

700 SECTION - THE KIWI SKATE PROGRAMME

701 TESTING OF CANDIDATES

- 701.1 For all KiwiSkate badge tests, tests may be judged by a NZIFSA Judge or a Level 1 Accredited Professional Coach.
- 701.2 The skills that shall be tested for each badge are labelled “Skills for Assessment”. Items labelled “Teaching Progression Ideas” are skills that are taught but not tested.

702 KIWI SKATE BADGES (GENERAL)

TINY TOTS 1 BADGE (6 years of age and under)

Skills for Assessment

- 1) Proper way to fall and get up (standing still).
- 2) Dip standing still.
- 3) Forward two-foot glide
- 4) Skate width of rink.

TINY TOTS 2 BADGE (6 years of age and under)

Skills for Assessment

- 1) ‘Scooter’ push.
- 2) Back wiggle.
- 3) Forward sculling.
- 4) Dip whilst moving.

Teaching Progression Ideas

- 1) V position and push.

BEGINNER BADGE

Skills for Assessment

- 1) Rhythm skating: one count per glide.
- 2) Forward skating and glide on two feet.
- 3) Forward skating and glide in sit position (2 feet).
- 4) Stopping.
- 5) Backward marching.

Teaching Progression Ideas

- 1) Proper way to fall and get up.
- 2) Balance and posture.
- 3) Eye focus up while skating.
- 4) Marching on the spot.
- 5) ¼ bend turns; ½ bend turns.
- 6) 360 degree marching on the spot.
- 7) Two foot glide on a curve.

ELEMENTARY BADGE

Skills for Assessment

- 1) “T” pushes.
- 2) Forward double sculling.
- 3) Backward skating, using alternating ‘C’ sculling.
- 4) Forward one foot glides.
- 5) Snow plough stops.

Teaching Progression Ideas

- 1) Forward skating: 2 counts per glide.
- 2) Backward two foot sculling.
- 3) Slalom.
- 4) Forward one-foot glides around a circle.
- 5) 2-foot jump on the spot.
- 6) 360 degree turn on the spot.

BASIC BADGE

Skills for Assessment

- 1) Forward pumping on a circle on two feet.
- 2) Two-foot turns (on curve).
- 3) Forward crossovers on a circle.
- 4) Backwards half snow plough.
- 5) Backward skating using “C” pushes.
- 6) Forward inside edges.

Teaching Progression Ideas

- 1) Forward skating: four counts per glide, half snow plough stop.
- 2) Forward one foot glide on a curve.
- 3) Backward two-foot glide.
- 4) Two-foot turns (on line).

NOVICE 1 BADGE

Skills for Assessment

- 1) Backward one foot glides.
- 2) Two foot spin.
- 3) Backward pumping on a circle.
- 4) Forward outside edges.
- 5) Forward outside three turns.
- 6) Back inside Mohawks

Teaching Progression Ideas

- 1) Forward Russian stroking.
- 2) Two foot spin.
- 3) Drag.

NOVICE 2 BADGE

Skills for Assessment

- 1) Forward inside Mohawk.
- 2) Forward spiral on a curve.
- 3) BO to FO Mohawks.
- 4) Forward inside three turns.
- 5) Backward crossovers.
- 6) Forward two foot parallel side stop or T-stop (left or right).
- 7) Backward one-foot glides around a circle.

Teaching Progression Ideas

- 1) Backward C pushes on a curve (foot in front).
- 2) Two foot jump forwards to backwards.
- 3) Forward spiral.
- 4) Inside spread eagle

ADVANCED BADGE

Skills for Assessment

- 1) Circle 1: 3 forward crossovers - FO Three Turn – 3 backward crossovers – BO-FO Mohawk (draw for direction). Repeated minimum of 3 times around circle.
- 2) Circle 2: FO 3 turn then push onto a BO edge glide, repeat sequence minimum of 4 times in one circle (draw for direction). Repeated minimum of 3 times around circle.
- 3) Circle 3: FI 3 turn, step forward to FO edge, repeat sequence minimum of 4 times in one circle (draw for direction). Repeated minimum of 3 times around circle.
- 4) Circle 4: 3 forward crossovers FI Mohawk – 3 back crossovers BI Mohawk. Repeated minimum of 3 times around circle (draw for direction).
- 5) Backward spirals on a curve.
- 6) Backward outside edges.
- 7) Backward outside three turns
- 8) Backward inside three turns

Teaching Progression

- 1) Backward two-foot turn on a curve.
- 2) Back spirals in a straight line.

