

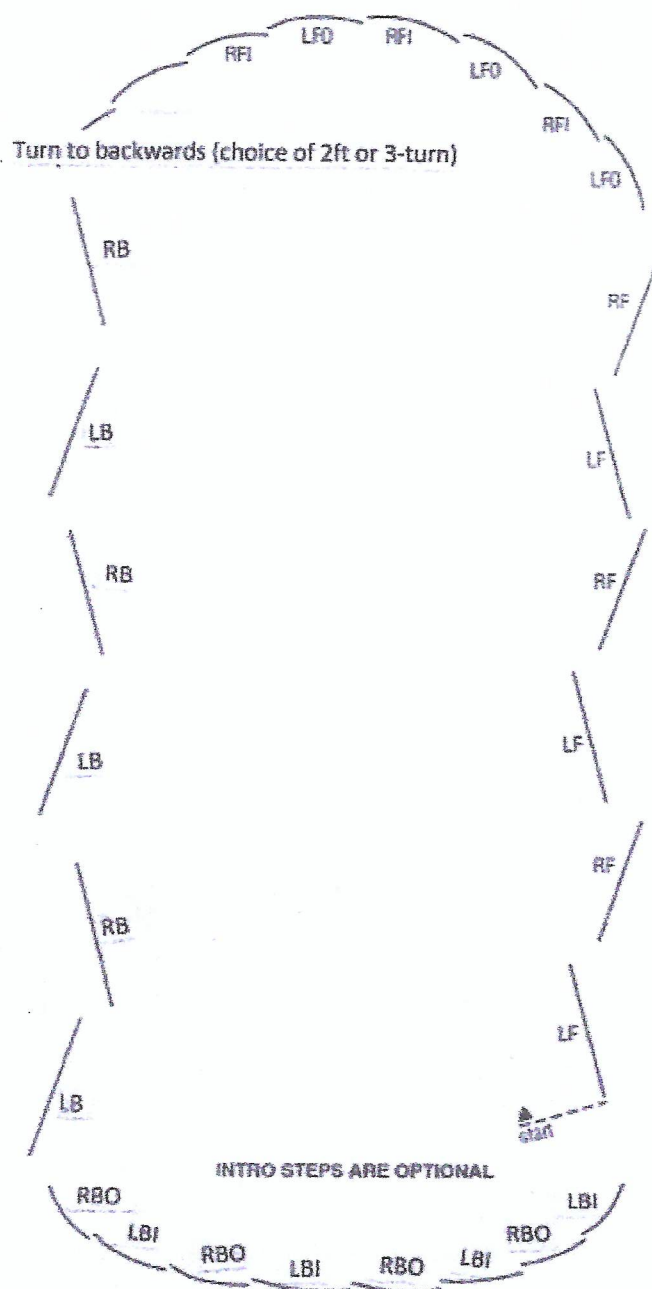
## COPPER

### 1. Perimeter Stroking (Forward and Backward)

**FOCUS:** Power and extension

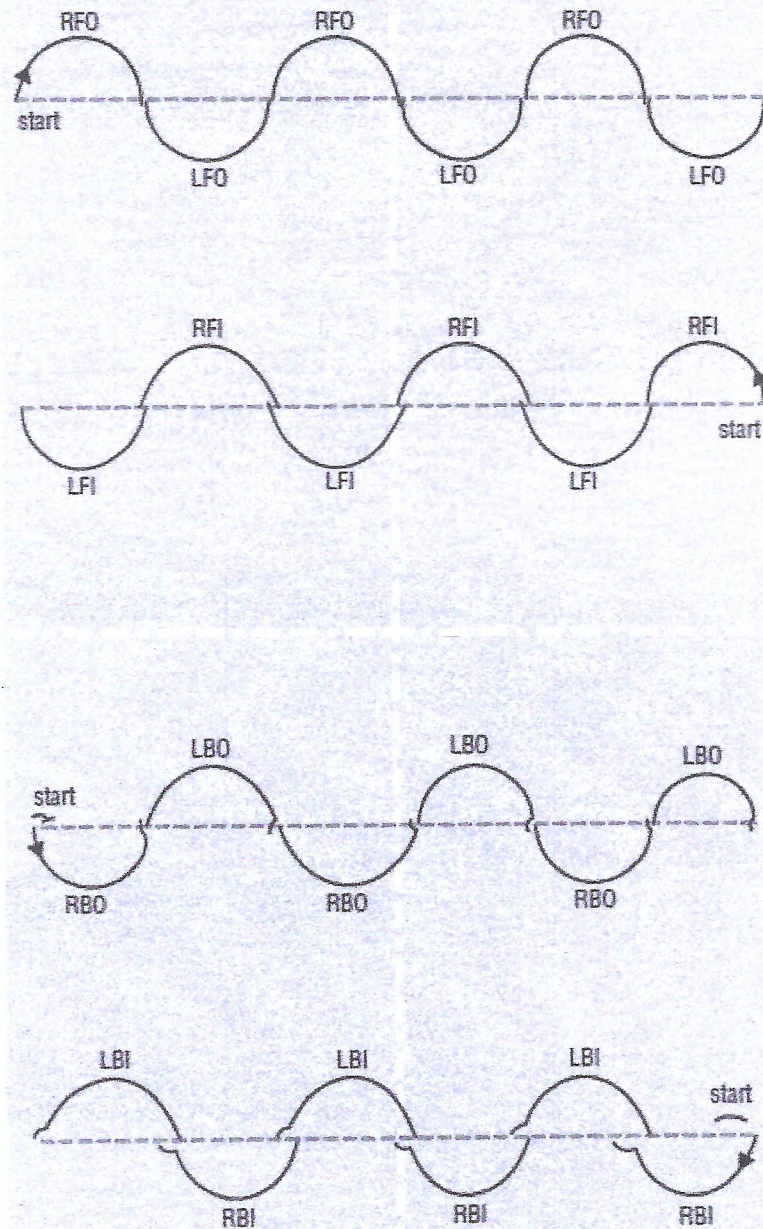
#### 1. Perimeter stroking

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 end, using the full ice surface for half of the circumference of the rink. The skater will then turn to backwards using either a two foot turn or a three-turn (free choice) and complete the lap of the rink using backwards strokes and crossovers instead of forwards. This exercise is done in both directions. Introductory steps are optional.



