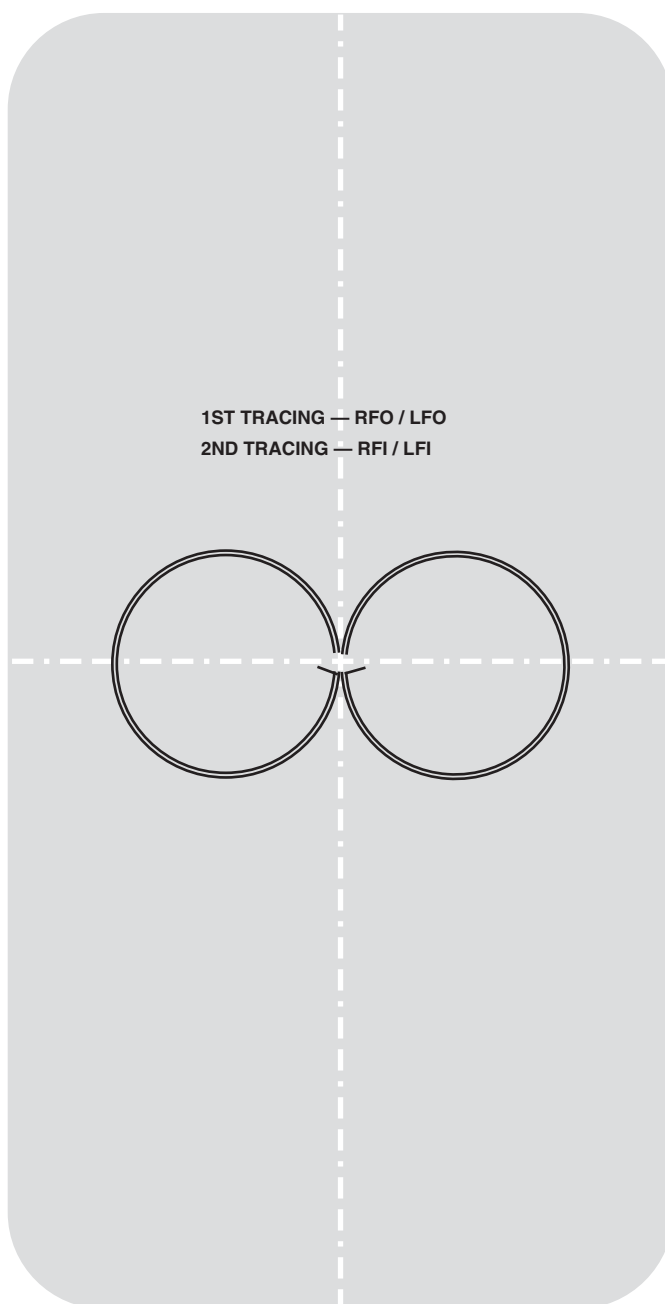


Adult Bronze 4

Forward Circle Eight

The skater will push from a standing start onto a forward outside edge and complete one forward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a forward inside figure eight by pushing onto a forward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

Focus: Edge quality and continuous flow

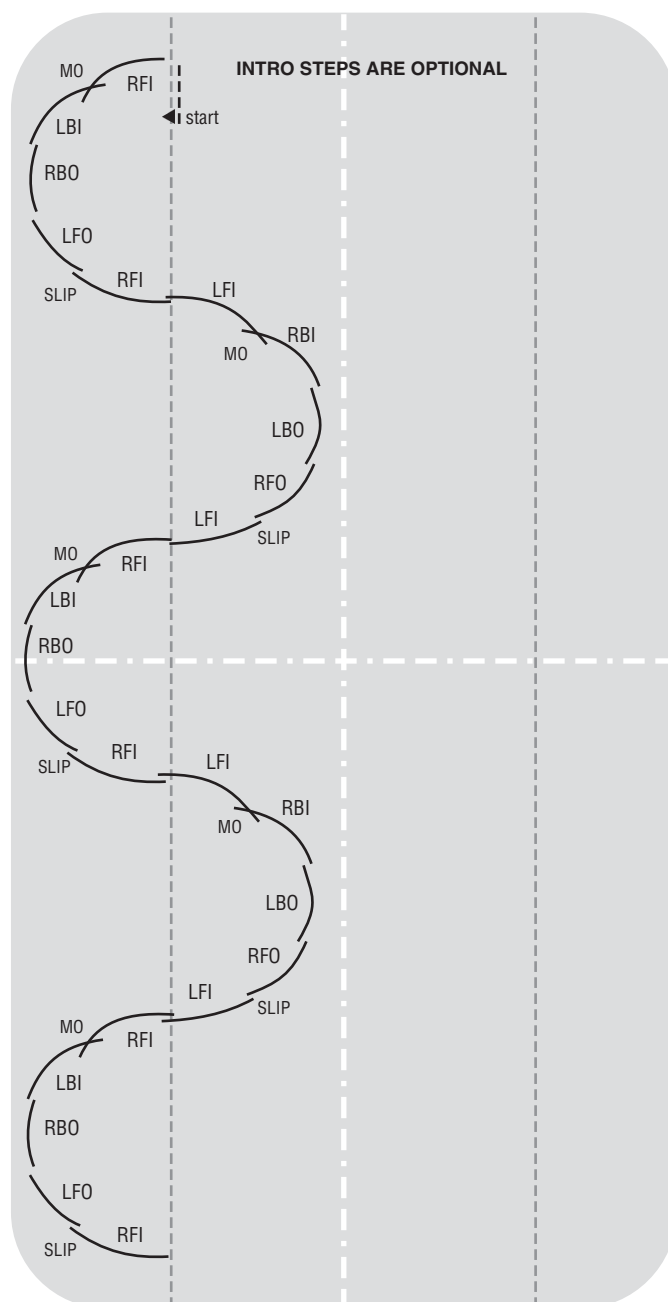


Adult Bronze 5

Five-Step Mohawk Sequence

The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five-step sequence. The skater will skate one length of the ice with four or five lobes. Introductory steps are optional.

Focus: Edge quality and extension

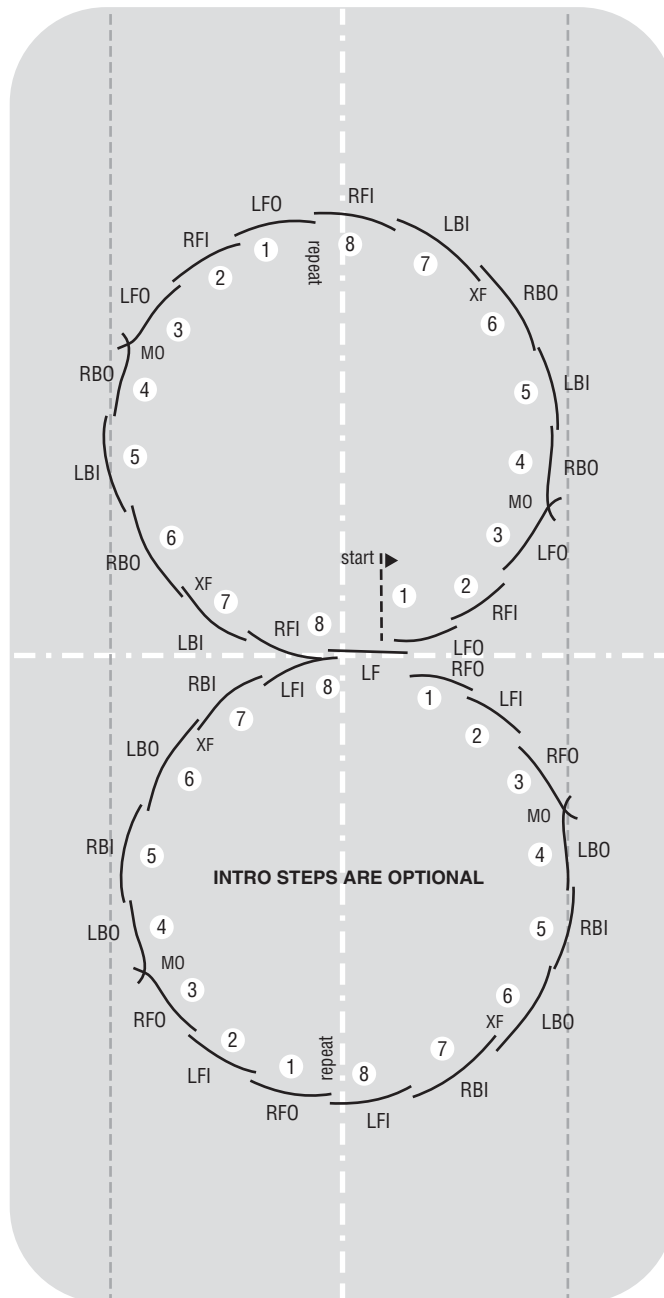


Adult Silver 1

Eight-Step Mohawk Sequence

The skater will perform two eight-step mohawk sequences counterclockwise. The step order is: Forward crossover into a LFO mohawk, followed by LBI, RBO, LBI cross forward and RFI. The skater should maintain a march cadence (one beat per step). Between the circles is a two-beat left foot transition. The sequence is then repeated twice in the opposite direction. Introductory steps are optional. This move may start in either direction.

Focus: Quickness, continuous flow and strength

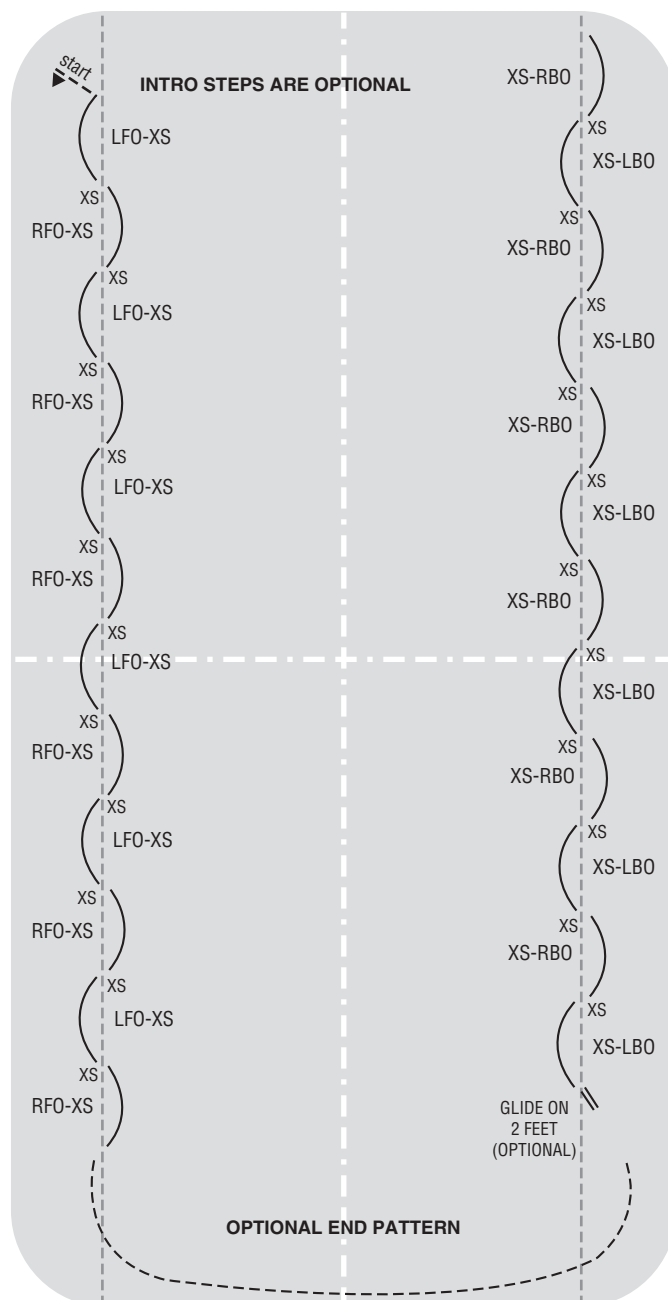


<p>Adult Silver 2</p>

Forward and Backward Free Skate Cross Strokes

The skater will perform free skate cross strokes the length of the ice surface. Forward cross strokes will be skated for one length of the rink and backward cross strokes skated for the second length of the rink. Introductory steps and end patterns are optional. This move may start on either foot.

