

## **Adult Pre-Bronze Moves in the Field Test**

### **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

### **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

### **3. 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

### **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

### **5. 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 Bronze Moves in the Field Test**

### **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.

Focus: Continuous flow and strength

### **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

### **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

### **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

### **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 Moves in the Test**

### **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

### **2. 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

### **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. The end sequence and the choice of introductory steps are optional. This move may start on either foot. Focus: Edge quality

### **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

### **5. 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

## **Adult Silver Moves in the Test (cont'd)**

### **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 Moves in the Field Test**

### **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

### **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

### **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 Moves in the Field Test (cont'd)**

### **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

### **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

### **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