## COPPER

**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**





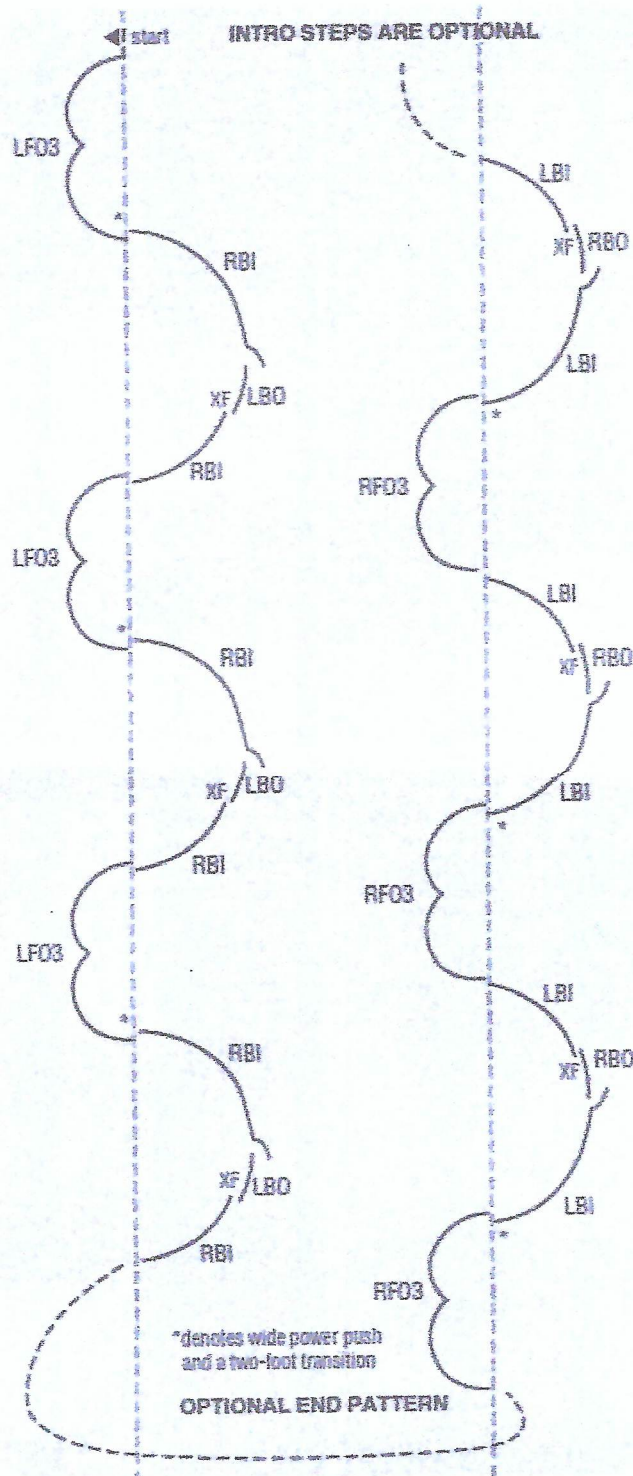
PEWTER

DESCRIPTION

4. 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



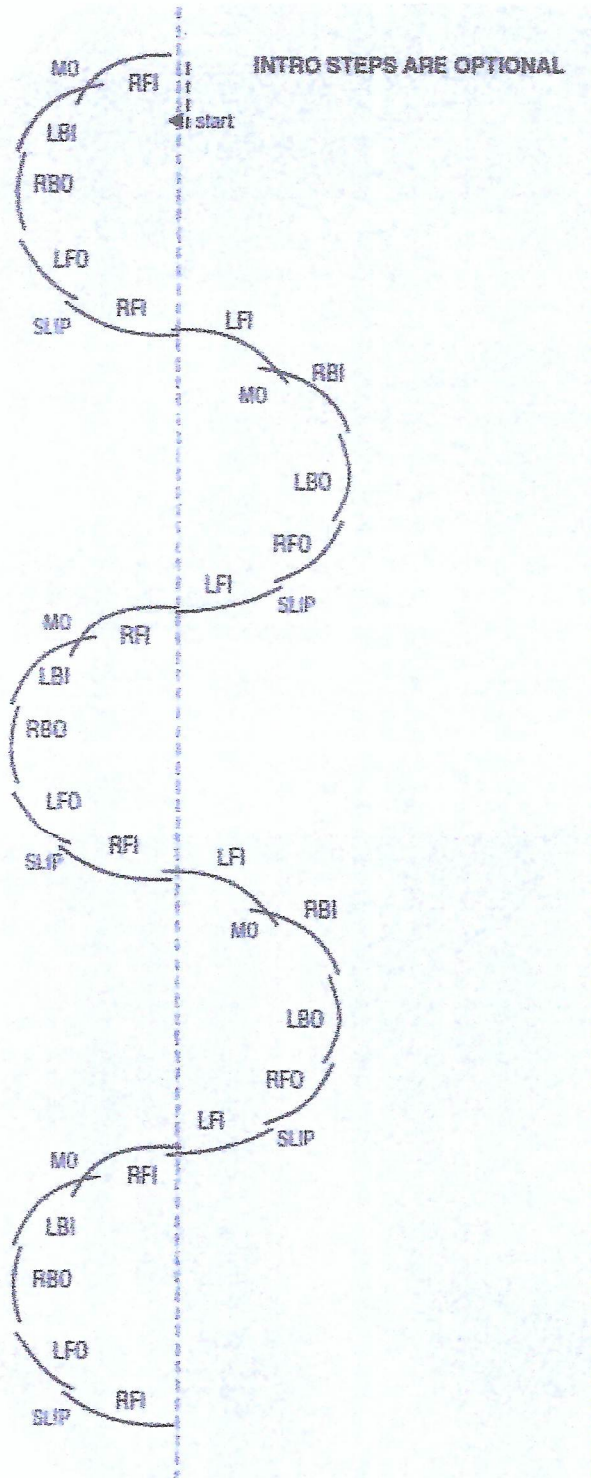
**BRONZE**

**DESCRIPTION**

**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, extension and quickness.**



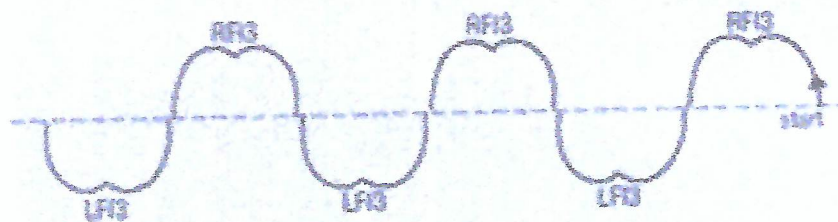
**BRONZE**

**DESCRIPTION**

**5. Alternating forward inside three-turns**

Starting from a standing position the skater will perform alternating forward inside three-turns for the 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**