Focus: Continuous flow and strength

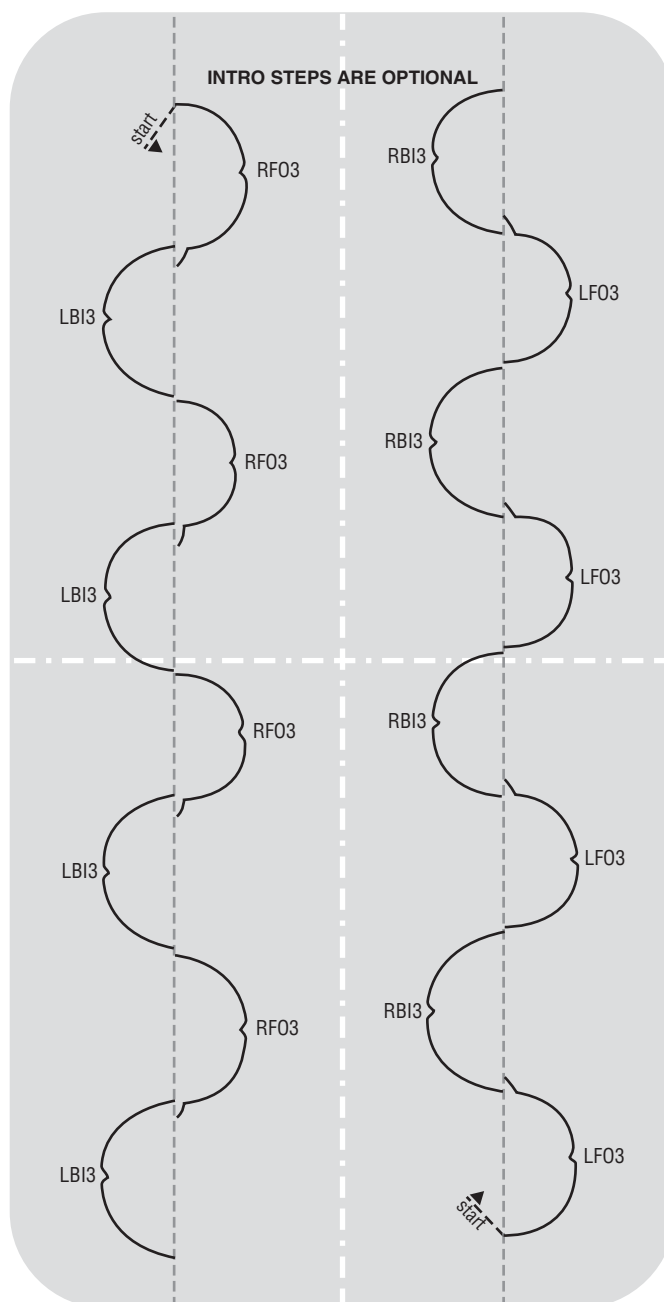


Adult Silver 3

FO-BI Three-Turns in the Field

The skater will perform forward three-turns alternating to backward three-turns covering the length of the rink. One length of the rink will start with RFO-LBI three-turns. On the second length of the rink, the skater will perform LFO-RBI three-turns. Introductory steps and end sequence are optional. This move may start on either foot.

Focus: Edge quality

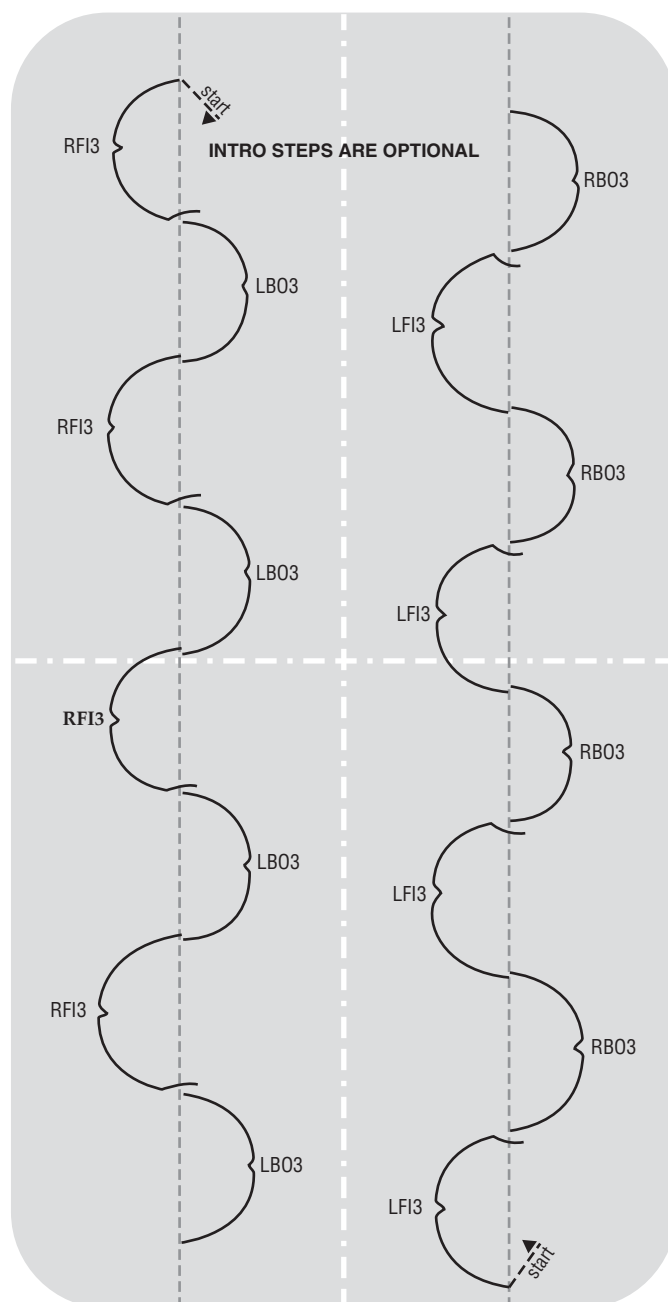


Adult Silver 4

FI-BO Three-Turns in the Field

On the first length of the rink the skater will perform RFI-LBO three-turns. On the second length of the rink the skater will perform LFI RBO three-turns. Introductory steps and end sequence are optional. This move may start on either foot.

Focus: Edge quality

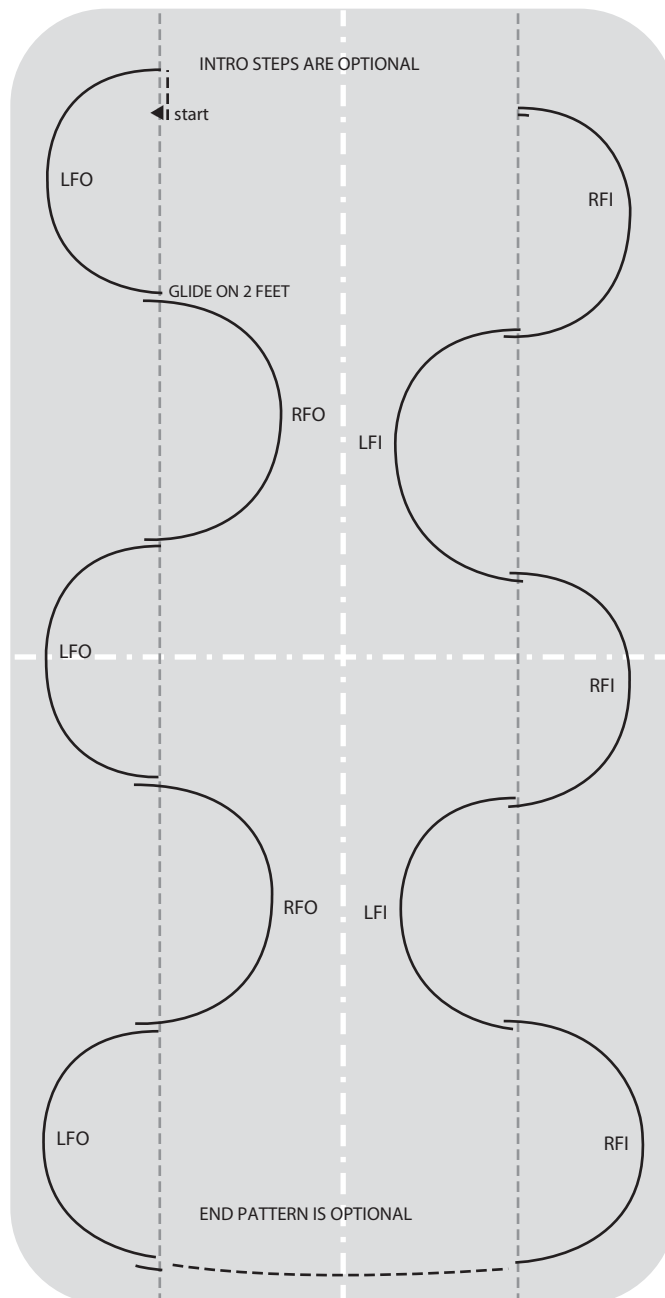


Adult Silver 5

Consecutive Outside and Inside Spirals

The skater will perform right foot and left foot spirals. The forward outside edge spirals will be skated for the first length of the rink. Forward crossovers may be utilized (optional) around the end of the rink. Forward inside edge spirals will be skated for the second length of the rink. The exact number of spirals will depend on the size of the rink and the strength of the skater; however, a minimum of four spirals down each length of the rink must be skated. The extended leg in the spiral should be held at hip level or higher. Introductory steps are optional.

Focus: Extension and edge quality

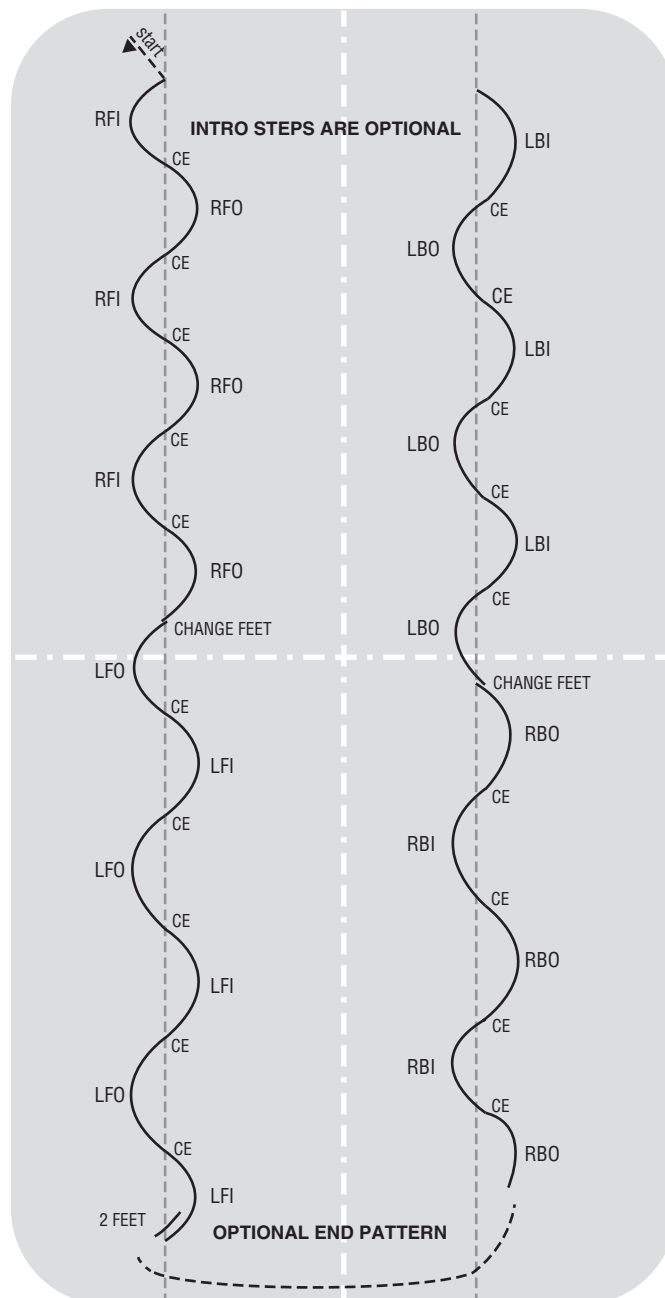


Adult Silver 6

Forward and Backward Power Change of Edge Pulls

The skater will perform consecutive power change of edge pulls — FIO to FOI — for the full length of the rink followed by backward change of edge pulls — BOI to BIO — for the second full length of the rink. The skater will change feet at the center of the rink. Introductory steps and end sequence are optional. This move may start on either foot.

