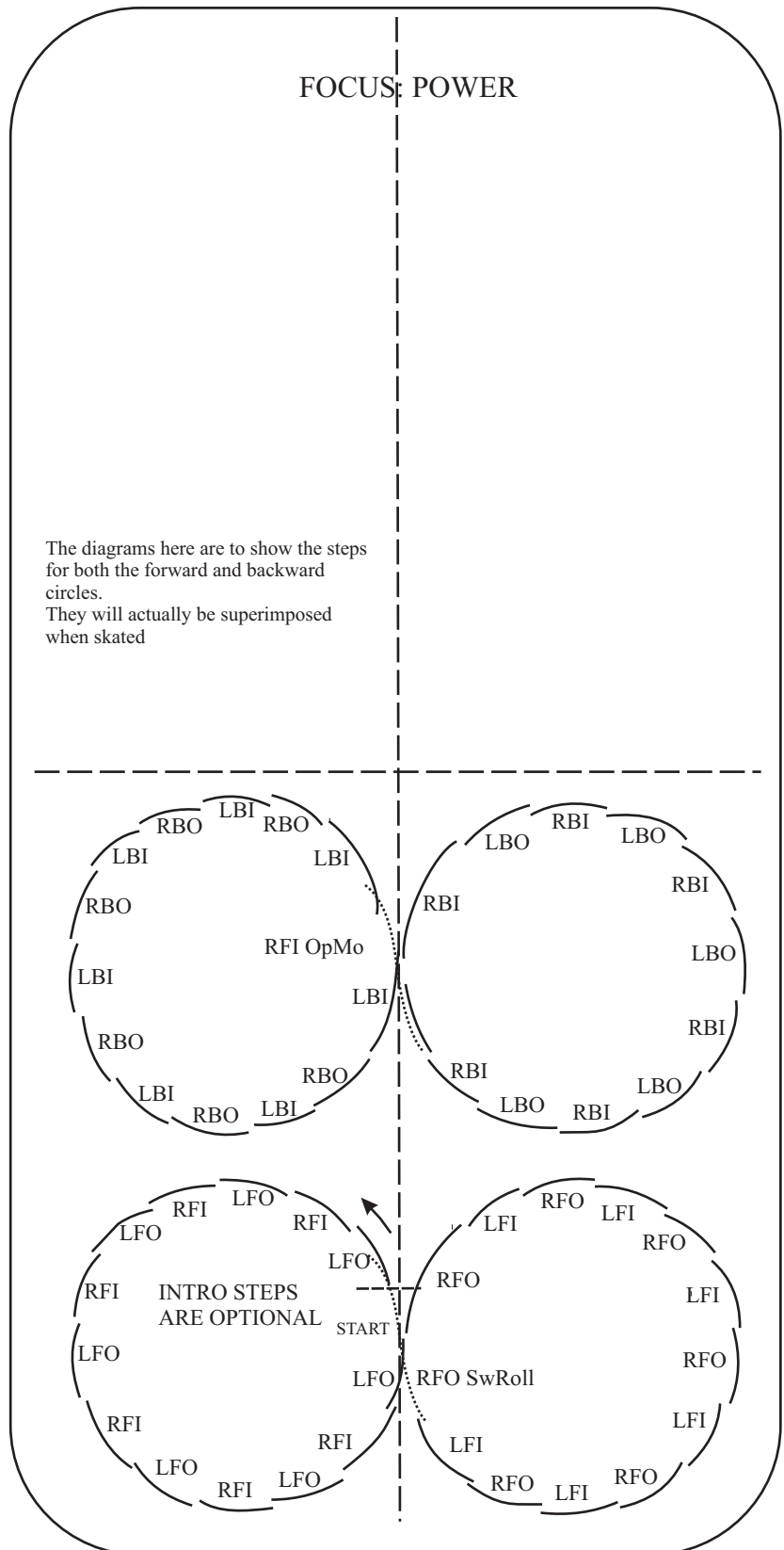


# Preliminary Test - Forward and Backward Crossovers

The move begins with the skater performing forward crossovers in a figure 8 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 8, the skater will perform a swing roll and change of edge to an open mohawk in order to turn around and continue the figure 8 pattern with four to six backward crossovers per circle. Introductory steps are optional.

NOTE: This move may start in either direction.

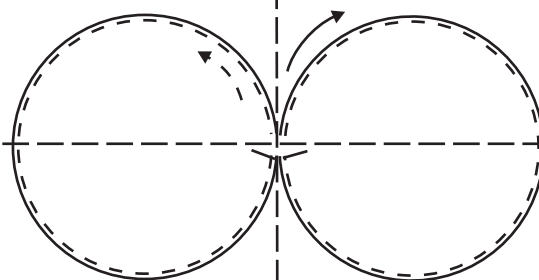


The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Preliminary Test - Forward Circle 8

FOCUS: EDGE QUALITY,  
CONTINUOUS FLOW

1st tracing -- RFO / LFO  
2nd tracing -- RFI / LFI



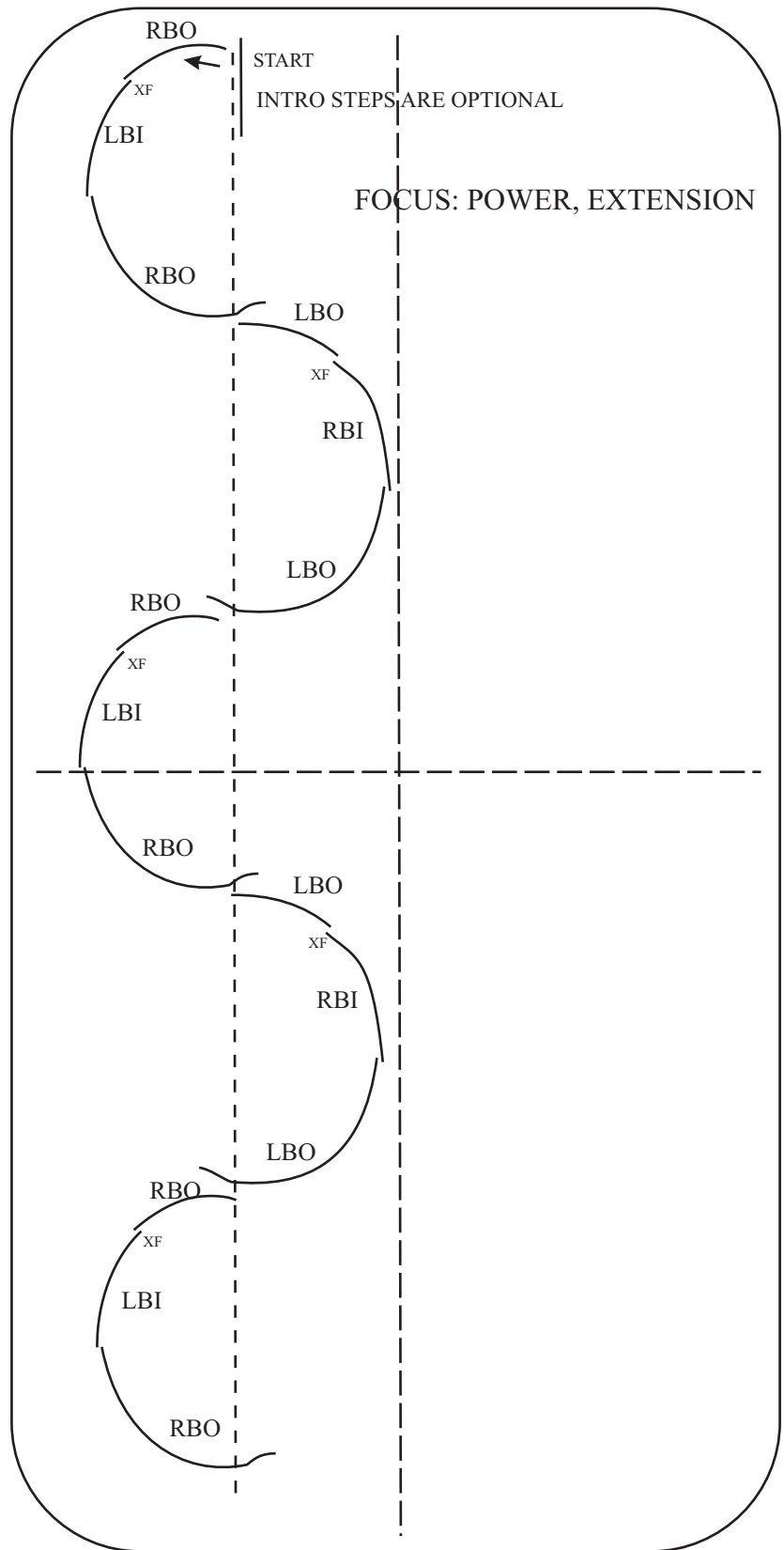
The move begins with the skater pushing from a standing start onto a FO edge and completing one FO figure eight. Upon returning to center at the completion of the second circle, the skater shall perform a FI figure eight by pushing onto FI, therefore repeating the previously skated circle. The circles should be equal in size and approximately three times the skater's height. The skater may mark their center.

NOTE: This move may start on either foot.

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

# Preliminary Test -- 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 ice. Four or five lobes should be skated. Introductory steps are optional.