BRONZE

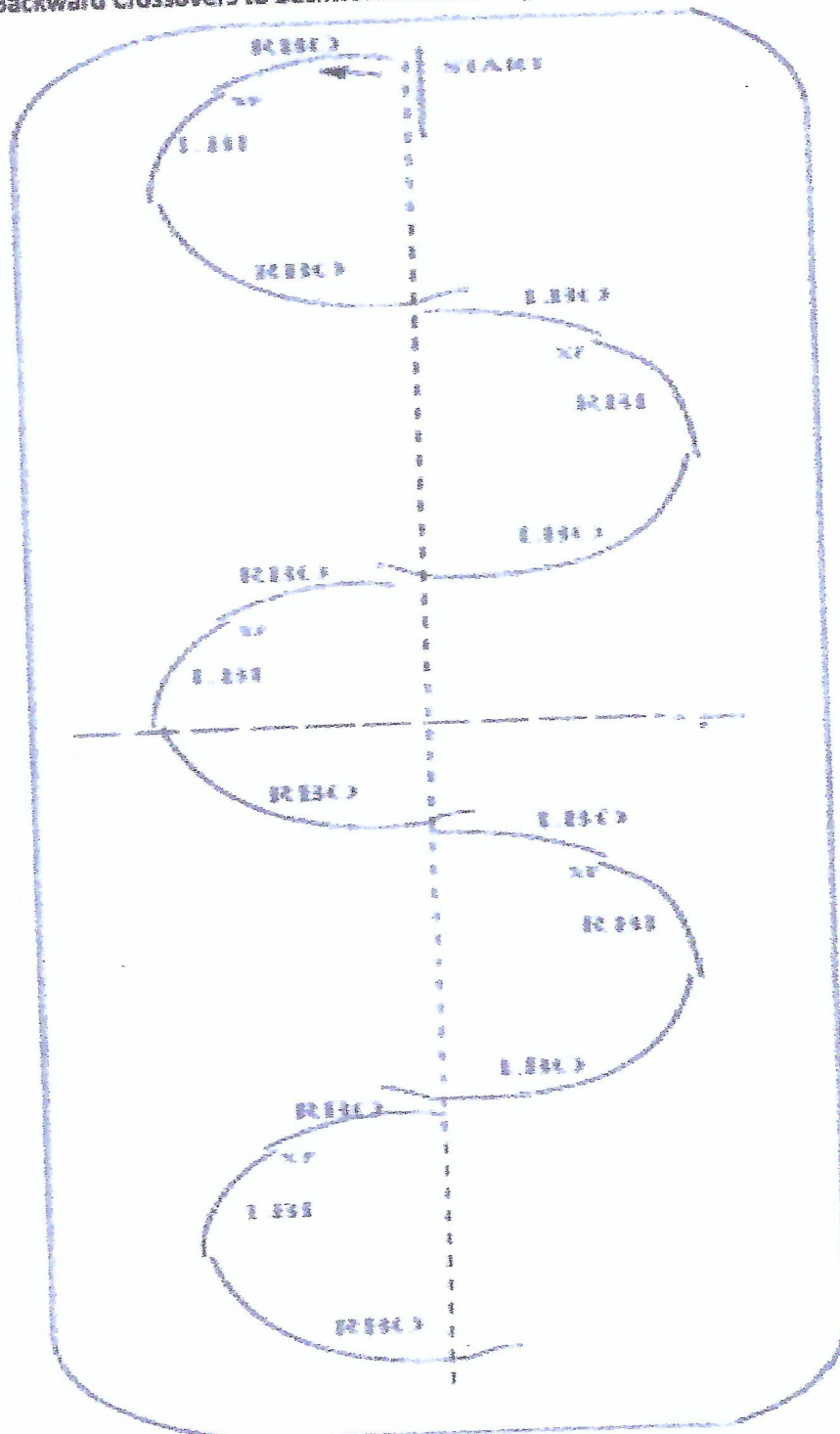
DESCRIPTION

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

Alternating Backward Crossovers to Backward Outside Edges



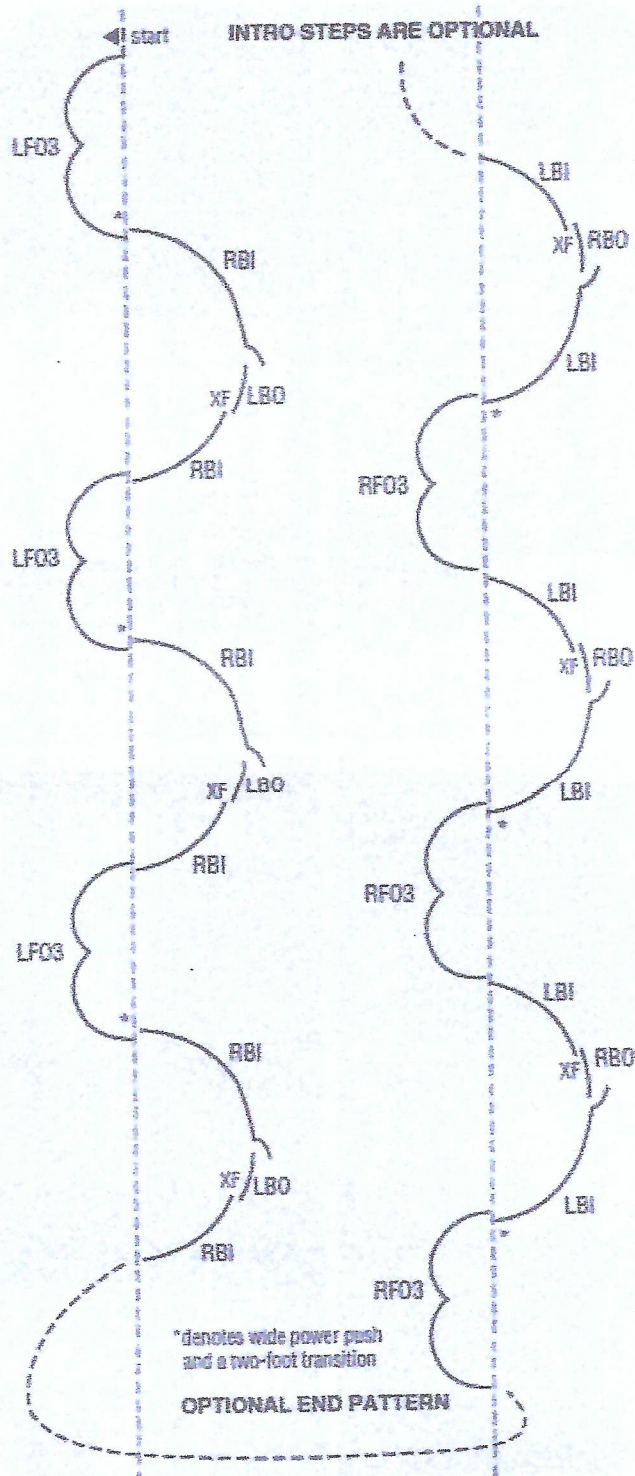
**BRONZE**

**DESCRIPTION**

**4. 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**



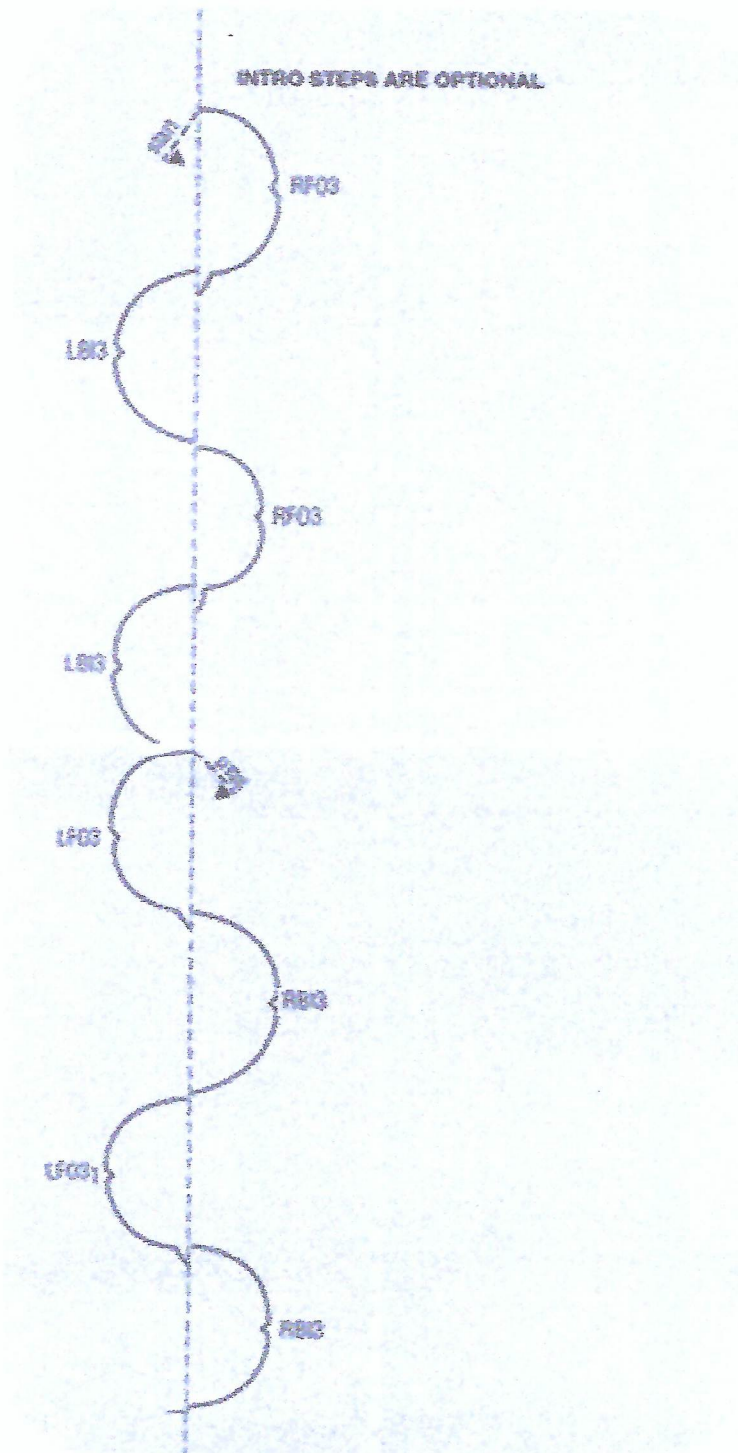
## SILVER

## DESCRIPTION

**2. FO-BI three-turns in the field**

The skater will perform two sets of forward outside