Focus: Continuous flow and strength

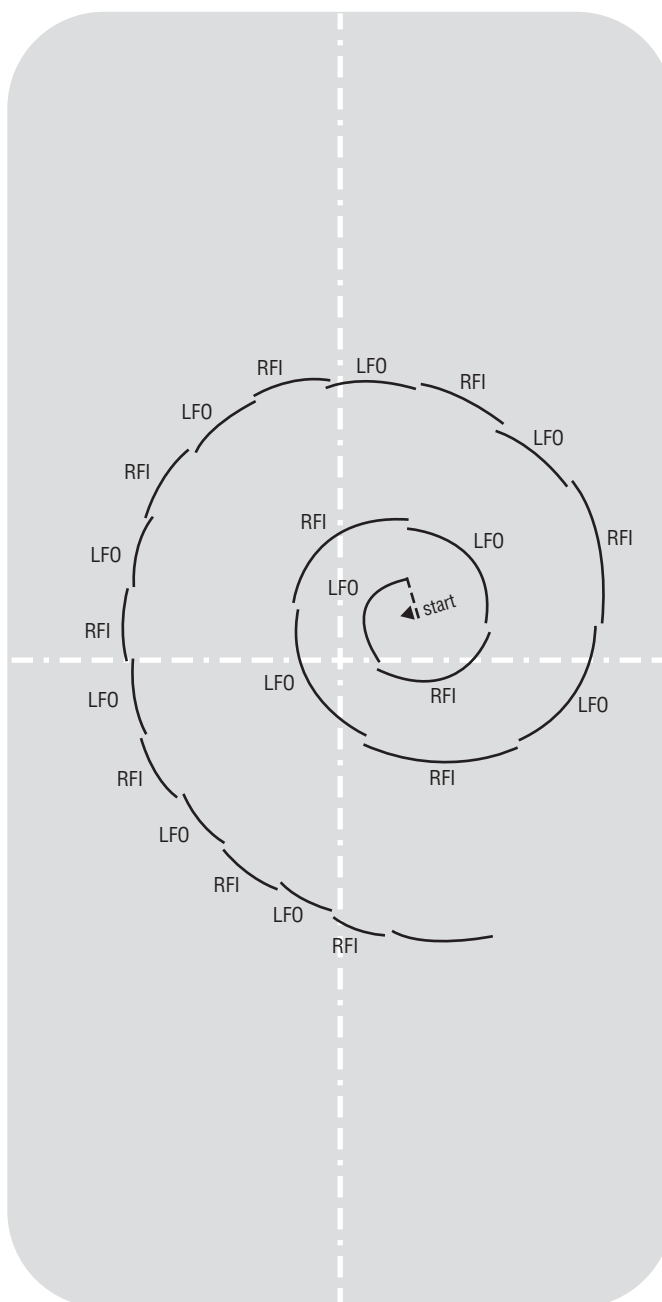


Adult Gold 1

Stroking: Forward Power Circle

Starting from a standing position, the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed both in counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing each portion of this move. This move may start in either direction.

Focus: Continuous flow and strength

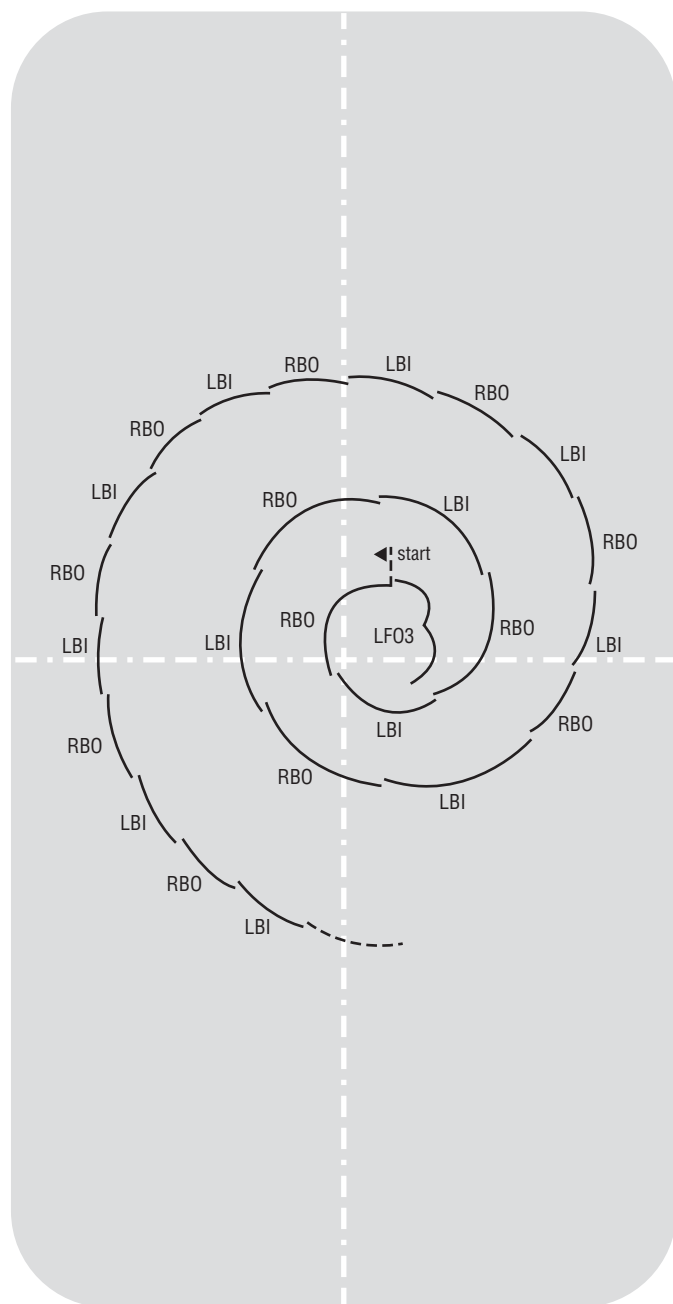


Adult Gold 2

Stroking: Backward Power Circle

Starting from a standing position, the skater will perform backward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed both in counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing each portion of this move. This move may start in either direction.

Focus: Continuous flow and strength

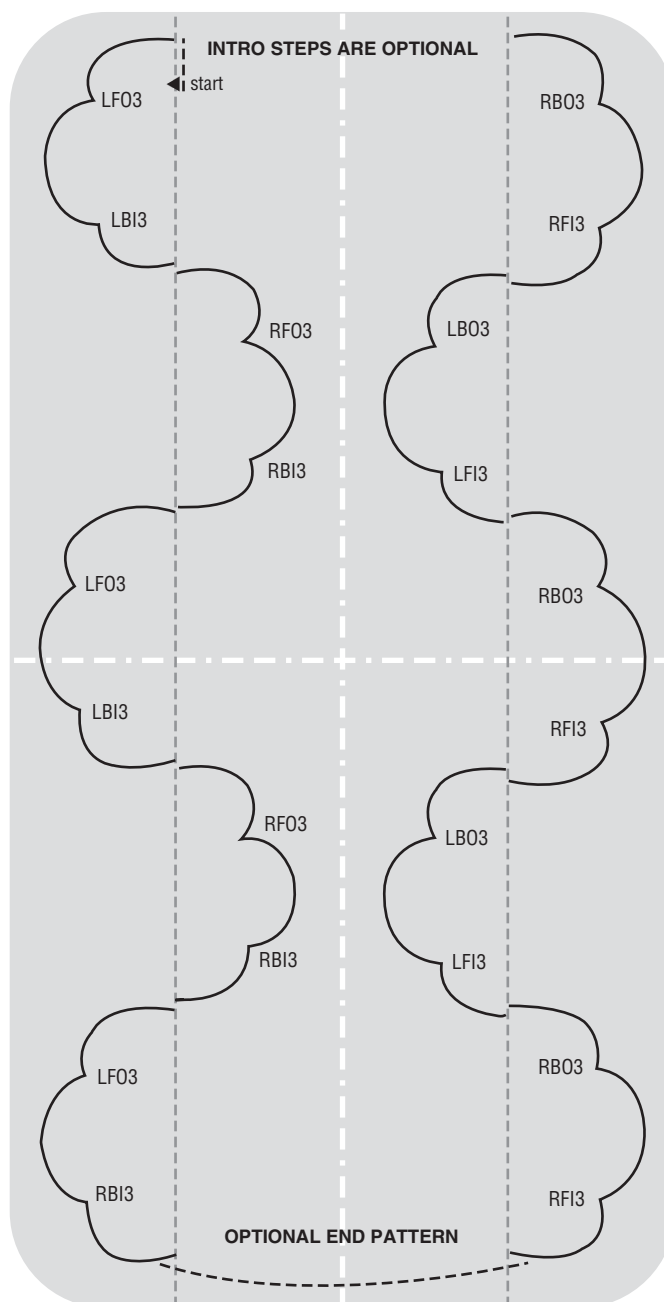


Adult Gold 3

Forward Double Three-Turns

The skater will perform consecutive forward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the rink and strength of the skater. The sequence begins with forward outside double three-turns covering the first length of the rink. The forward inside double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

Focus: Edge quality

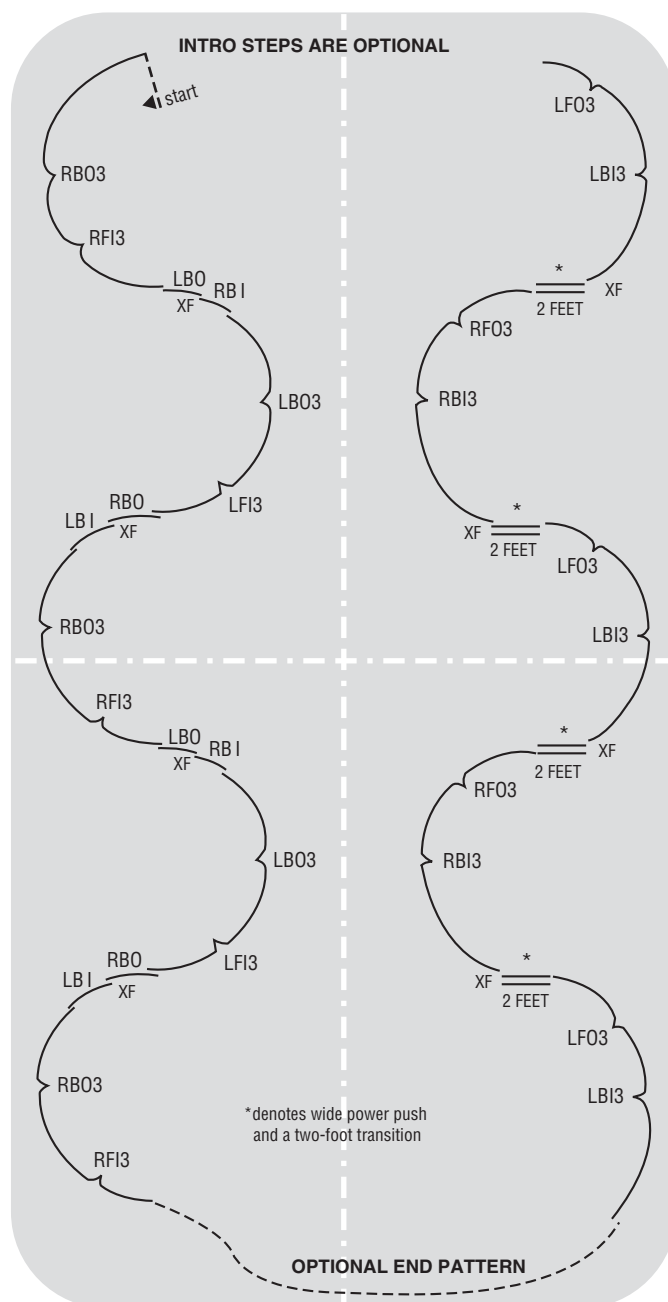


Adult Gold 4

Backward Double Three-Turns

The skater will perform consecutive backward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the rink and strength of the skater. The sequence begins with backward outside double three-turns covering the first length of the rink. The backward inside double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

