

New Moves in the Field & Revised Moves

Test Standards/Expectations & Common Errors

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Preliminary Test

Forward and Backward Crossovers:

Focus - Power

- This new move combines the forward & backward crossovers into one move

Forward Outside/Inside Eight:

Focus - Edge quality/Continuous Flow

Test Standards/Expectations

- No introductory steps,
- Round circles, similar in size
- Body control during position changes
- Sense of organization in technical repetition
- Proper use of blade during push off
- Forward pushes perpendicular to long axis

Common Errors

- Toe pushing
- Wide stepping pushes
- Not stepping on axis
- Lack of awareness of short and long axis (concept of a center)
- Unequal circle size
- Sub curves

Alternating Backward Crossovers to Backward Outside Edges

- The new move eliminates the second side of the pattern

Pre-Juvenile Test

Forward & Backward Perimeter Power Crossover Stroking

Forward Focus - Power /Extension

Backward Focus - Power / Edge Quality

- The new move combines the forward & backward perimeter crossovers

Backward Outside/Inside Eight:

Focus - Edge Quality

Test Standards/Expectations

- No introductory steps
- Round circles, similar in size

- Sense of organization in technical repetition
- Proper use of blade during push off
- Backward step downs perpendicular to long axis

Common Errors

- Wide stepping pushes
- Not stepping on axis
- Lack of awareness of short and long axis (concept of a center)
- Unequal circle size
- Sub curves
- Lack of control
- Two footing after push off

Five Step Mohawk Sequence

- The new moves eliminates the second side of the pattern

Juvenile Test

Forward Power Circles – moved from Intermediate test

Backward Power Circles – moved from Intermediate test

Eight Step Mohawk:

Focus-Power & Quickness

- The new move combines both directions into a figure 8 pattern with two sequences on each circle

Intermediate Test

Spiral Sequence

Focus – Extension / Edge Quality

Test Standards/Expectations

- Edge control and flow in accordance with pattern
- Free leg must be hip level or higher during spirals
- Awareness of extension of all body lines
- Full ice coverage

Common Errors

- Loss of control on transitions
- Lack of control after Mohawk into BI spiral
- Poor extension
- Flats or forced edges
- Lack of sustained, extended position

Inside / Outside Twizzles:

Focus – Turn Execution / Continuous Flow

Test Standards/Expectations

- Definition of a twizzle: A traveling turn on one foot with one or more rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free leg in any position during the turn, and then placed beside the skating foot to skate the next step. A series of checked three-turns is not acceptable, as this does not constitute a continuous action. If the traveling action stops during the execution, the twizzle becomes a solo spin.
- Static skating leg/knee (either bent or straight) during twizzle
- Skated with continuous flow
- Strong core and body alignment

Common Errors

- Loss of upper body control
- Over rotation, lack of check on exit of twizzle
- Lack of flow
- Wide stepping/two stepping transitions
- Toe pushing on cross stroke
- Double 3 turn action
- Scraped or skidded turns
- One rotational direction stronger than the other

Novice Test

Inside 3 Turns / Rocker Choctaws:

Focus – Power / Quickness

Test Standards/Expectations

- Maintain or increase power throughout
- Correct carriage and good posture
- Both clockwise & counter clockwise of equal quality
- Neat footwork, quick turns
- Full ice coverage

Common Errors

- Toe pushing on 3 turns
- Scratchy 3 turns
- Breaking at waist
- Inconsistent rhythm
- Lack of foot speed, noisy, sloppy free legs on Rocker Choctaw sequence
- Unequal bilateral movement

Forward Outside / Inside loops:

Focus – Edge Quality / Continuous Flow

Test Standards/Expectations

- Definition of loop: Tear dropped shaped turn formed within a circle, on the same edge throughout
- The loop should be placed at the top of the lobe
- Demonstrate bilateral symmetry
- Demonstrate controlled rhythmic action; knee, upper body & free leg
- Maintain continuous flow throughout

Common Errors

- Sub curves in/out of loops
- Lack of control
- Misshaped loops
- Inability to maintain flow
- Toe pushing
- Two footing
- Arms should take on the shape of the loop circle

Back Outside / Inside Twizzles:*Focus – Turn Execution / Continuous Flow****Test Standards/Expectations***

- Definition of a twizzle: A traveling turn on one foot with one or more rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free leg in any position during the turn, and then placed beside the skating foot to skate the next step. A series of checked three-turns is not acceptable, as this does not constitute a continuous action. If the traveling action stops during the execution, the twizzle becomes a solo spin.
- Effortless execution of twizzles
- Maintain continuous flow throughout
- Consistent and stable free leg positions
- Full ice coverage
- Controlled, balanced transitions
- Maintain upper body control
- Demonstrate controlled extension on exit of twizzle
- Maintain axis and lobe size

Common Errors

- Double 3 turn action
- Outside twizzles: Twizzle not initiated on back outside edge
- Incomplete ice coverage
- Lack of control
- Shallow lobes
- Inability to maintain flow
- Loss of rhythm

Junior Test

Back Outside / Inside Loops:

Focus – Edge Quality / Continuous Flow

Test Standards/Expectations

- Definition of loop: Tear dropped shaped turn formed within a circle, on the same edge throughout
- The loop should be placed at the top of the lobe
- Demonstrate bilateral symmetry
- Demonstrate controlled rhythmic action; knee, upper body & free leg
- Maintain continuous flow throughout
- Maintain continuous axis
- All lobes are of similar size

Common Errors

- Skating move with too much speed
- Sub curves in/out of loops
- Lack of control
- Misshaped loops
- Inability to maintain flow
- Scratchy
- Diagonal step down at axis
- Change of edge not on continuous axis
- Loss of control on “transition push” after loop
- Inability to execute ankle, knee & hip flexion

Straight Line Step:

Focus – Edge Quality / Continuous Flow

Test Standards/Expectations

- Accomplished execution of all turns
- Control of upper body through toe steps & transitions
- Maintain consistent axis
- Mature maintenance of speed through rhythmic movement
- Strong use of knee and ankle
- Demonstration of an accomplished and undisturbed upper body

Common Errors

- Counters and rockers skated as three turns
- Unclear twizzle (looks like double 3)
- Inability to maintain rhythmic knee action
- Loss of flow
- Scraped turns
- Inability to maintain axis
- Incorrect turn placement

Senior Test

Spirals Sequence

Focus – Extension & Edge Quality

- The new move changes the last lobe of the original pattern. Following the triple three turn, a forward inside edge is skated, followed by an extended inside three turn. A forward crossover is then skated into a forward outside spiral.

Test Standards/Expectations

- Mastery of edge control in accordance with pattern
- Sustained free leg position clearly above hip level
- Refined presentation, effortless flow with deep edges throughout

Common Errors

- Inability to maintain flow & extension throughout
- Incorrect pattern – incomplete ice coverage
- Spirals not sustained on clear, sure edges

Serpentine Step Sequence:

Focus – Edge Quality / Continuous Flow

Test Standards/Expectations

- Mastery of each singular element
- Clean execution of all turns
- Clean execution of all twizzles & choctaws
- Maintain serpentine pattern
- Refined performance & and strong body positions
- Lobes throughout skated on deep edges on tight lobes
- Full ice coverage
- Effortless execution & presentation

Common errors

- Inability to maintain flow and edge quality throughout
- Difficulty executing continuously flowing open & closed Mohawks
- Loss of upper body control
- Incorrect edges on turns and steps
- Twizzles becoming double 3 turns
- Inability to skate both directions of equal quality