three-turns alternating to backward inside three-turns covering approximately half the length of the rink. One half of the rink will be RFO-LBI three-turns. The skater will perform LFO-RBI three-turns on the other half of the rink. Introductory steps are optional, as are the steps to transition to the second half. This move may start on either foot.

**Focus: Edge quality**





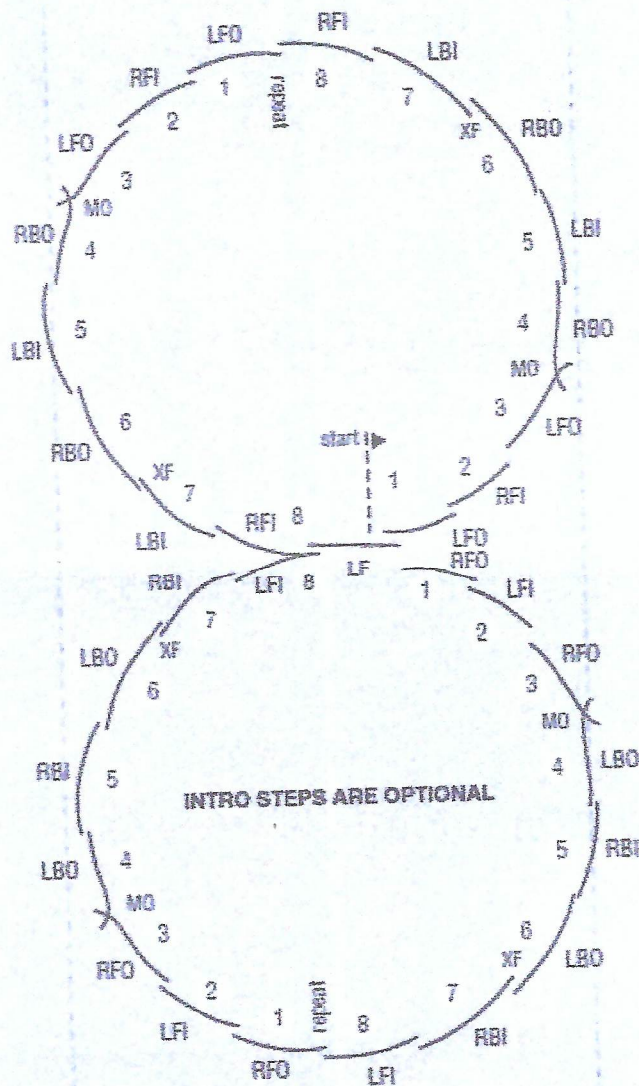