Focus: Edge quality and extension

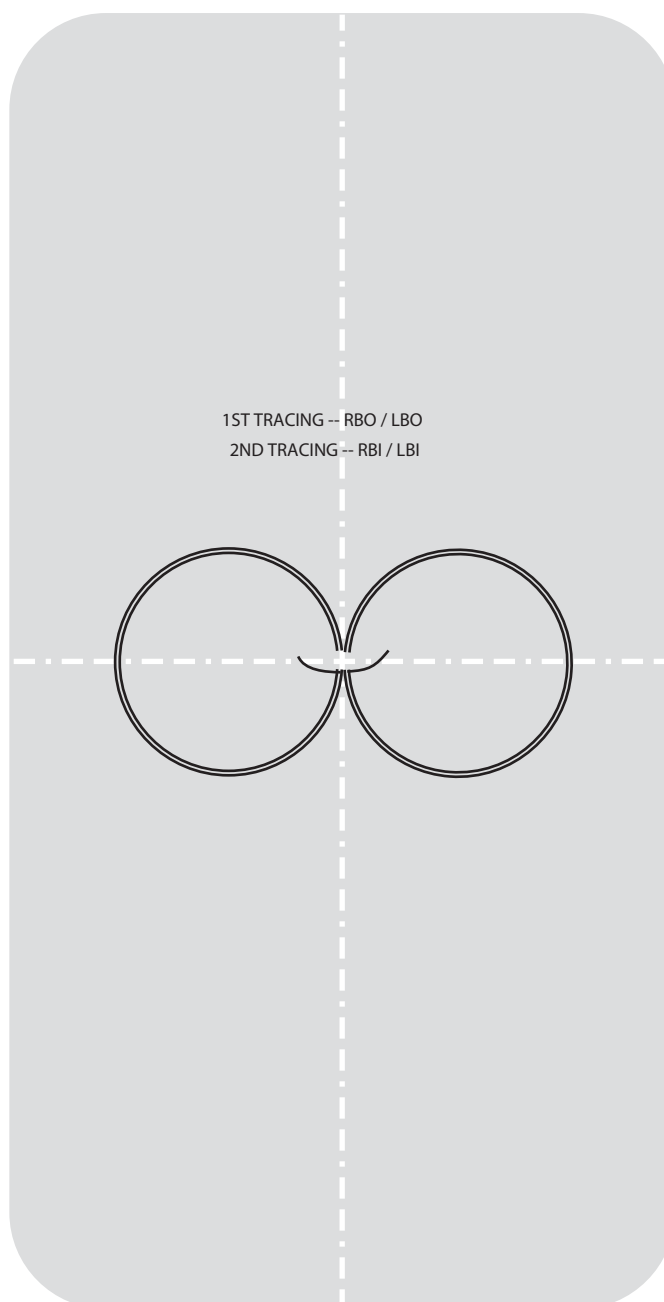


Adult Gold 5

Backward Circle Eight

The skater will push from a standing start onto a backward outside edge and complete one backward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a backward inside figure eight by pushing onto a backward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

Focus: Edge quality and continuous flow

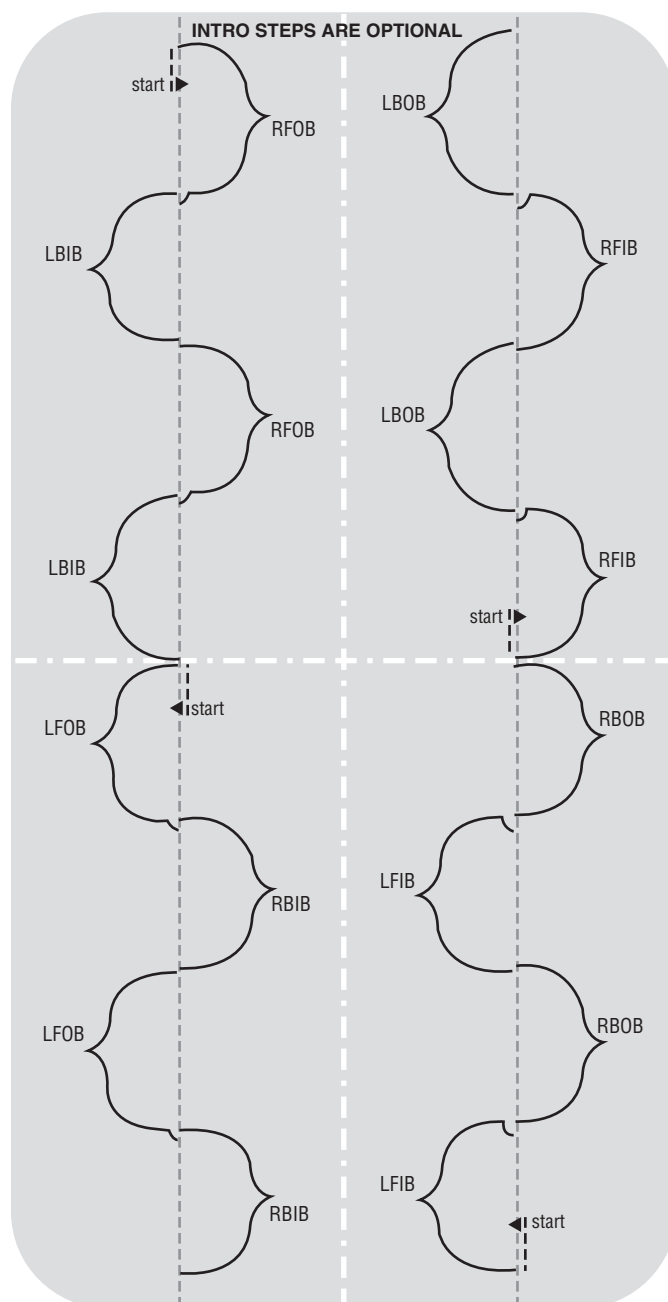


Adult Gold 6

Brackets in the Field

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the rink. Continuing down the remaining length of the rink the skater then will perform two sets of turns (LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half the length of the rink. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the rink with an optional step to transition to the RFI edge. Introductory steps are optional. This move may start on either foot; the FO/BI brackets will precede the FI/BO brackets.

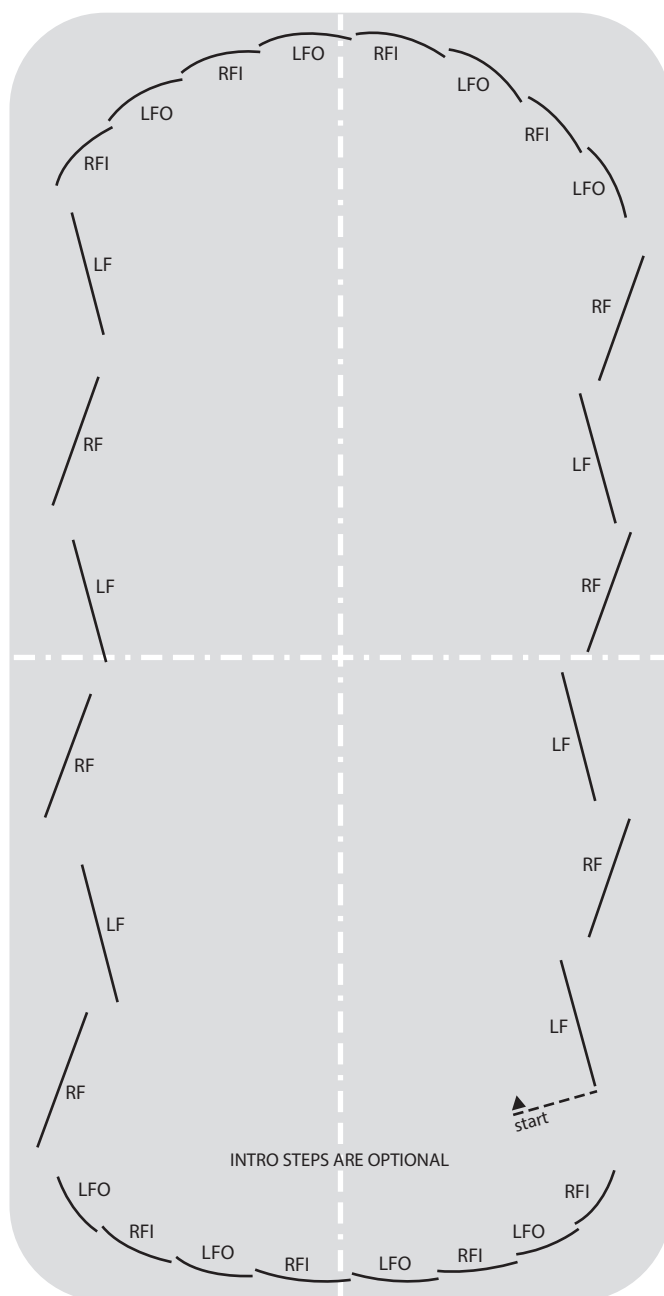
Focus: Edge quality



Adaptive Skating Pre-Bronze 1

Forward Perimeter Stroking

The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.