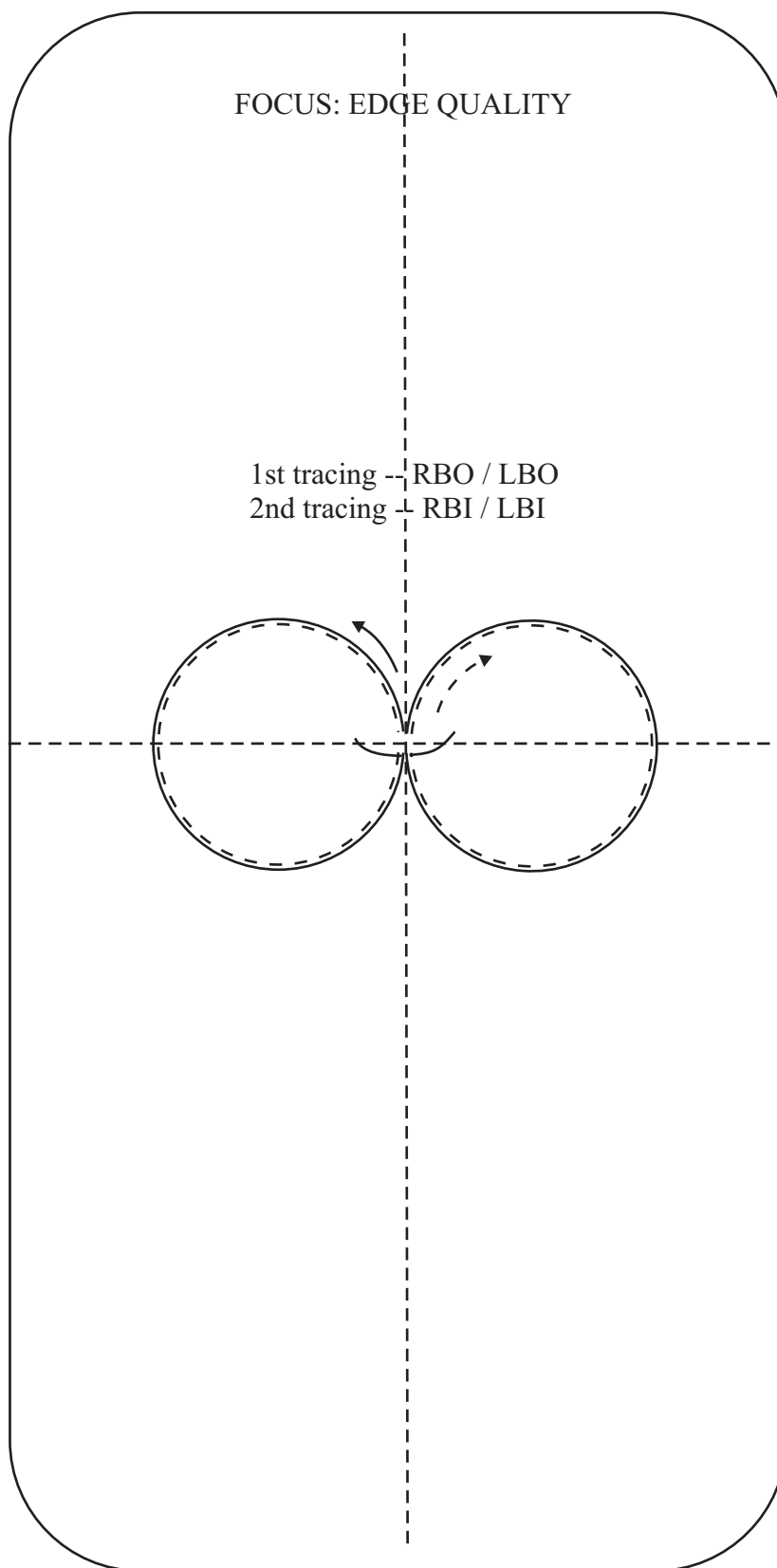
The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.



## Pre-Juvenile Test - Backward Circle 8

The move begins with the skater pushing from a standing start onto a BO edge and completing one BO figure eight. Upon returning to center at the completion of the second circle, the skater shall perform a BI eight by pushing onto BI, therefore repeating the previously skated circle. The circles should be equal in size and approximately three times the skater's height. The skater may mark their center.

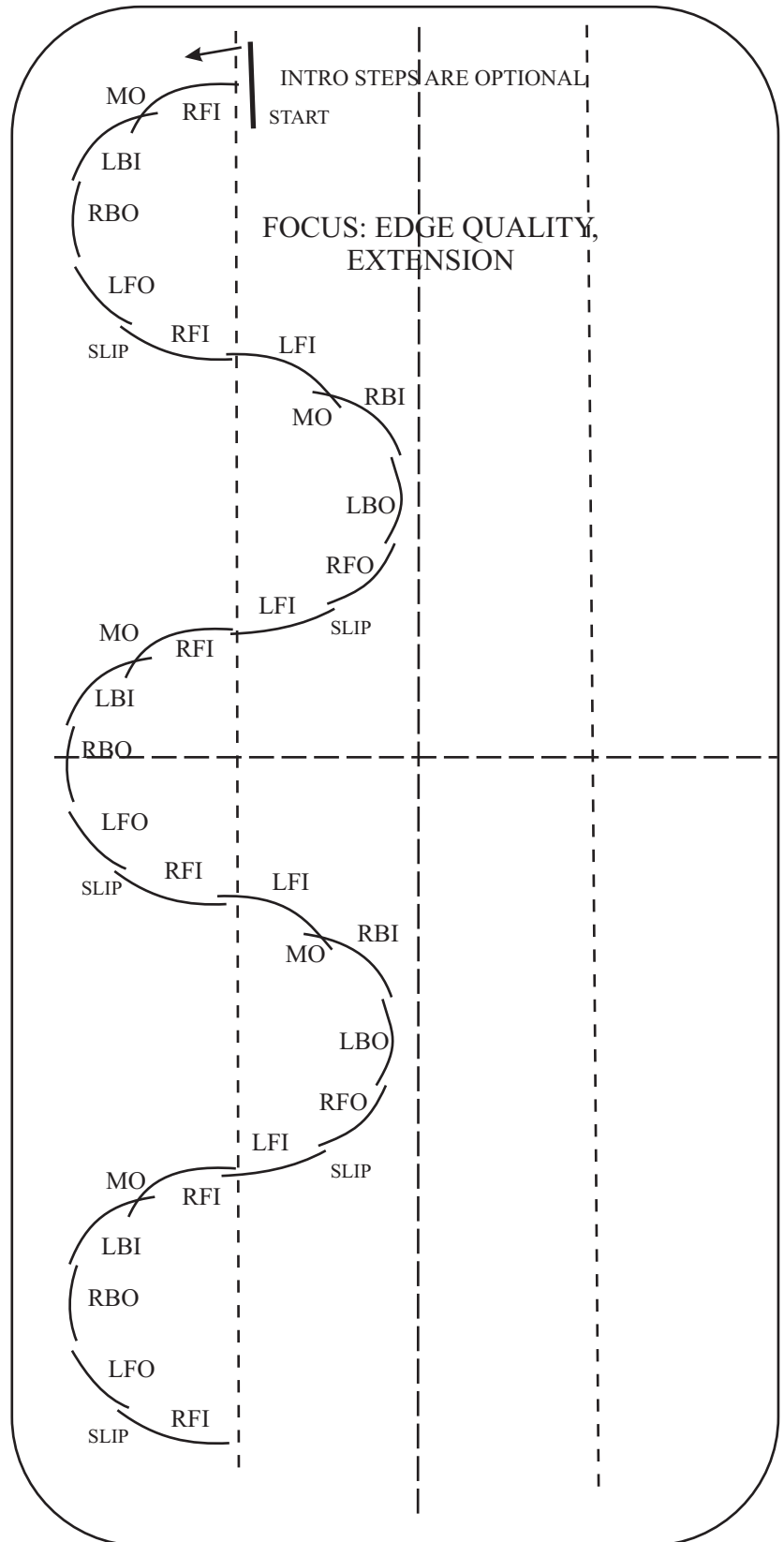
NOTE: This move may start on either foot.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Pre-Juvenile Test - 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.

