

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.
- 701.3 Correct Balance, Posture and Eye Focus must be covered for every skill.

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)

Teaching Progression Ideas

- 1) V position and push.

Skills for Assessment

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

BEGINNER BADGE

Teaching Progression Ideas

- 1) Proper way to fall and get up.
- 2) Marching across ice with high knees.
- 3) ¼ bend turns; ½ bend turns.
- 4) 360 degree marching on the spot.
- 5) Forward two foot glide on a straight line.
- 6) Two foot turn from forwards to backwards in place.

Skills for Assessment

- 1) Rhythm skating: one count per glide.
- 2) Forward two foot glide on a curve.
- 3) Forward skating and glide in sit position (2 feet).
- 4) Snow plough stops.
- 5) Backward marching.
- 6) Forward double sculling.

ELEMENTARY BADGE

Teaching Progression Ideas

- 1) Rhythm skating: 2 counts per glide.
- 2) Backward two foot sculling.
- 3) Slalom.
- 4) Forward one-foot glides in a straight line.
- 5) 360 degree turns on the spot with spiralling edge.
- 6) Roll up on toes.
- 7) Backward two-foot gliding on a curve.

Skills for Assessment

- 1) “T” pushes.
- 2) Forward double sculling to backward double sculling.
- 3) Backward skating, using alternating ‘C’ sculling.
- 4) Forward one foot glides on a curve.
- 5) Half snow plough stops (both feet).

- 6) Forward pumping around circle.

BASIC BADGE

Teaching Progression Ideas

- 1) Forward skating: four counts per glide, half snow plough stop.
- 2) Forward one foot glide on a curve (with foot passing).
- 3) Backward one-foot glide.
- 4) Walk on toes and heels.
- 5) Backward pumping around a circle.
- 6) Two-foot jump on the spot.

Skills for Assessment

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

NOVICE 1 BADGE

Teaching Progression Ideas

- 1) Forward Russian stroking (can be done as a figure of eight if space is limited).
- 2) Two foot spin from spiralling edge.
- 3) Drag.
- 4) Backward two-foot snowplough stop.
- 5) Side Hops.
- 6) Backward crossovers.
- 7) Backward one-foot glides on a curve.

Skills for Assessment

- 1) Backward pumping on a circle (outside and inside).
- 2) Forward outside edges.
- 3) Forward outside three turns.
- 4) Back inside Mohawks.

NOVICE 2 BADGE

Teaching Progression Ideas

- 1) Backward C pushes on a curve with foot in front (outside and inside).
- 2) Two foot jump forwards to backwards.
- 3) Forward spiral.
- 4) Inside spread eagle.
- 5) Forward and backward crossovers (two counts per glide).

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 (left and right).
- 7) Backward one-foot glides around a circle.
- 8) Back outside edges.

ADVANCED BADGE

Teaching Progression

- 1) Backward two-foot turn on a curve.
- 2) Back spirals in a straight line.
- 3) Ballet hops
- 4) Side hops, three jumps, drags, shoot the ducks and original footwork moves, change of edges, cross rolls, chasse, slide chasses).
- 5) Marching spin.

Skills for Assessment

- 1) Backward spirals on a curve.

- 2) Backward inside edges.
- 3) Backward outside three turns.
- 4) Backward inside three turns.
- 5) “T” stops.

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

Teaching Progression

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

Skills for Assessment

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

FIGURE 3 BADGE

Teaching Progression

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

Skills for Assessment

- 1) Waltz eight.

FIGURE 4 BADGE

Teaching Progression

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

Skills for Assessment

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

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

Teaching progression ideas

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

Skills for Assessment

- 1) Forward bunny hop.
- 2) Waltz jump.
- 3) Toe loop jump.
- 4) Backward pivot.
- 5) Back spin from a pivot entrance.
- 6) Spiral Sequence (min. two different spirals).
- 7) One Foot Spin (3 revolutions with correct entry).
- 8) Width of rink Step Sequence (min. of two different turns and three different steps)

FREE SKATING 2 BADGE

Teaching progression ideas

- 1) 360 degree two foot jump on the spot.
- 2) 2-foot spin in sitting position.

Skills for Assessment

- 1) Half flip jump.
- 2) Salchow jump.
- 3) Loop jump.
- 4) 1-foot spin 3 revolutions (correct entry).
- 5) Inside Ina Bauer or forward inside spread eagle.
- 6) Jump combination - waltz jump / toe loop jump.
- 7) Width of rink Step Sequence (min. of three different turns and four different steps).

FREE SKATING 3 BADGE

Skills for Assessment

- 1) Stag jump.
- 2) Back spin (correct entry).
- 3) Camel spin or sit spin (three revolutions).
- 4) Jump combination - salchow jump / loop jump.
- 5) Half lutz jump.
- 6) Flip jump.
- 7) Width of rink Step Sequence (min. of four different turns and five different steps).

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/solo).
- 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/solo).
- 7) Rhythm Blues (skated to music with partner/solo)

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/solo).

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/solo).

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) Riverside Rhumba (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).
- 4) Ten-Fox (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.

PAIR SKATING 1 BADGE

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

- 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).

PAIR SKATING 2 BADGE

Teaching Progression

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

Skills for Assessment

- 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).

PAIR SKATING 3 BADGE

Skills for Assessment

- 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).