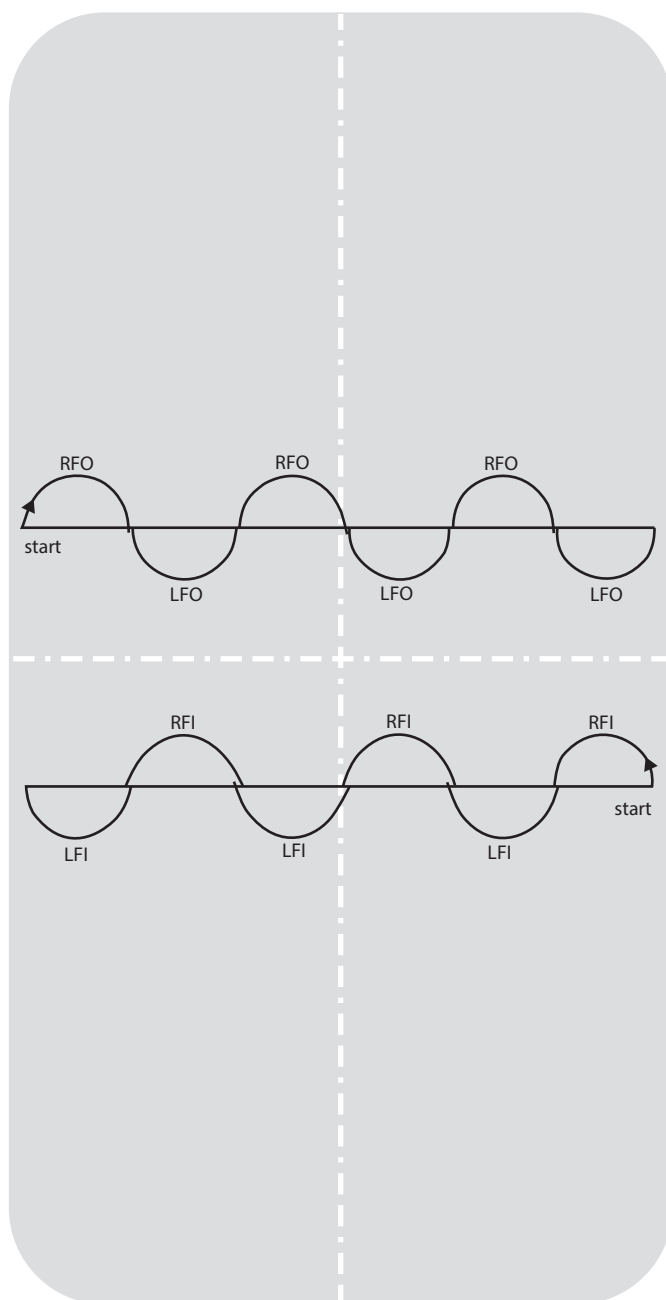


Adaptive Skating Pre-Bronze 2

Basic Consecutive Forward Edges

- Forward outside edges
- Forward inside edges

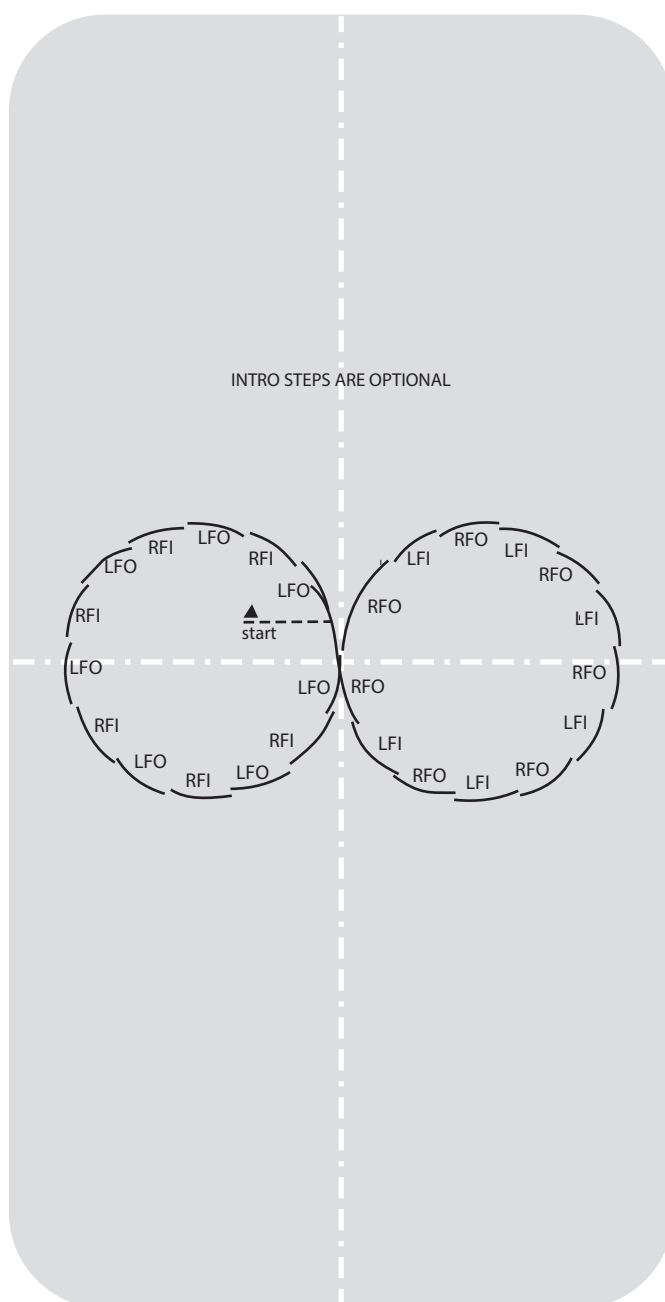
Starting from a standing position, the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.



Adaptive Skating Pre-Bronze 3

Forward Crossovers

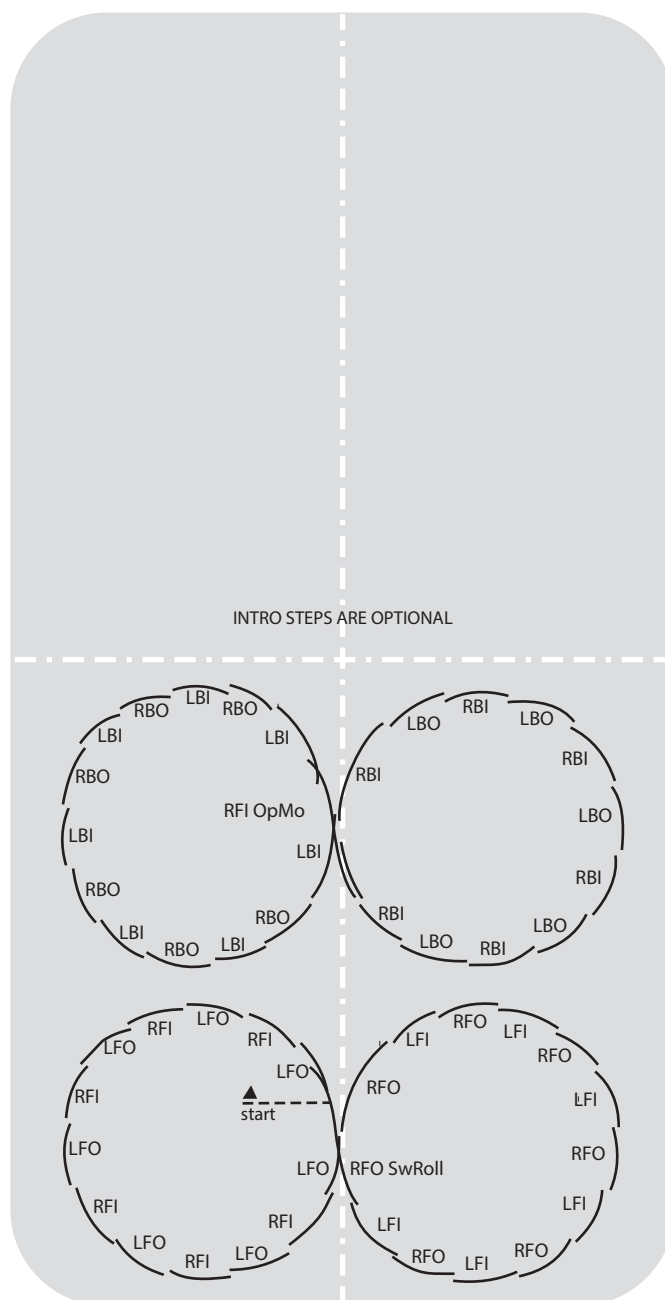
The skater will perform forward crossovers in a figure eight pattern. The transition between the two circles may be on two feet. Four to six crossovers per circle are recommended. This move may start in either direction. Introductory steps are optional.



Adaptive Skating Bronze 1

Forward and Backward Crossovers

The skater will perform forward crossovers in a figure eight pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended. Upon completing the forward figure eight, the skater will perform a swing roll and change of edge to an open mohawk in order to turn around and continue the figure eight pattern with four to six backward crossovers per circle. This move may start in either direction. Introductory steps are optional.



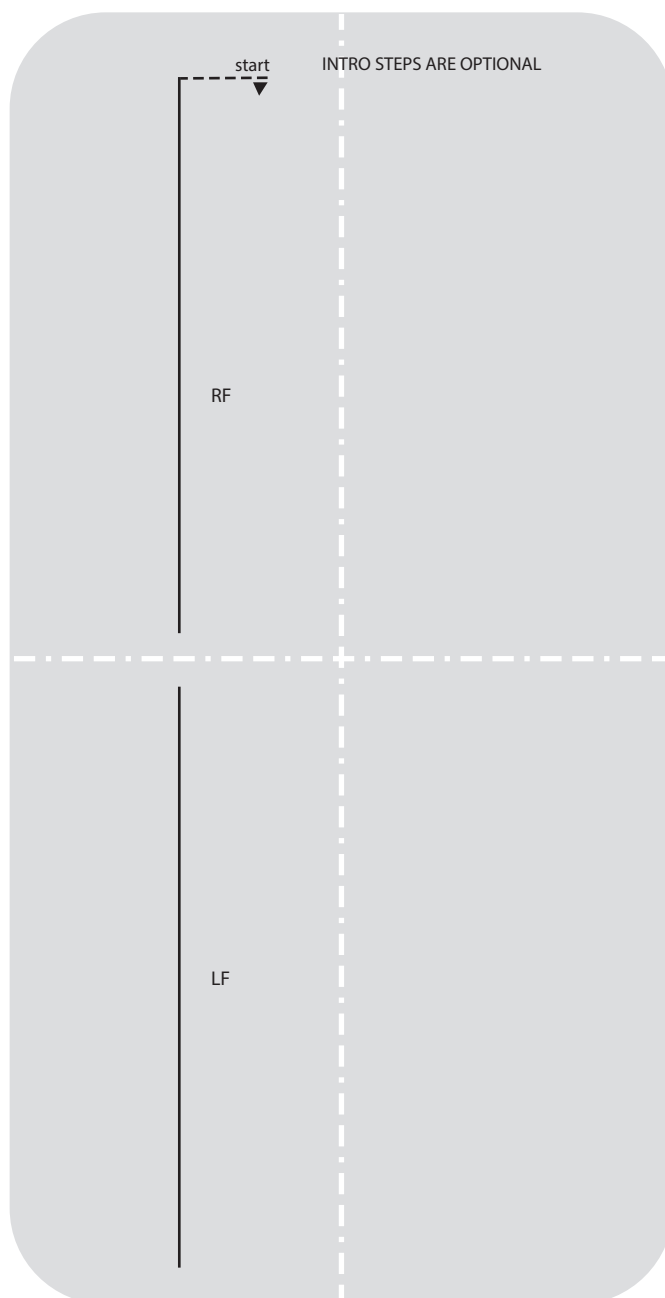
Adaptive Skating Bronze 2

Forward Right and Left Foot Spirals or Lunges

The skater will perform right foot and left foot spirals down the length of the rink maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats and may start on either foot. Introductory steps are optional.

OR

The skater will perform right foot and left foot lunges down the length of the rink maintaining a lunge position on each foot for approximately four seconds. The skater may be on flats and may start on either foot. Introductory steps are optional.