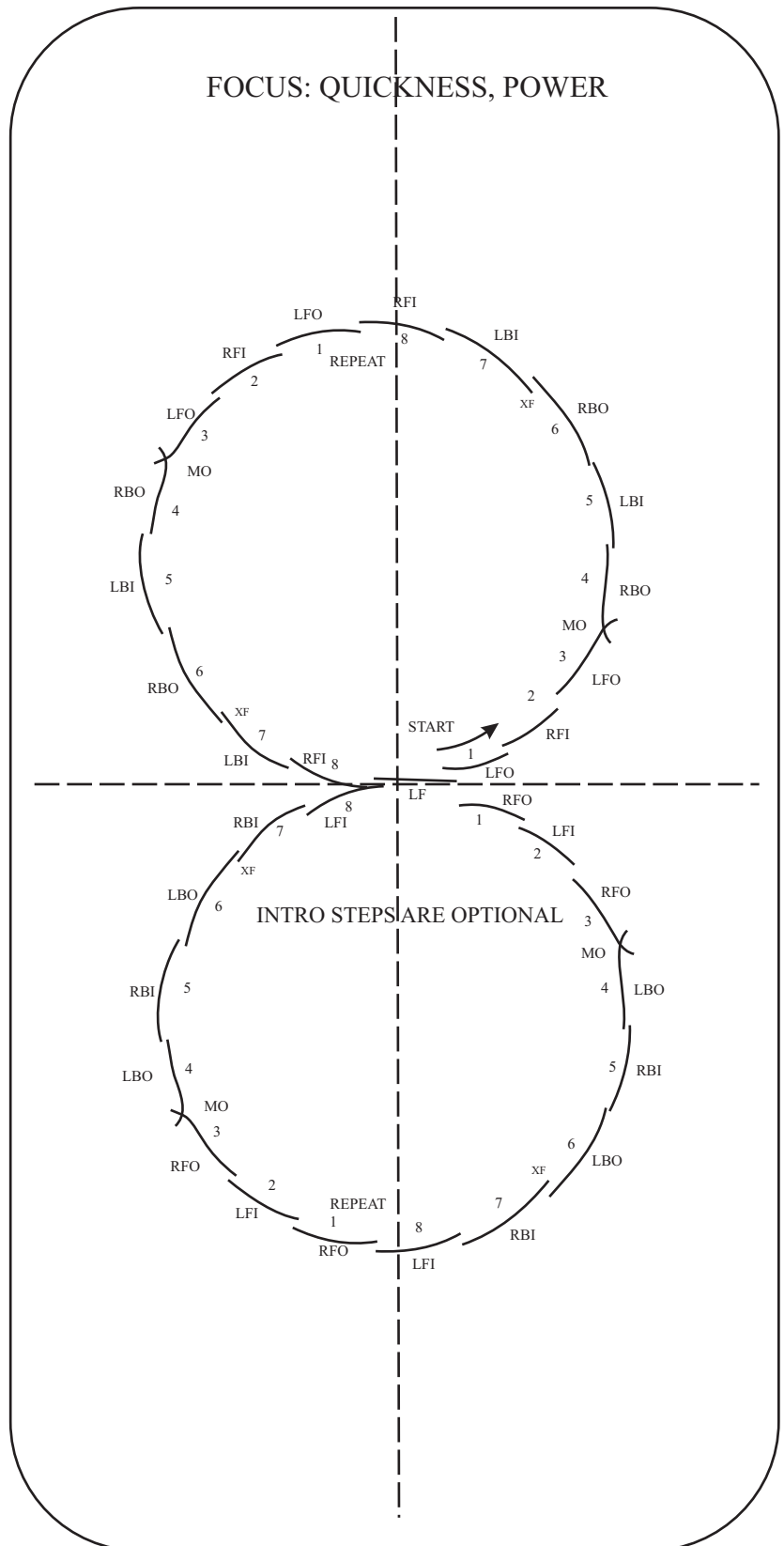


The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

# Juvenile Test - Eight Step Mohawk Sequence

The move begins with the skater performing 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.

NOTE: This move may start in either direction.

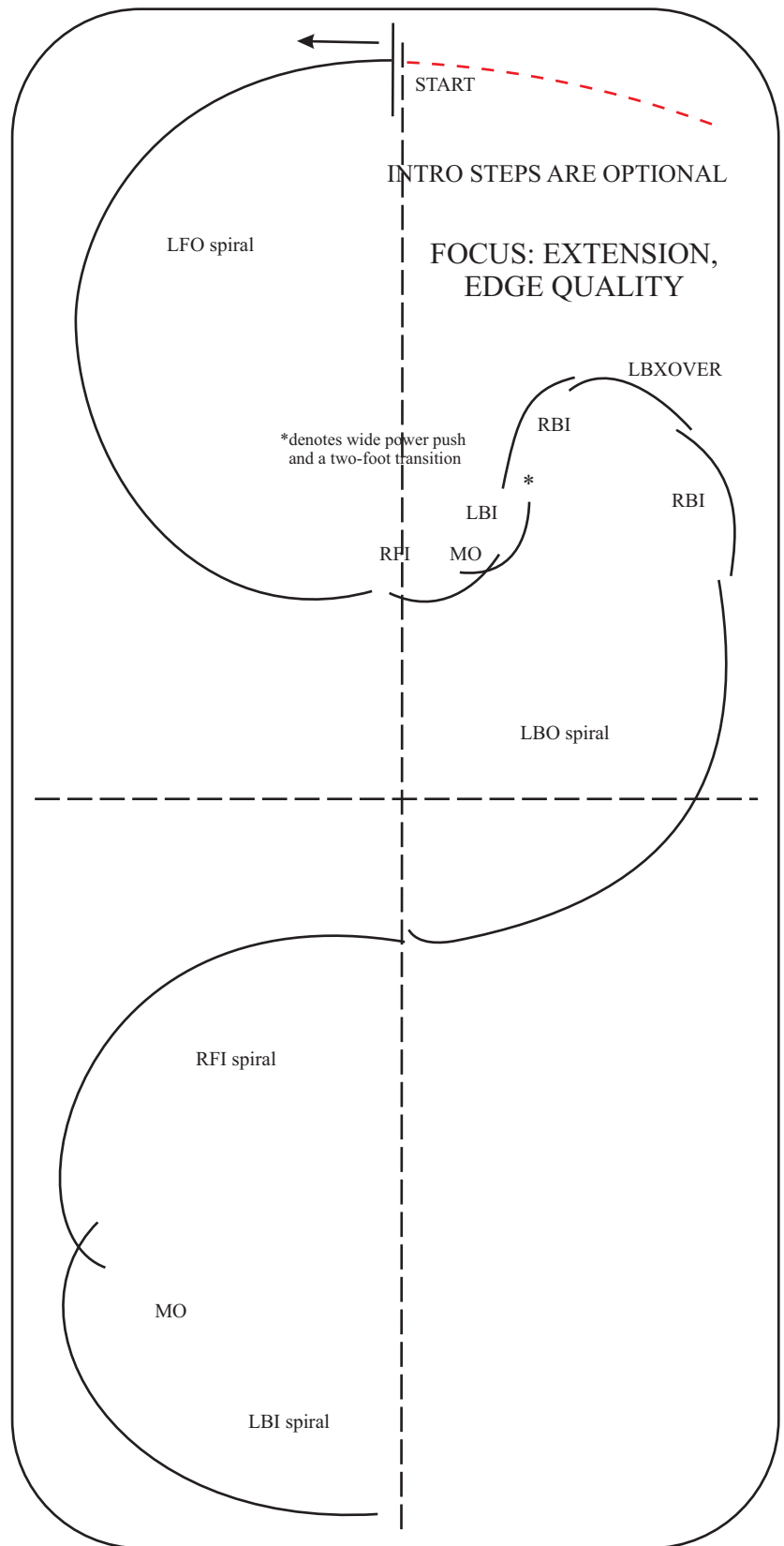


The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Intermediate Test - Spiral Sequence

The move begins 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 R over L crossover. The skater shall then push into a LBO spiral to be held until the long axis of the rink. Skater should step onto 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).

NOTE: This move may start in either direction.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.



## Intermediate Test - Forward Twizzles

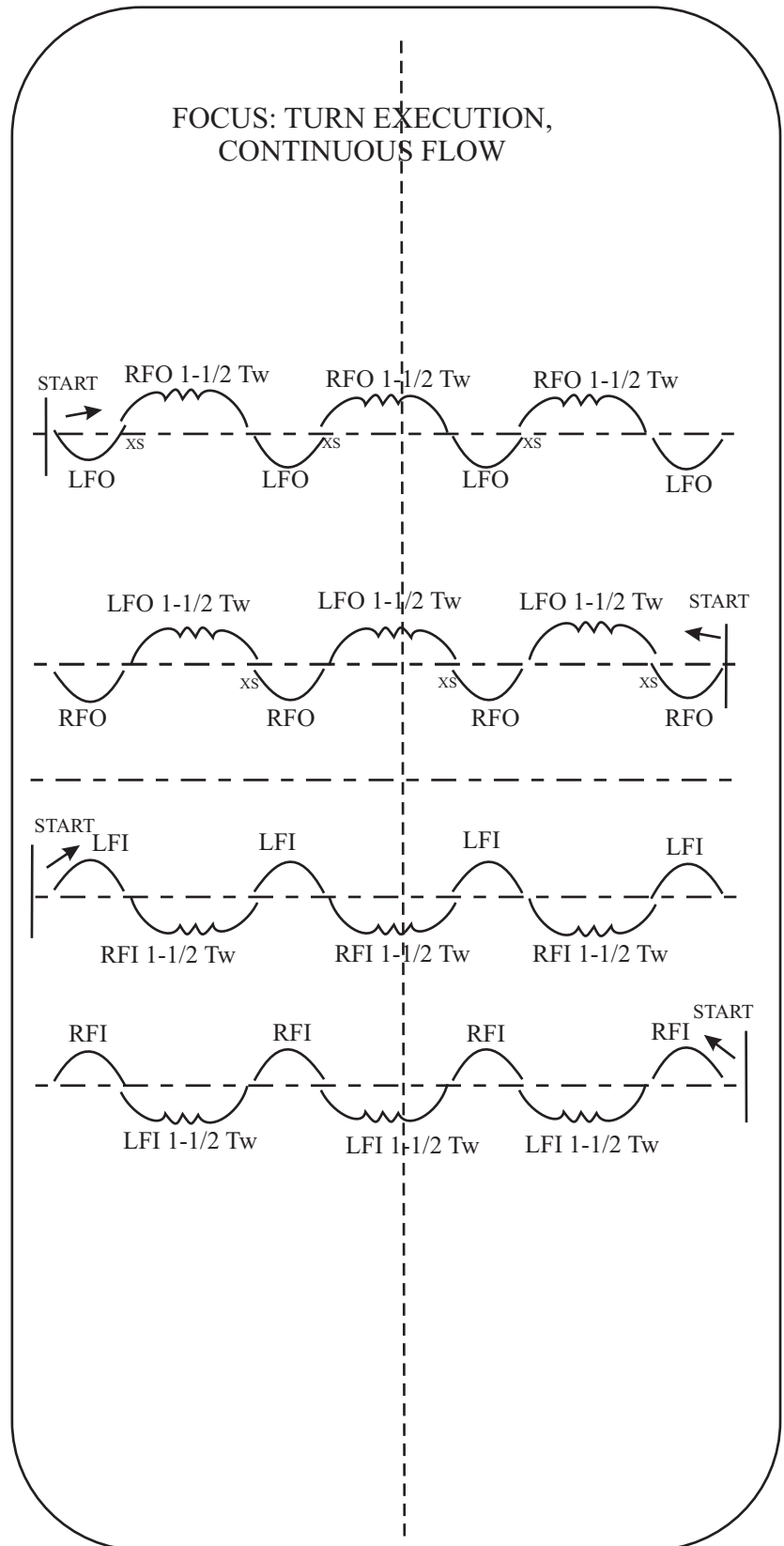
### FORWARD OUTSIDE TWIZZLES:

The move begins from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on RBI after 1-1/2 revolutions. The skater shall 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:

The second part of the move begins from a standing start with a LFI roll to RFI twizzle which ends on RBO after 1-1/2 revolutions. The skater shall 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.

NOTE: This move may start in either direction.

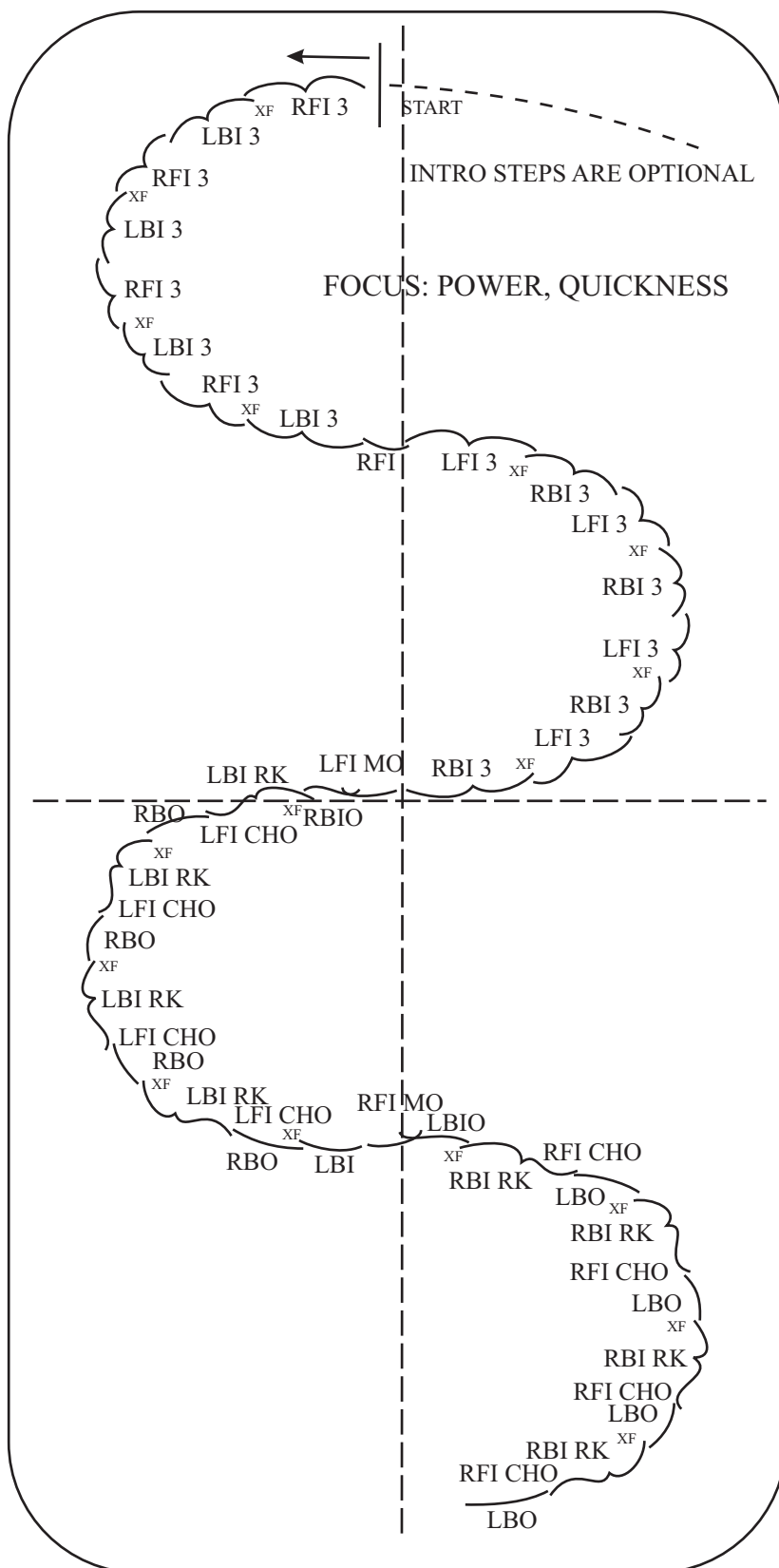


The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Novice Test - Inside 3-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 FI and BI 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 move begins with RFI3-LBI3 sets repeated four to five times (depending on size of rink). 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 a 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 size of rink). 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.

NOTE: This move may start in either direction.

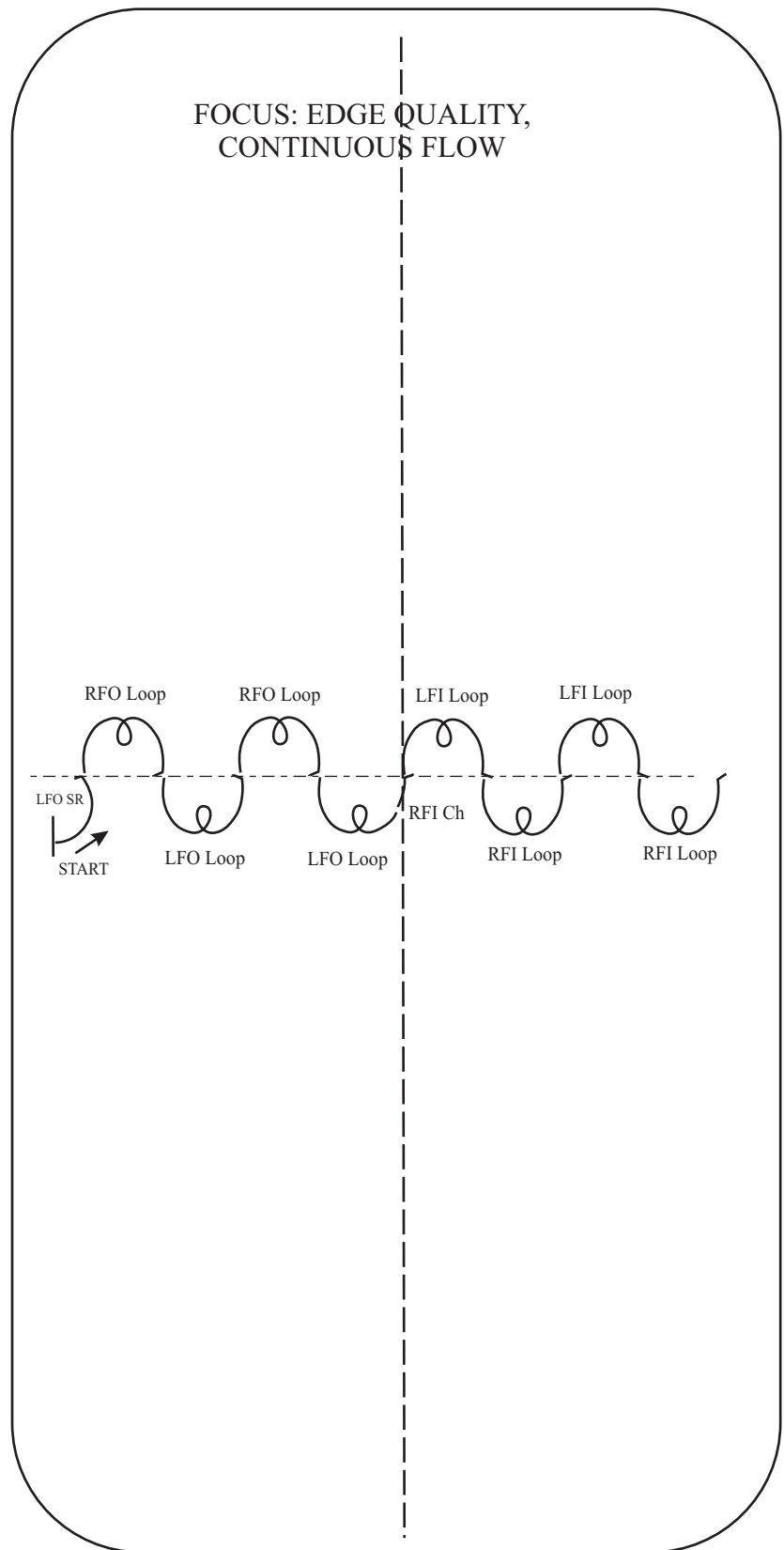


The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Novice Test - Forward Loops

The move may be skated across the width or down the length of the rink and begins from a standing start. The move begins with the skater performing a LFO swing roll to prepare for the first RFO loop. 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 chasse 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.