**SILVER**

**DESCRIPTION**

**3. Eight-step mohawk sequence**

The skater will perform two eight-step mohawk sequences counter clockwise. 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 in the opposite direction. Introductory steps are optional. This move may start on either foot.

**Focus: Quickness and power**



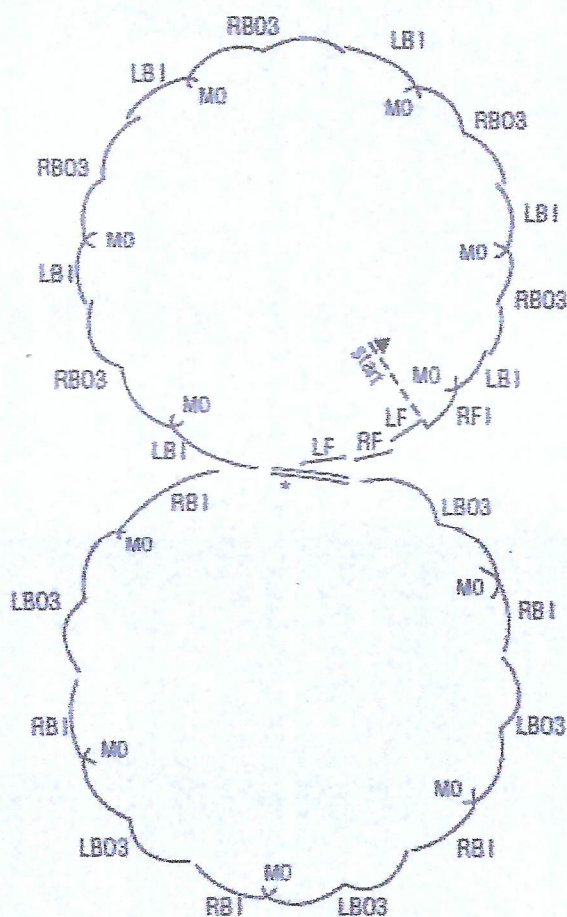
## SILVER

## DESCRIPTION

**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**



\*a one or two foot glide may be utilized when changing circles.