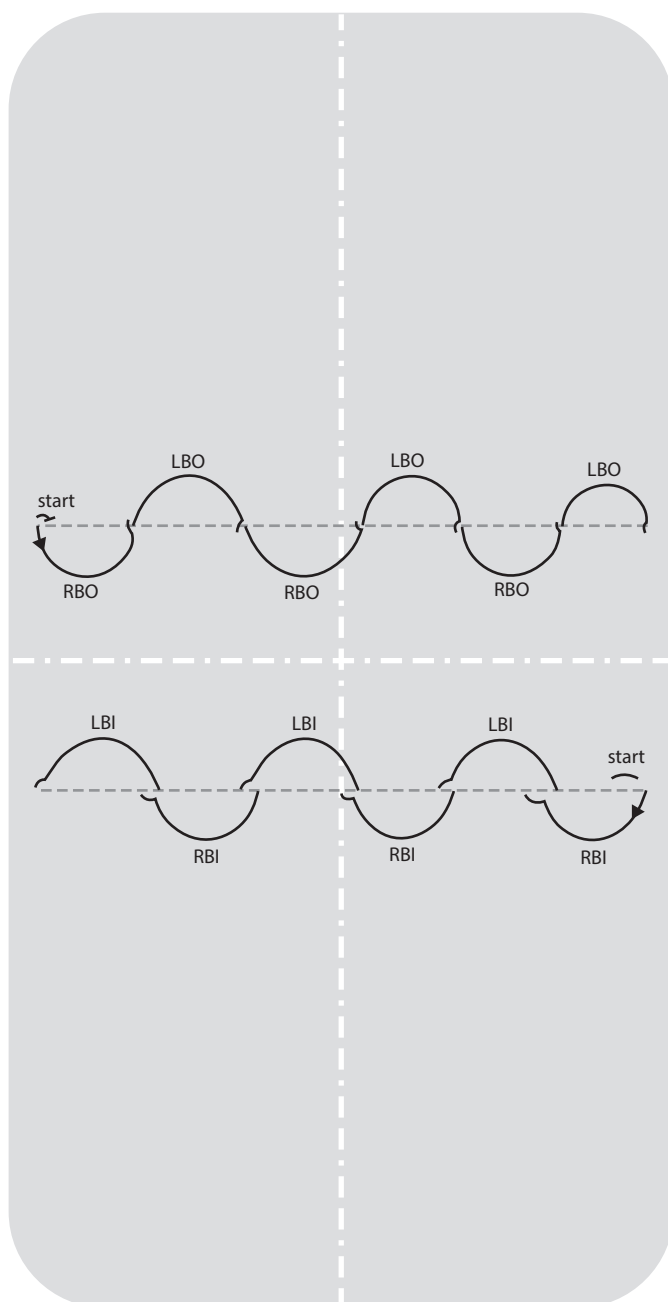


Adaptive Skating Bronze 3

Basic Consecutive Backward Edges

- Backward outside edges
- Backward inside edges

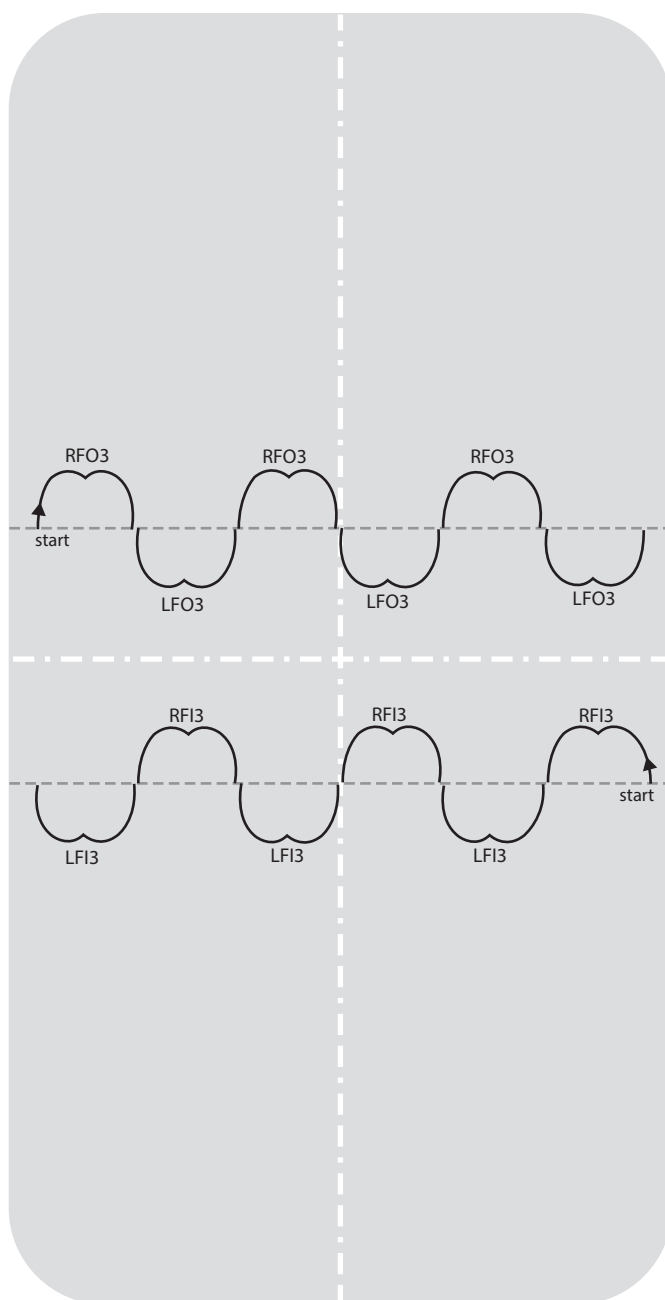
Starting from a standing position, the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.



Adaptive Skating Bronze 4

Alternating Forward Three-Turns

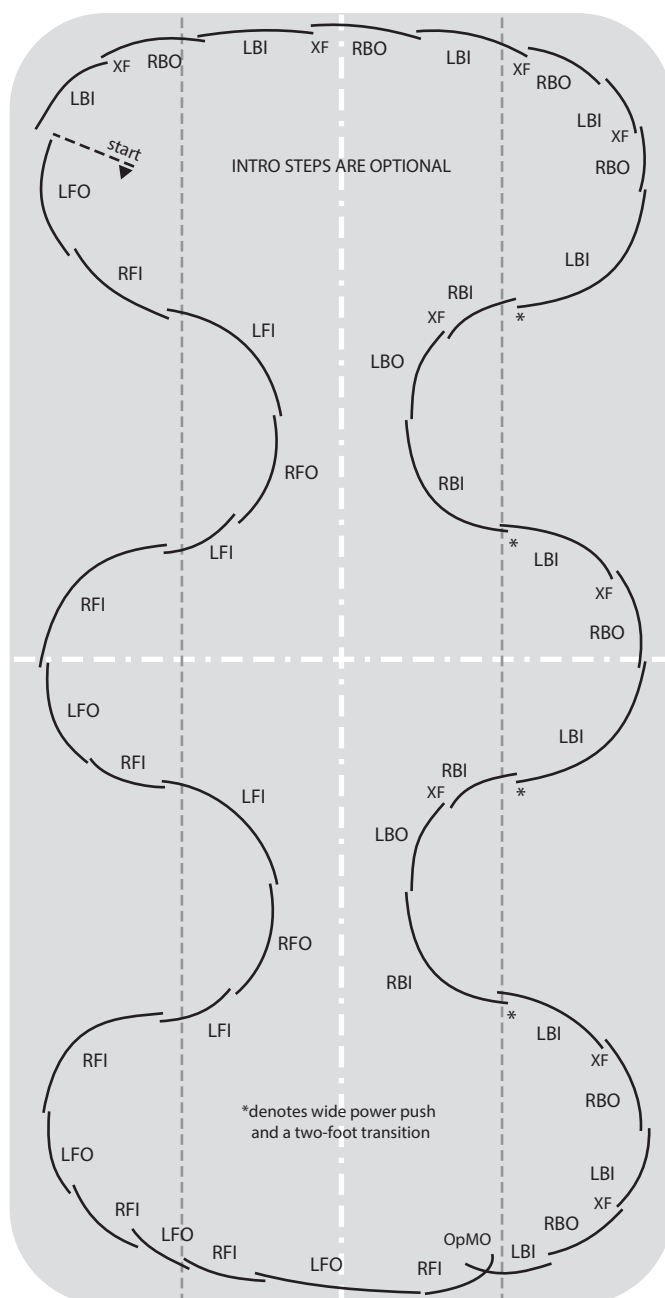
Starting from a standing position the skater will perform alternating forward outside three-turns for the width of the rink. The skater will then perform forward inside alternating three-turns for the second width of the rink. The size of the rink and strength of the skater will determine the number of three-turns skated. This move may start on either foot.



<p>Adaptive Skating Silver 1</p>

Forward and Backward Perimeter Power Stroking

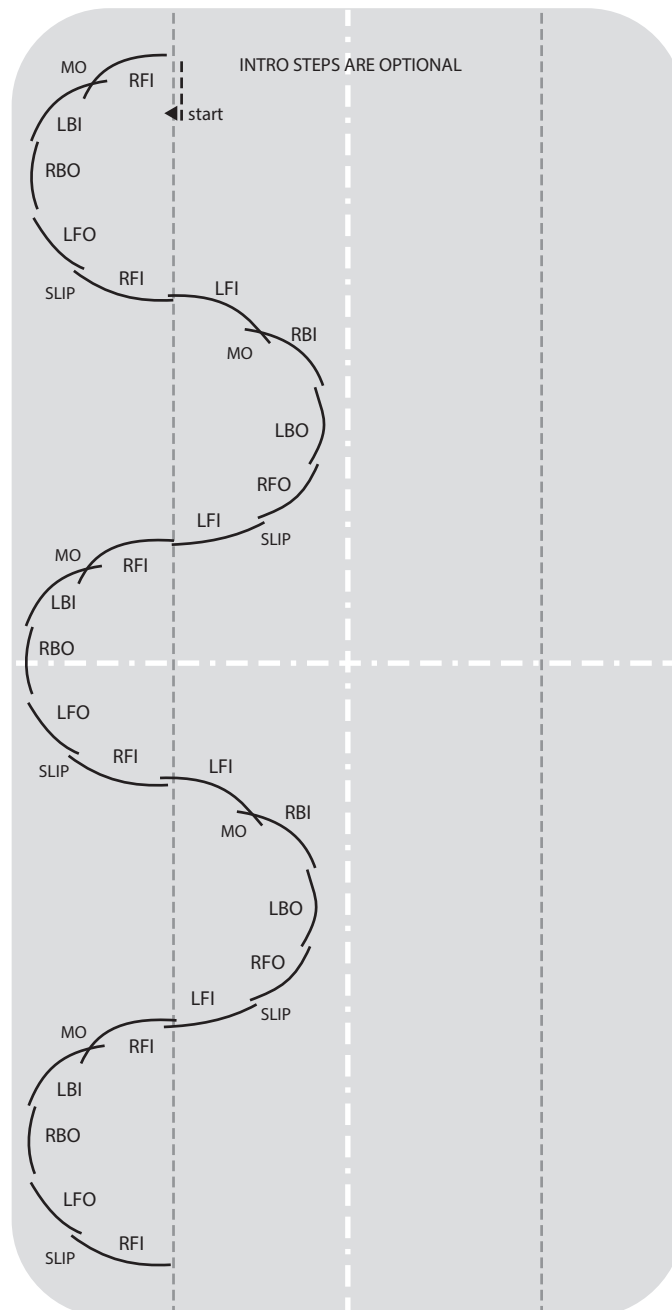
The skater will perform four alternating forward crossovers separated by strong forward inside edge transitions. The end pattern consists of two forward crossovers followed by a LFO open stroke; then a RFI open mohawk followed by one or two backward crossovers. All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held for two counts. The second side of the pattern resumes with four backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two solid inside edges. The second end pattern consists of three to five backward crossovers. Introductory steps are optional.