NOTE: This move may start on either foot.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

# Novice Test - Backward Twizzles

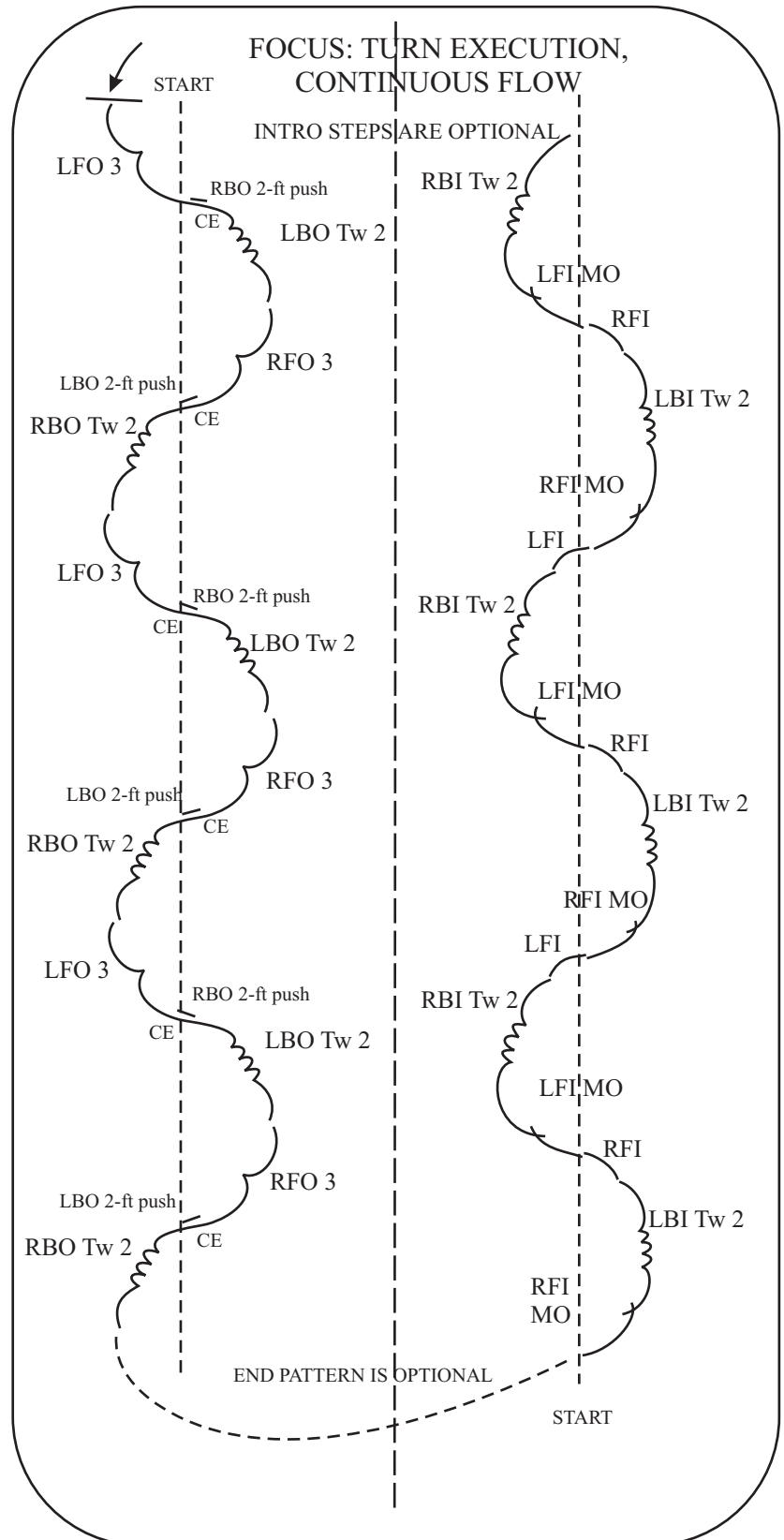
## BACKWARD OUTSIDE TWIZZLES:

The move begins 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 arena.

## BACKWARD INSIDE TWIZZLES:

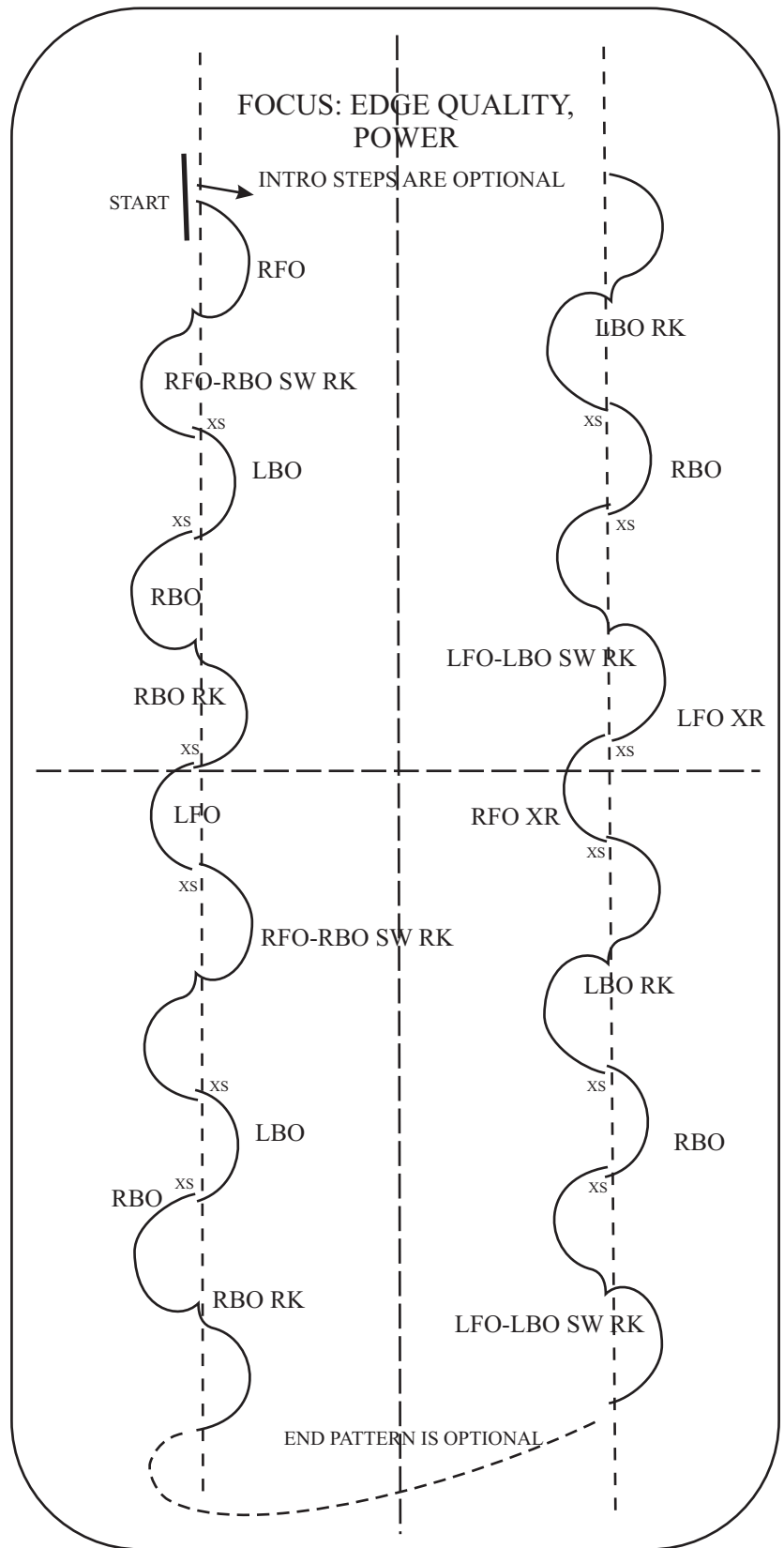
The second part of the move begins with a RFI mohawk whose exit edge is the entry for a LBI double twizzle. The skater then steps on a RFI edge into a LFI mohawk whose exit edge is the entry for a RBI double twizzle, completing a 'twizzle set.' Each set is performed three times down the length of the arena.