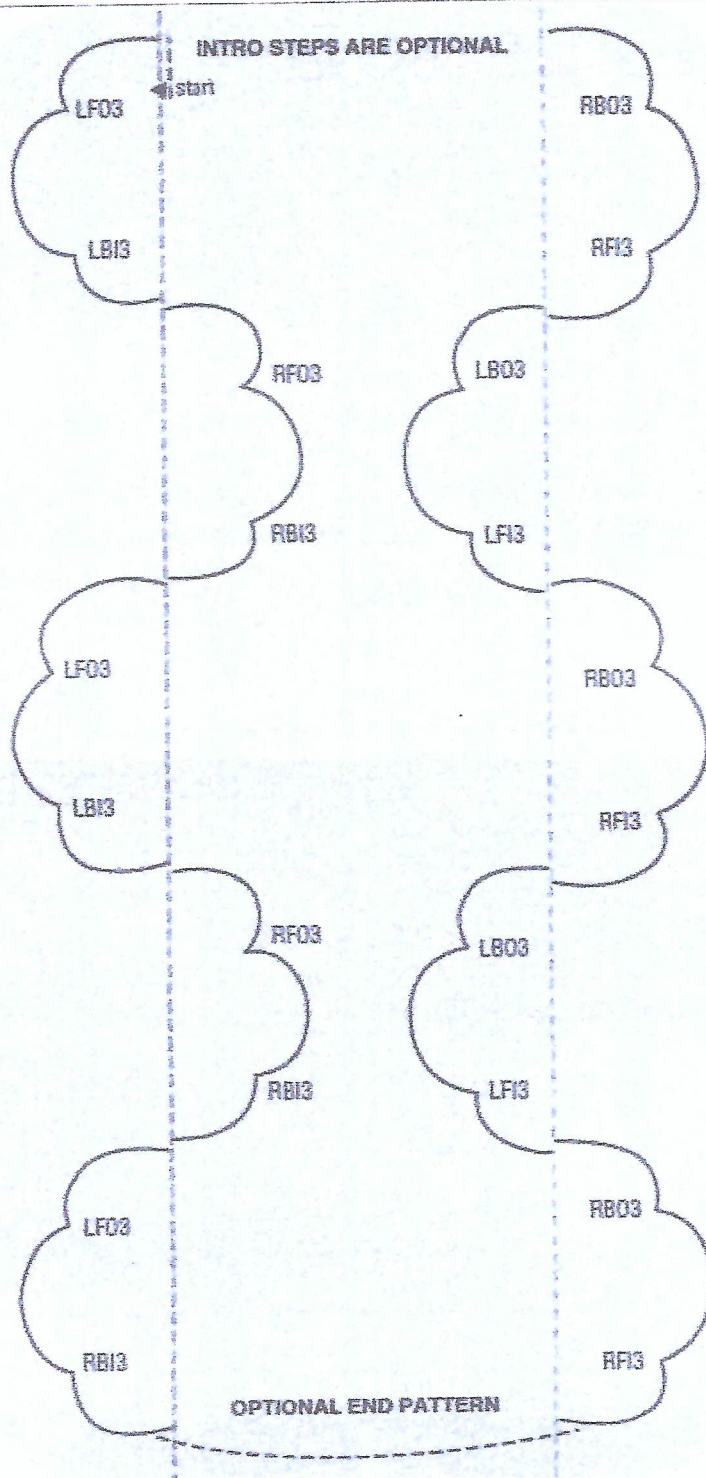
**GOLD**

**DESCRIPTION**

**6. Forward double three-turns**

The skater will perform consecutive forward double three-turns on half circles, with alternating of 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 FO double three-turns covering the first length of the rink. The FI double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