Adaptive Skating Silver 2

Five-Step Mohawk Sequence

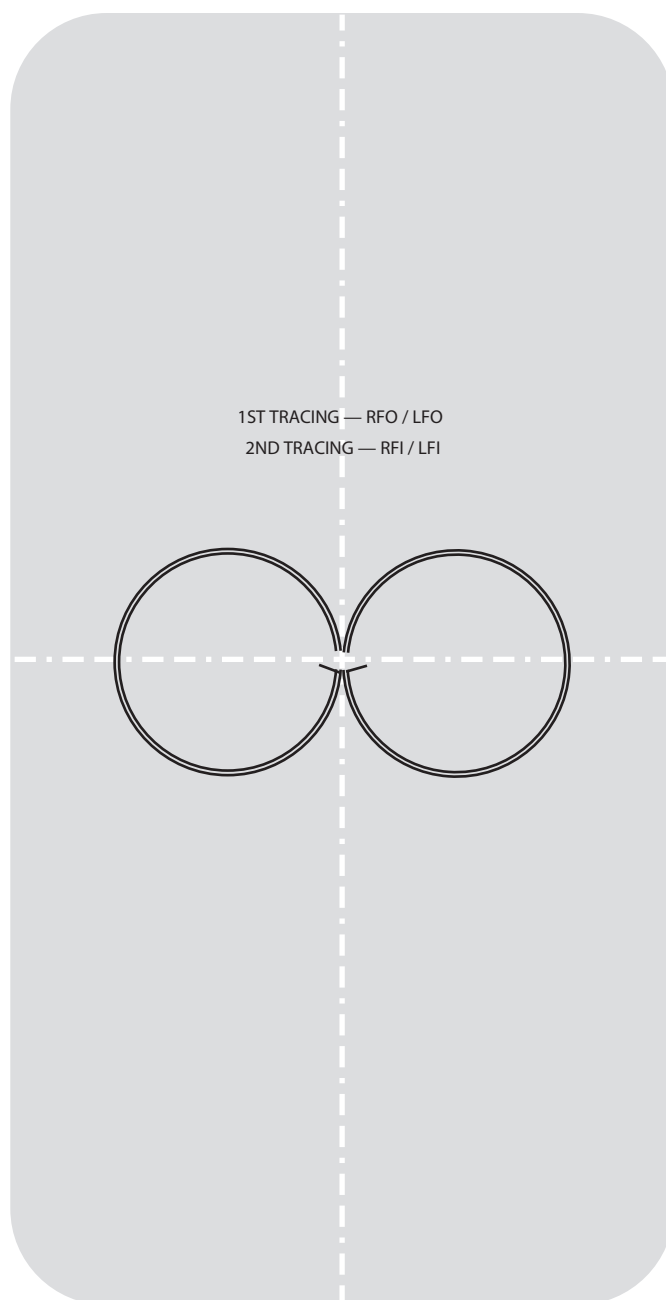
The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five-step sequence. The skater will skate one length of the ice with four or five lobes. Introductory steps are optional.



Adaptive Skating Silver 3

Forward Circle Eight

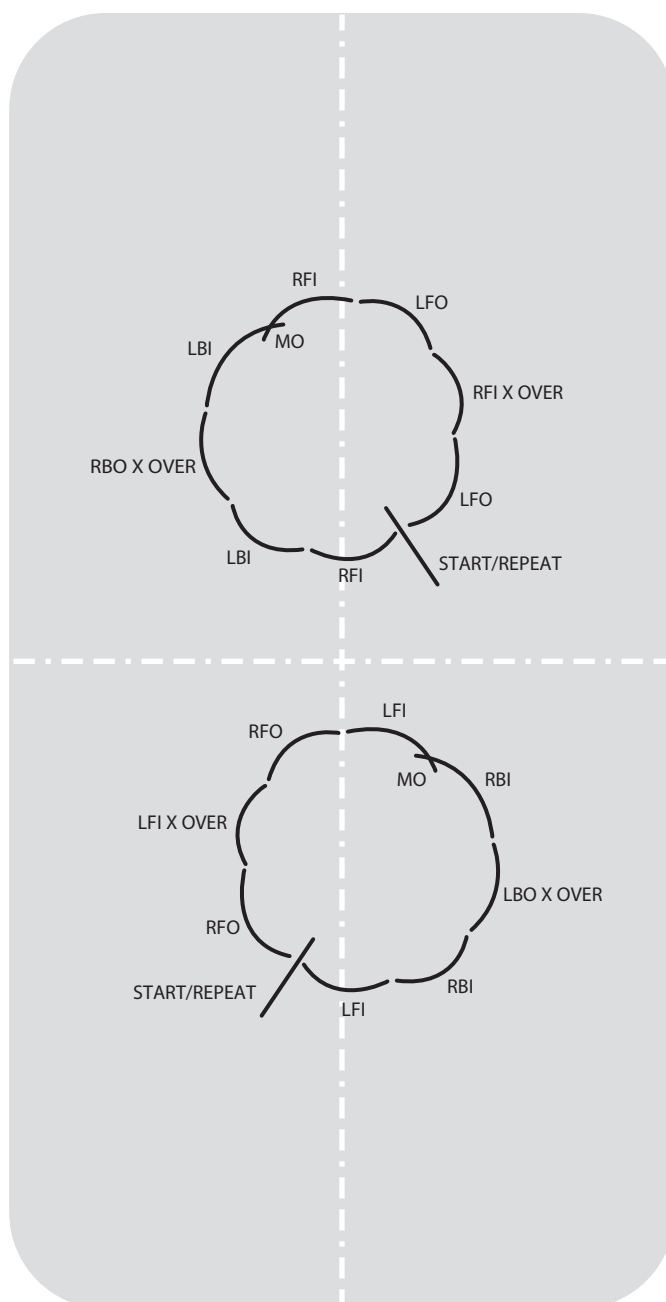
The skater will push from a standing start onto a forward outside edge and complete one forward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a forward inside figure eight by pushing onto a forward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.



Adaptive Skating Silver 4

Circular Sequence

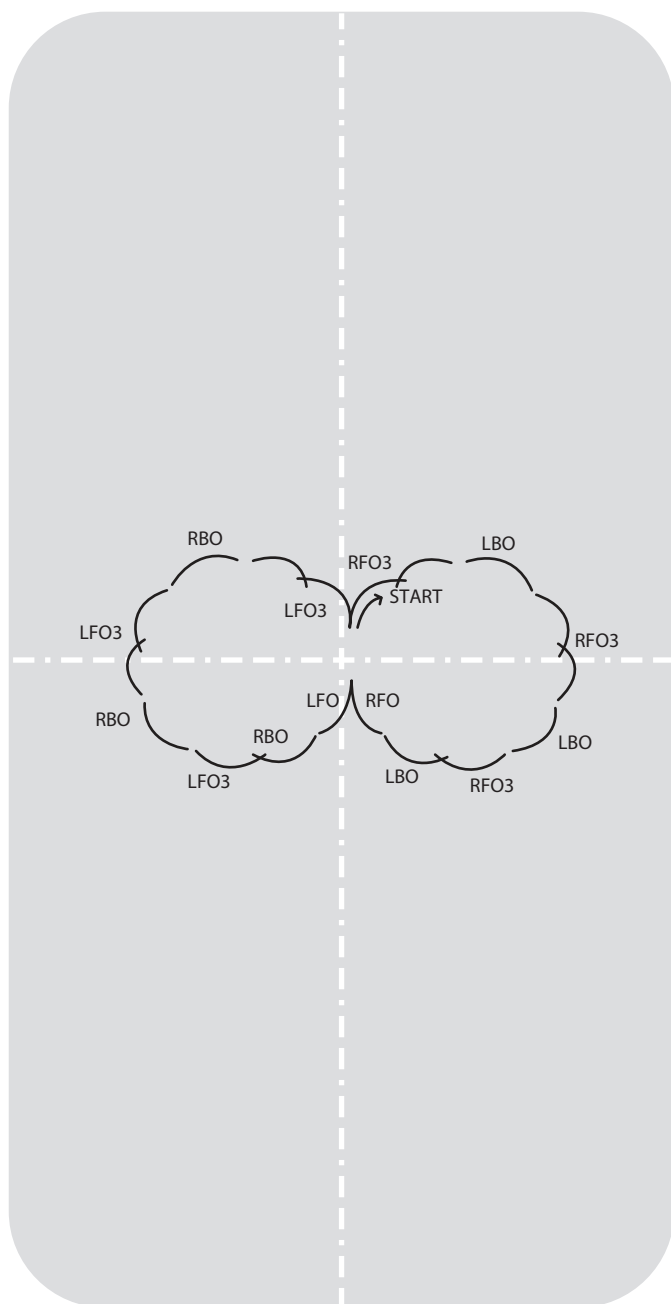
The skater will perform a left forward crossover, to a left forward outside edge, to a right forward inside mohawk, to a right back crossover, to a right forward inside edge. The step sequence must be repeated twice and performed left and right. Introductory steps are optional. This move may start in either direction.



<p>Adaptive Skating Silver 5</p>

Waltz Three-Step Sequence

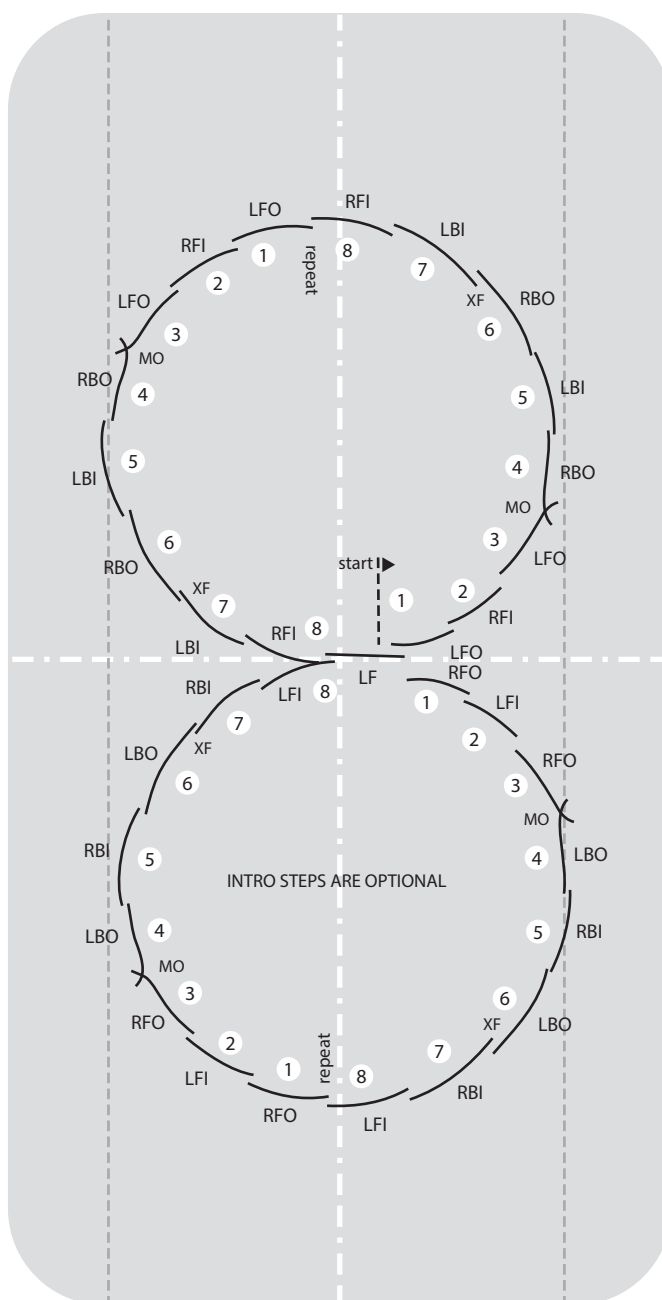
The skater will perform this move in a figure eight pattern. A two-step introduction may be added. The skater will perform a right forward outside three-turn to a left back outside edge, to a right forward outside three-turn to a left back outside edge, to a right forward outside three-turn to a left back outside edge, to a step forward to right forward outside edge and glide on two feet back to center. The skater will then perform a left forward outside three-turn to a right back outside edge, to a left forward outside three-turn to a right back outside edge, to a left forward outside three-turn to a right back outside edge, to a step forward to a left forward outside edge and glide on two feet back to center. A minimum of three, three-turn/back edge sequences per circle must be performed.