NOTE: This move may start in either direction.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Junior Test - Forward and Backward Outside Rockers

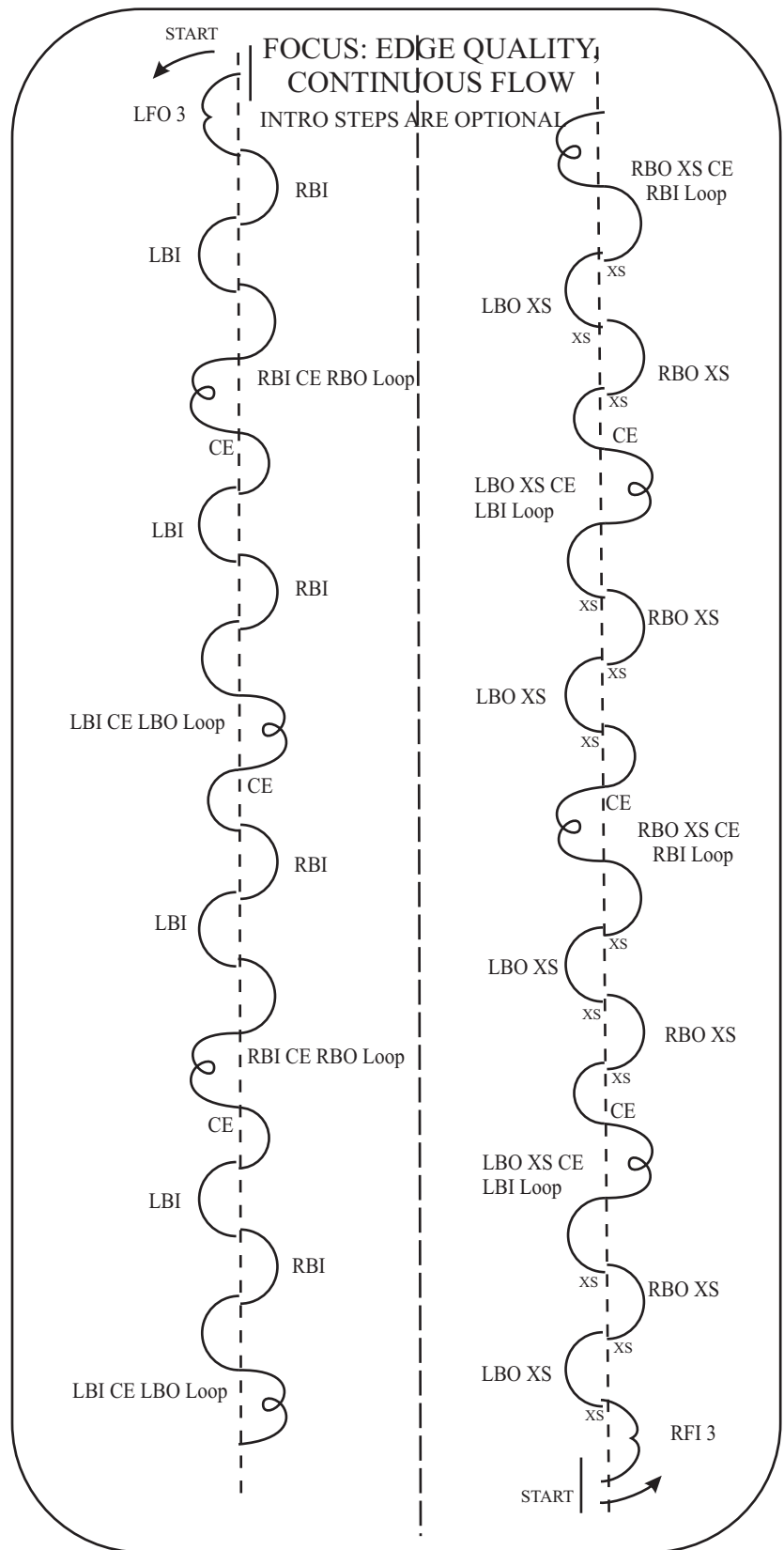


The skater will perform forward outside rockers followed by two backward cross strokes to a back outside rocker. This backward outside rocker is followed by two forward outside cross strokes to a forward outside rocker. The skater has the option of starting the first length with either the right or left foot forward rockers. The second length will be performed with the forward and backward outside rockers on the opposite foot. The end sequence of steps is optional. There should be two forward and two backward rockers down each side of the ice.

NOTE: This move may start in either direction.

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Junior Test - Backward Loop Pattern



**BACKWARD OUTSIDE LOOPS:** The move begins from a standing start with a LFO3 into three BI rolls. The last BI 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 BI rolls followed by a LBIO change of edge into a LBO loop. This sequence should be repeated twice down the length of the arena.

**BACKWARD INSIDE LOOPS:** This side of the move begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBO-LBI change of edge into a LBI loop. The skater then performs a change of edge to push into three more BO cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBO-RBI change of edge into a RBI loop. This sequence should be repeated twice down the length of the arena.

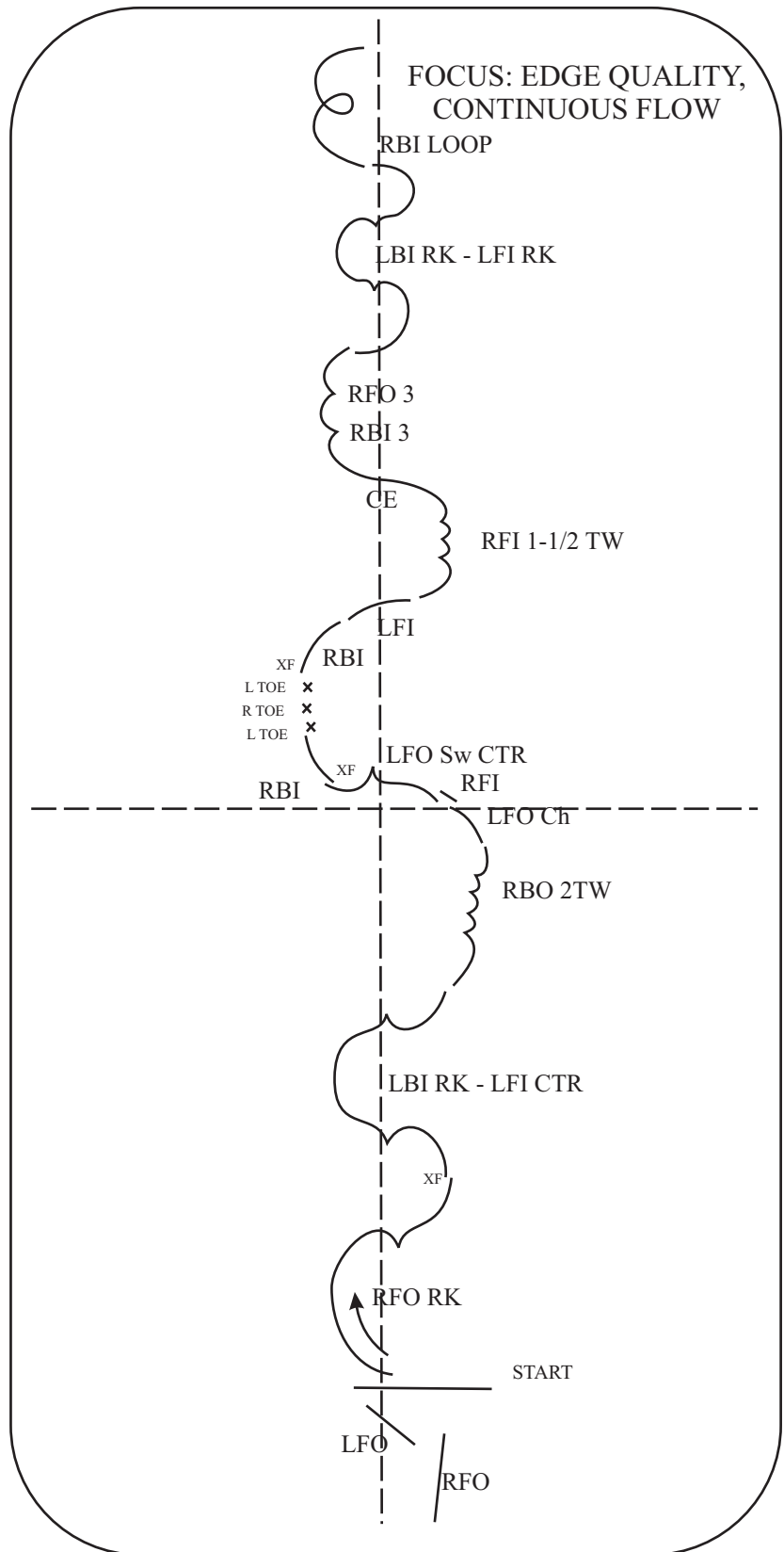
**NOTE:** This move may start in either direction.

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Junior Test - Straight Line Step - 1

The move begins from a standing start with two open strokes R and L. The skater shall 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 chasse 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 1-1/2 revolution RFI twizzle followed immediately by an edge pull to change edge into a RBI double 3. 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 other foot.