PROFICIENCY

Skills for Assessment

- 1) Backward inside edges.
- 2) Forward perimeter stroking. (Draw for direction)
- 3) Forward crossovers in a figure eight pattern.
- 4) Backwards crossovers in a figure eight pattern.
- 5) Forward outside spiral on a curve (both feet).
- 6) Forward inside spiral on a curve (both feet).
- 7) Simple step sequence.
- 8) Figure Eights – Outside and Inside.

Teaching Progression

- 1) Side hops, three jumps, drags, shoot the ducks and original footwork moves, change of edges, cross rolls, chasse, slide chasses).

703 KIWI SKATE FIGURE BADGES

FIGURE 1 BADGE

Skills for Assessment

- 1) Forward outside edges.
- 2) Forward inside edges.
- 3) Backward outside edges.
- 4) Backward inside edges.
- 5) LBO – LFI three turn.
- 6) RBO – RFI three turn.

FIGURE 2 BADGE

Skills for Assessment

- 1) LBI - LFO three turn.
- 2) RBI - RFO three turn.
- 3) Forward outside eight.
- 4) Forward inside eight.

Teaching Progression

- 1) Inside Brackets.
- 2) Outside Brackets.

FIGURE 3 BADGE

Skills for Assessment

- 1) Waltz eight.

Teaching Progression

- 1) Inside Counters.
- 2) Outside Counters.

FIGURE 4 BADGE

Skills for Assessment

- 1) FO - FI Change curve
- 2) FI - FO Change curve
- 3) Backward outside eight.

Teaching Progression

- 1) Inside Rockers.
- 2) Outside Rockers.
- 3) Forward Outside and Inside loops.

NOTE: More difficult turns are included as Teaching Progressions to prepare skaters for step sequences.

704 KIWI SKATE STROKING BADGE

STROKING BADGE

Skills for Assessment

- 1) Circle 1: 3 forward crossovers – FO three turn – 3 backward crossovers – BO Mohawk. Repeated minimum of 3 times around circle (draw for direction).
- 2) Circle 2: 3 forward crossovers – FI Mohawk – 3 backward crossovers – BI Mohawk. Repeated minimum of 3 times around circle (draw for direction).
- 3) Forward perimeter stroking: Special attention to be given to speed, glide and carriage.

705 KIWI SKATE FREE SKATING BADGES

FREE SKATING 1 BADGE

Skills for Assessment

- 1) Forward bunny hop.
- 2) Waltz jump.
- 3) Half flip jump.
- 4) Forward pivot.
- 5) Back spin from a pivot entrance.
- 6) Back spirals on a curve.
- 7) Width of rink Step Sequence (min. of five steps/turns such as toe steps, Mohawk, cross steps, change of edge, three turns, brackets, counters, rockers, choctaws).

Teaching progression ideas

- 1) Backwards straight toe jump.
- 2) Marching spin (2 rotations)
- 3) Tea pot – forwards.

FREE SKATING 2 BADGE

Skills for Assessment

- 1) Toe loop jump.
- 2) Salchow jump.
- 3) Split jump.
- 4) 1-foot spin 3 revolutions (correct entry).
- 5) Backward pivot (outside or inside).
- 6) Inside Ina Bauer or forward inside spread eagle.
- 7) Jump combination - waltz jump / toe loop jump.
- 8) Circular Step Sequence of a more advanced nature.

Teaching progression ideas

- 1) Marching spin 2 rotations
- 2) 2-foot spin in sitting position
- 3) Tea pot - backwards

FREE SKATING 3 BADGE

Skills for Assessment

- 1) Stag jump.
- 2) Loop jump.
- 3) Back spin (correct entry)
- 4) Camel spin or sit spin (three revolutions)
- 5) Jump combination - salchow jump / toe loop jump.
- 6) Half lutz jump.
- 7) Flip jump.
- 8) Serpentine Step Sequence (minimum of eight steps).

Teaching Progression ideas

- 1) 360 degree two foot jump on the spot.

FREESTYLE BADGE

A one and a half minute programme to music, to include at least four different jumps, a minimum of two spins, one or more forward or backward spiral, spread eagle or pivot movements, simple connecting movements, one step sequence, and an opening and closing movement. Other movements allowed.

706 KIWI SKATE DANCE BADGES

Skills for Assessment

DANCE 1 BADGE

- 1) Forward outside swing rolls (count of six).
- 2) Forward progressives (Dutch Waltz timing).
- 3) Dutch Waltz (skated to music with a partner).
- 4) Forward chasses (count of four).
- 5) Forward slide chasses (count of four).