Adaptive Skating Gold 1

Eight-Step Mohawk Sequence

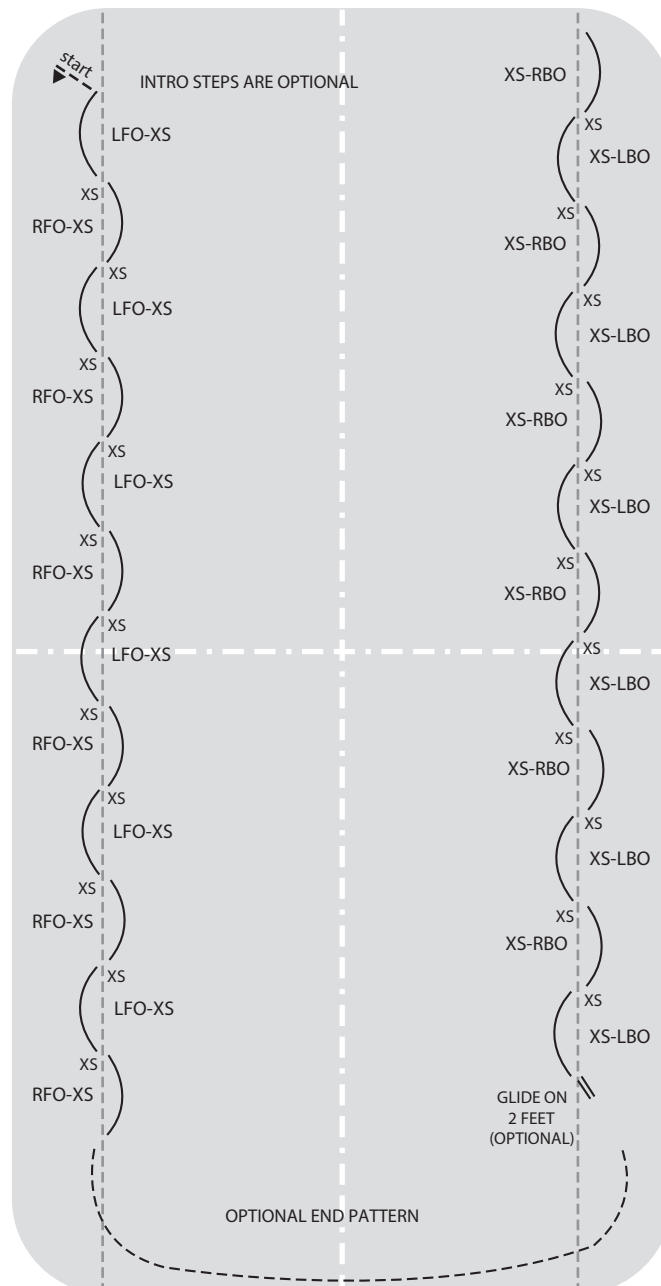
The skater will perform two eight-step mohawk sequences counterclockwise. The step order is: Forward crossover into a left forward outside mohawk, followed by left back inside, right back outside, left back inside cross forward and right forward inside. The skater should maintain a march cadence (one beat per step). Between the circles is a two-beat left foot transition. The sequence is then repeated twice in the opposite direction. Introductory steps are optional. This move may start on either foot.



<p>Adaptive Skating Gold 2</p>

Forward and Backward Free Skate Cross Strokes

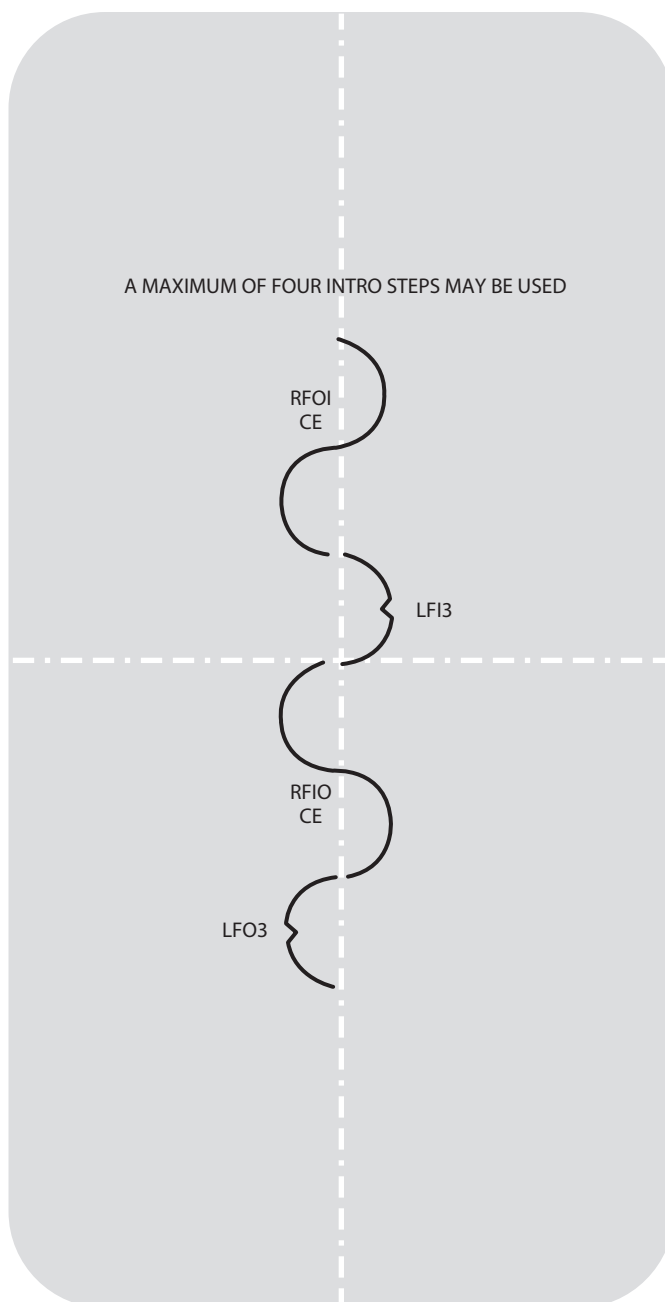
The skater will perform free skate cross strokes the length of the ice surface. Forward cross strokes will be skated for one length of the rink and backward cross strokes skated for the second length of the rink. Introductory steps and end patterns are optional. This move may start on either foot.



Adaptive Skating Gold 3

Alternating Right Forward Changes of Edge and Left Forward Three-Turns

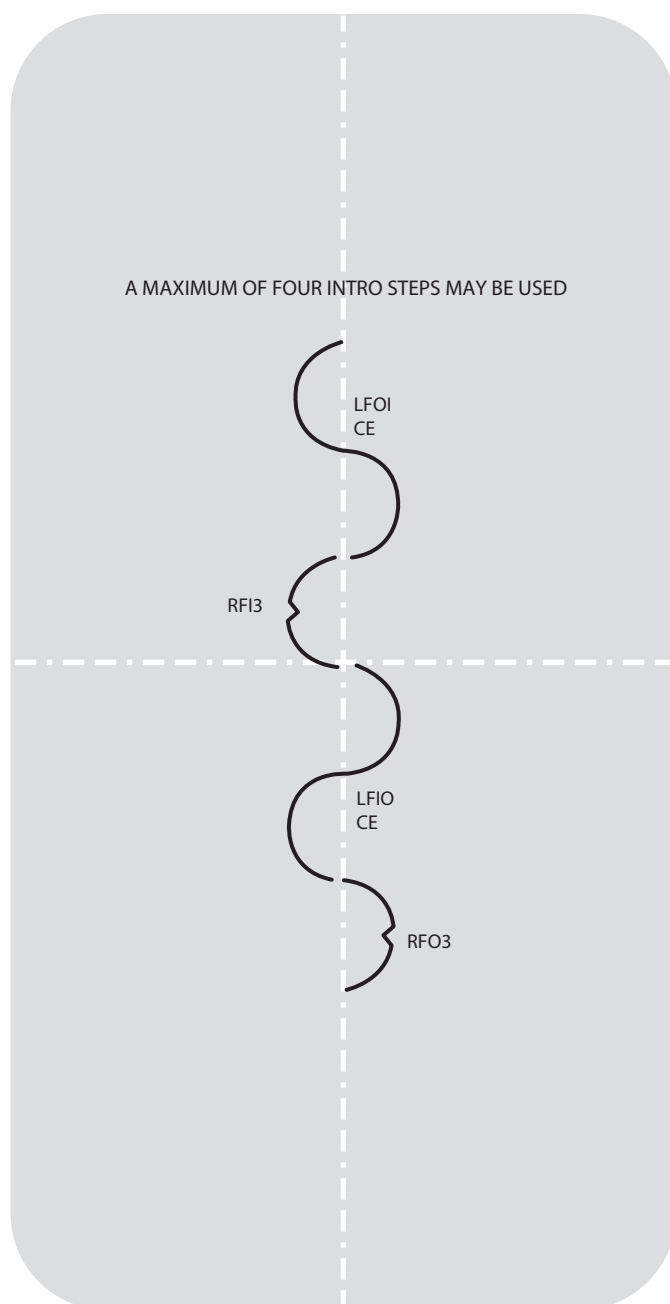
The skater will perform a right forward outside to inside change of edge into left forward inside three-turn, followed by a right forward inside to outside change of edge into left forward outside three-turn. This move will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.



Adaptive Skating Gold 4

Alternating Left Forward Changes of Edge and Right Forward Three-Turns

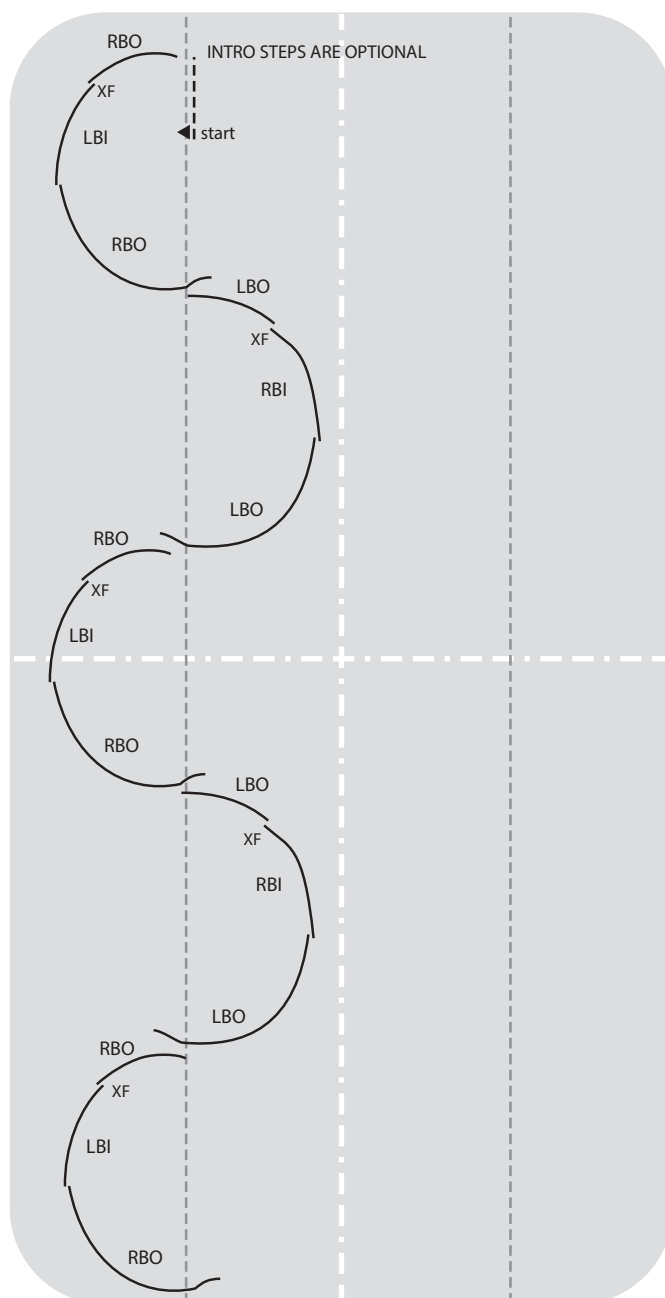
The skater will perform a left forward outside to inside change of edge into right forward inside three-turn, followed by a left forward inside to outside change of edge into right forward outside three-turn. This move will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.



Adaptive Skating Gold 5

Alternating Backward Crossovers to Backward Outside Edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the rink. Four or five lobes should be skated. Introductory steps are optional.



Adaptive Skating Gold 6

Backward Circle Eight

The skater will push from a standing start onto a backward outside edge and complete one backward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a backward inside figure eight by pushing onto a backward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