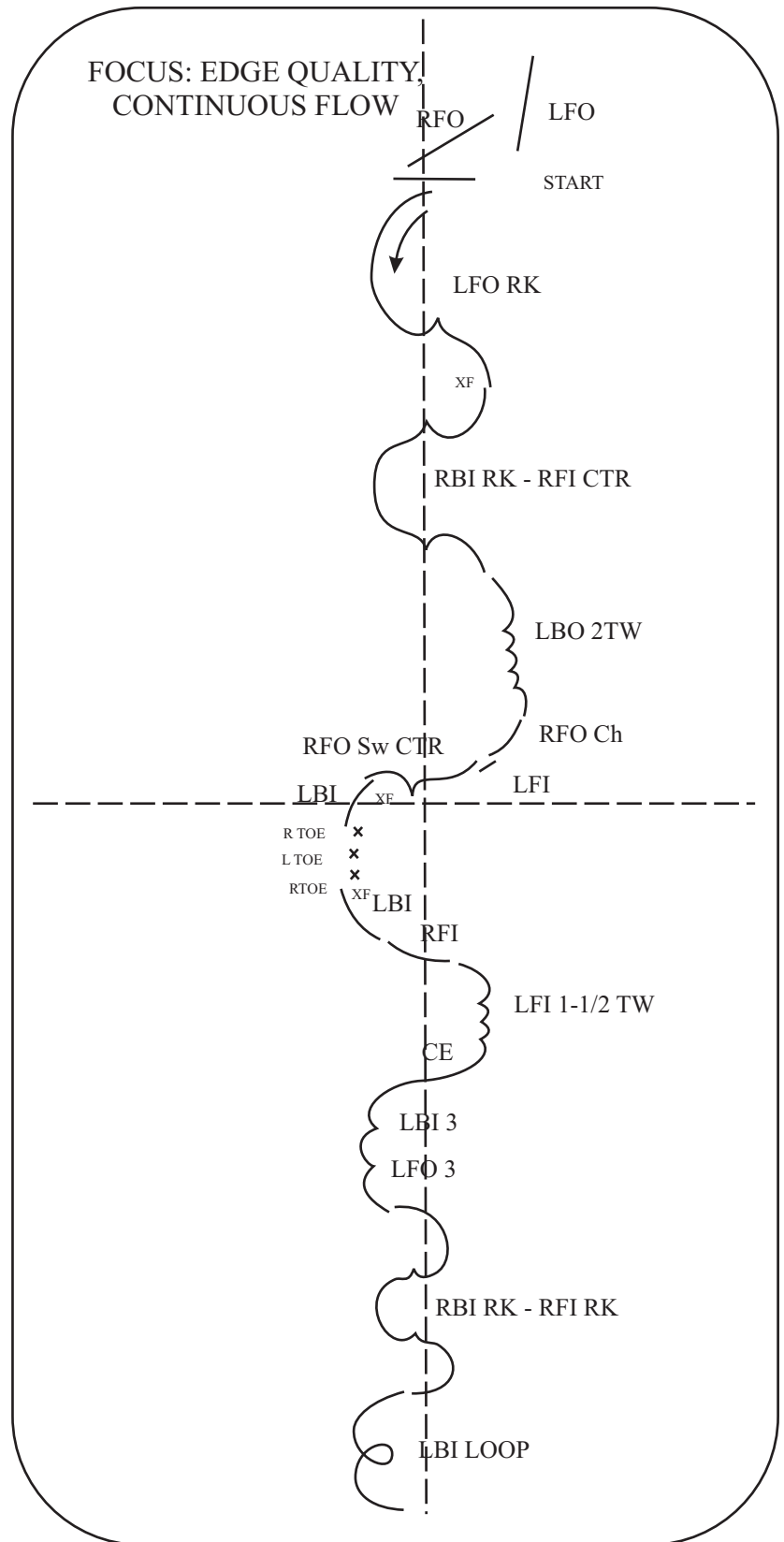
NOTE: This move may start in either direction.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Junior Test - Straight Line Step - 2

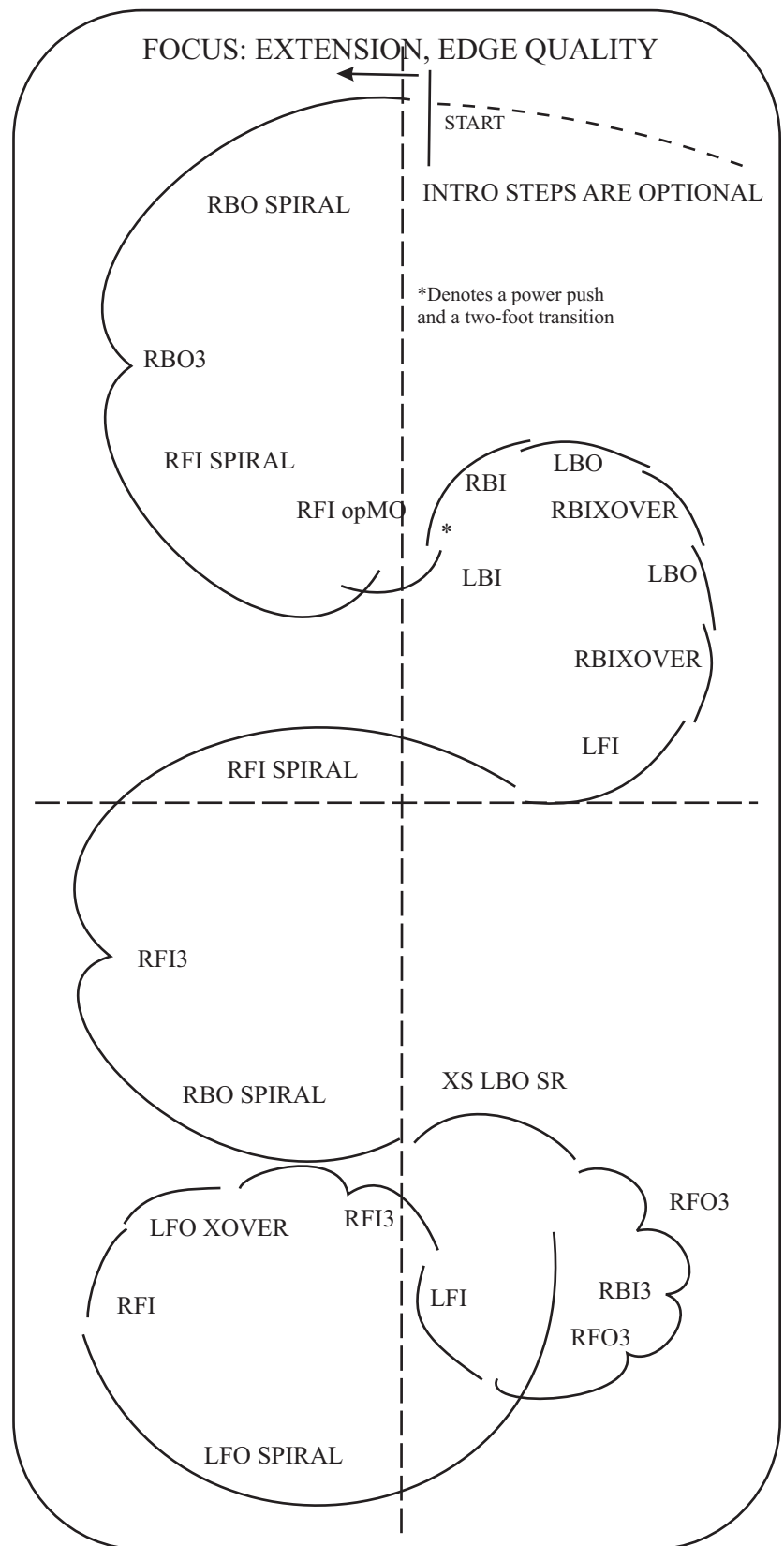
The second pattern begins from a standing start with two open strokes L and R. The skater shall perform a LFO rocker and cross forward to RBI rocker, which enters immediately into a RFI counter. Next is a LBO double twizzle, stepping forward into a RFO chasse to RFO swing counter. The counter is immediately followed by a cross in front to LBI, followed by three counter-clockwise toe steps and another cross in front LBI. The skater then steps forward onto RFI and changes lobe with a 1-1/2 revolution LFI twizzle followed immediately by an edge pull to change edge into a LBI double 3. Finally, the skater pushes into a RBI rocker followed by a RFI rocker, and then a LBI loop.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.