DANCE 2 BADGE

- 1) Forward progressives (Canasta timing).
- 2) Forward cross rolls
- 3) Forward progressives/chasse (one count per step)
- 4) Swing change of edge
- 5) Forward swing rolls (count of four).
- 6) Canasta Tango (skated to music with a partner).
- 7) Baby Blues (skated to music with partner)

DANCE 3 BADGE

- 1) Backward swing rolls (count of four).
- 2) Backward chasses (count of four).
- 3) RFI - LBI mohawk (open, closed or swing; count of two plus two).
- 4) LFO RFI LFO RFI progressive steps mohawk (RFI - LBI)/RBO. Repeat on a circle (two counts per step).
- 5) Swing Dance (skated to music with a partner).

DANCE 4 BADGE

- 1) Forward cross rolls (count of two).
- 2) Cross step (count of two).
- 3) RFOI change of edge (count of four plus two).
- 4) RFI - LBI open mohawk (count of one plus one).
- 5) Fiesta Tango (skated to music with a partner).

DANCE 5 BADGE

- 1) Backward progressives (count of four).
- 2) LFO - RBO open mohawk (count of one plus one).
- 3) FO - BI closed three turn (RFO for man, LFO for lady) (count of one plus one).
- 4) RFO roll with knee bend (count of four).
- 5) Tenfox (skated to music with or without a partner).

DANCE 6 BADGE

- 1) RFI - LBI mohawk (count of three plus three).
- 2) RFO - LBI closed three turn (count of two plus one)/LBO - RBI - LBO progressive. Repeat on a clockwise circle.
- 3) Willow Waltz (skated to music with or without a partner).

707 KIWI SKATE SYNCHRONIZED SKATING BADGES

Skills for Assessment

SYNCHRONIZED SKATING 1 BADGE

-minimum of 6 skaters

The following synchronized manoeuvres should be done with a count but do not need to be connected as a programme:

- 1) Forward line with or without a change of configuration.

- 2) Circle: optional steps
- 3) Two spoke wheel (shoulder, waist or hand hold).
- 4) Forward diagonal cross through (splicing).
- 5) Forward circle (optional hold, clockwise and counter clockwise) with a change of direction.
- 6) Footwork sequence in a line formation.
- 7) Forward or backward block with a change of configuration.

SYNCHRONIZED SKATING 2 BADGE

This test is to be skated as a programme to music of up to 3 minutes duration for 6 to 16 skaters and to include the following:

- 1) Forward or backward horizontal line (1/2 length of rink or more).
- 2) Two spoke wheel (optional hold) forwards or backwards.
- 3) Forward intersection.
- 4) Circle formation: forward crosscuts/three turn or mohawk/backwards crosscuts/three turn or Mohawk (optional hold). Repeat twice.
- 5) Step sequence in block formation or block with a change of configuration.

708 KIWI SKATE PAIR SKATING BADGES

Skills for Assessment

PAIR SKATING 1 BADGE

- 1) FO edges (side by side).
- 2) FI edges (side by side).
- 3) Inside 3-turns (side by side).
- 4) Forward spirals (side by side).
- 5) Solo spins (emphasis on unison for entry and exit).
- 6) T-pushes (using hand-to-hand hold).

Teaching Progression

- 1) Forward and backward crossovers (Figure 8 pattern).
- 2) Side by side single jumps.
- 3) Different turns of directions side by side.
- 4) Backward spirals.

Skills for Assessment

PAIR SKATING 2 BADGE

- 1) BO edges (side by side).
- 2) BI edges (side by side).
- 3) Simple step sequence.
- 4) Forward and backward crossovers (Figure 8 pattern) (hand-to-hand hold).
- 5) Single jumps (using hand-to-hand hold on entry).

Teaching Progression

- 1) Spiral with changes of hold.
- 2) Pivot spirals.
- 3) Steps and turns together.

Skills for Assessment

PAIR SKATING 3 BADGE

- 1) FI Mohawk, BI 3 turn (side by side).
- 2) Spiral sequence (different holds required).
- 3) Pivot spiral (1 full rotation).
- 4) Single + single jump sequence.
- 5) Pair upright spin (hand to hip hold).
- 6) Programme of up to 1 minute 30 second duration with 5 elements from Pair Skating badges 1 to 3 (to be skated with or without music).