**Focus: Edge quality**



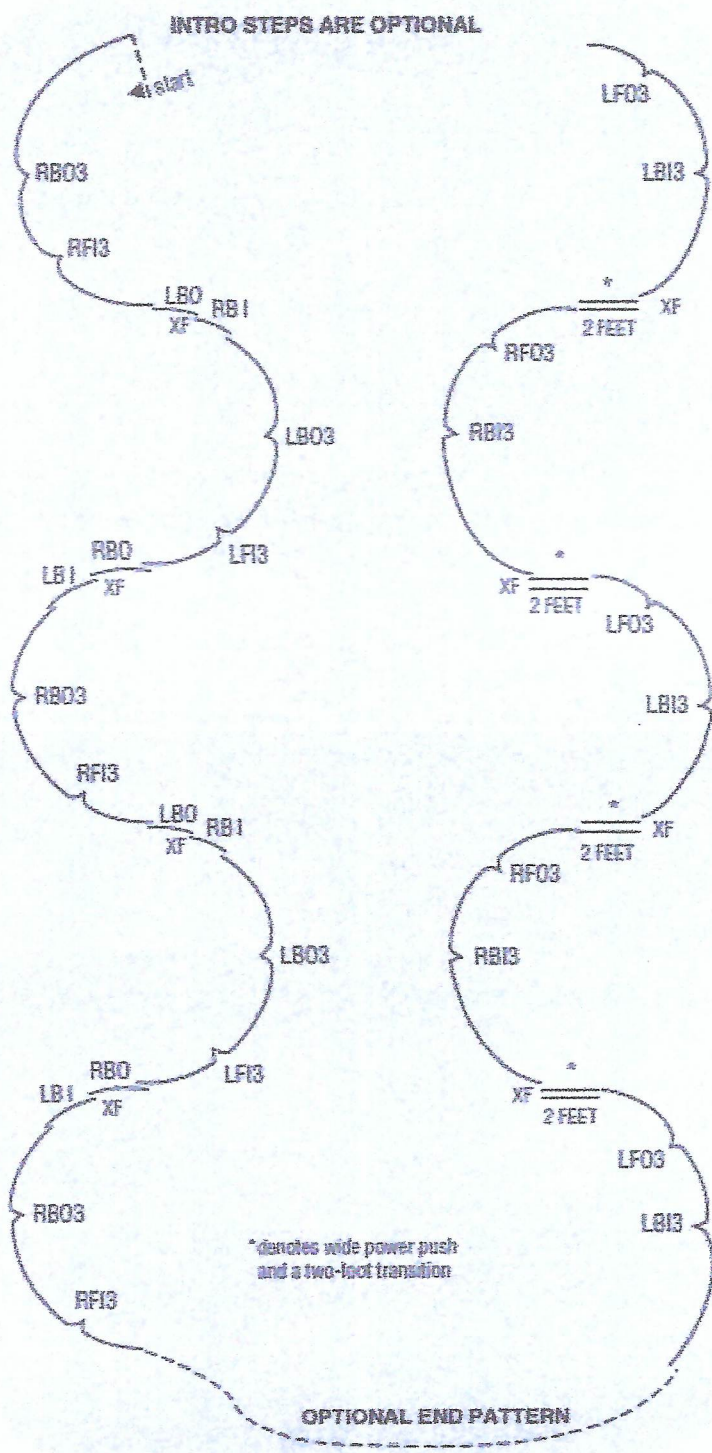
**GOLD**

**DESCRIPTION**

**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 BO double three-turns covering the first length of the rink. The BI double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

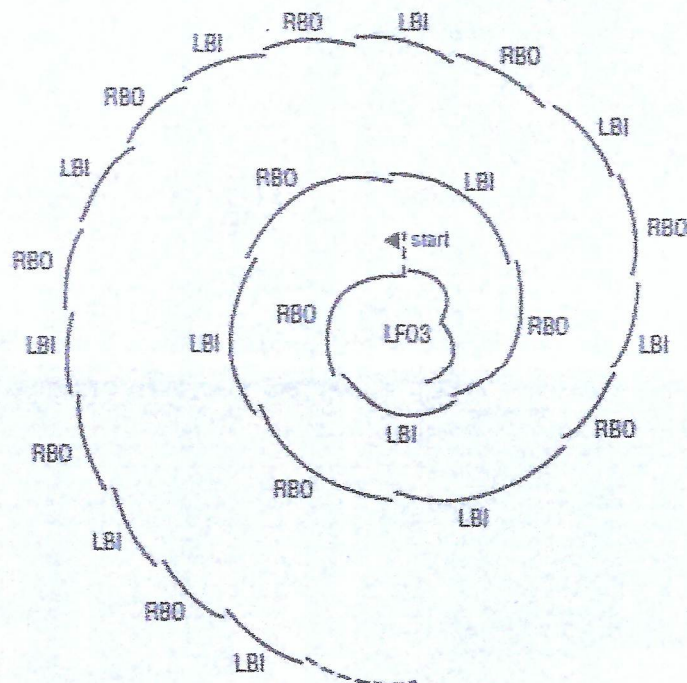
**Focus: Edge quality and extension**



**GOLD****DESCRIPTION****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 counter clockwise 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**



# ADULT STROKING – MOVES IN THE FIELD

## GOLD

### DESCRIPTION

#### 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**