# Senior Test - Spiral Sequence

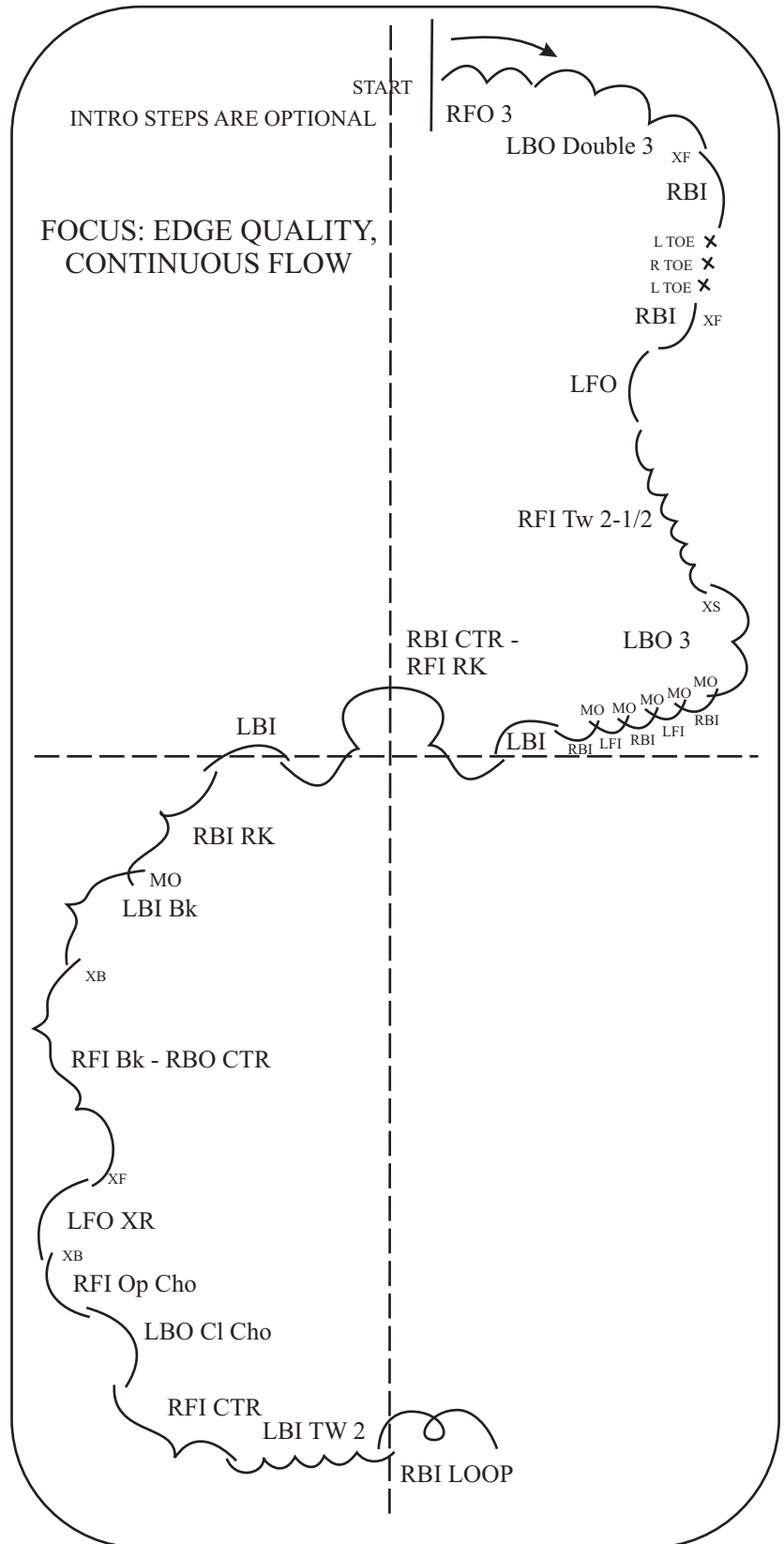


The move begins with a series of spirals, transitioning from a RBO spiral to a RFI spiral through the use of a RBO3 that is parallel to the long barrier of the arena. The free leg is then lowered into a RFI open mohawk and steps wide with a two-foot power push transition into two backward R over L crossovers. 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 stoke behind LBO swing roll followed by a FO triple 3-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).

NOTE: This move may start in either direction.

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

# Senior Test - Serpentine Step Sequence - 1



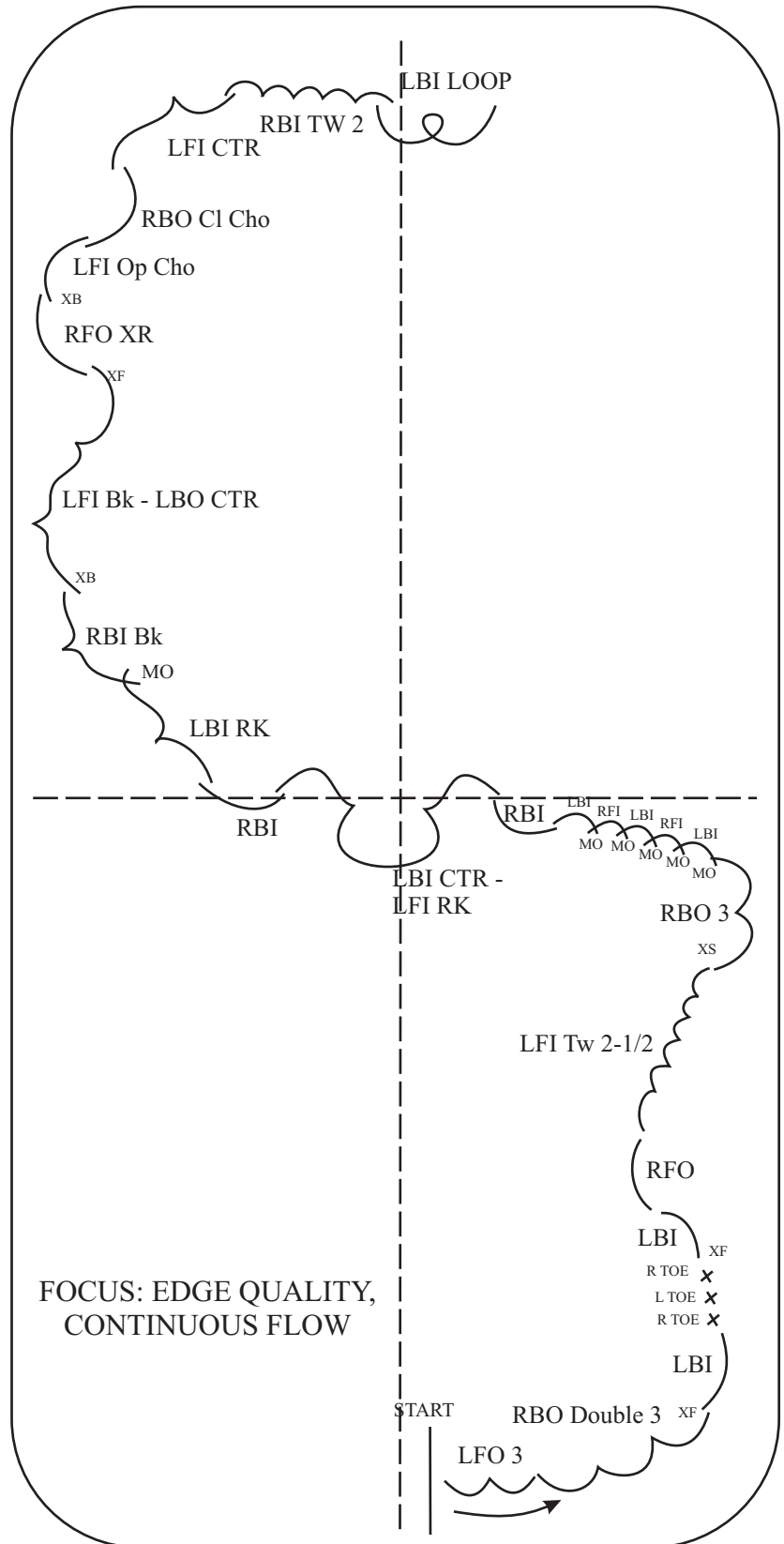
The move begins with a RFO3 followed by a LBO double-3. The free leg then crosses in front for a RBI. This edge is followed by three clockwise toe steps and another cross in front RBI. Next the skater shall step forward onto a new LFO lobe and perform a 2-1/2 revolution RFI twizzle, ending with a LBO cross stroke behind 3-turn. This turn will initiate a series of quick mohawk turns followed by a quick LBI. Next is a RBI counter into a RFI rocker. The skater steps LBI then a step-wide into RBI rocker, RFI mohawk, LBI bracket sequence. The skater should then simultaneously cross behind and reverse arm position to do RFI bracket into RBO counter, followed by a LFO cross front, RFI cross behind. The final part of the sequence is an open RFI/LBO double choctaw followed immediately by a RFI counter, then push to LBI double twizzle, and finishes with a RBI loop. Optional steps take the skater to the repeat of the sequence in the opposite direction.

NOTE: This move may start in either direction.

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## Senior Test - Serpentine Step Sequence - 2

The move begins with a LFO3 followed by a RBO double-3. The free leg then crosses in front for a LBI. This edge is followed by three counter-clockwise toe steps and another cross in front LBI. Next the skater shall step forward onto a new RFO lobe and perform a 2-1/2 revolution LFI twizzle, ending with a RBO cross stroke behind 3-turn. This turn will initiate a series of quick mohawk turns followed by a quick RBI. Next is a LBI counter into a LFI rocker. The skater steps RBI then a step-wide into LBI rocker, LFI mohawk, RBI bracket sequence. The skater should then simultaneously cross behind and reverse arm position to do LFI bracket into LBO counter, followed by a RFO cross front, LFI cross behind. The final part of the sequence is open LFI/RBO double choctaw followed immediately by a LFI counter, then push to RBI double twizzle, and finishes with a LBI loop.



The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.