

KIWISKATE

KIWI SKATE is a New Zealand Skate School Program that takes skaters through a series of fourteen badge levels from tiny tots and beginners up to a competitive level in any Ice Skating Sport such as Figure Skating, Ice Hockey & Speed Skating.

There are also 6 Dance Badges and 2 Synchronised Badges.

TINY TOTS (Pre School)



TINY TOTS I:

- a) Proper way to fall and get up (standing still). Dip position, bring arms into chest and fall to ice either side of bottom. To get up roll on to knees and hands, raise one foot, placing between hands on ice, then the other foot, with both feet flat on the ice between hands, stand up.
- b) Dip standing still. Skater to bend knees to squat position with arms stretched forward. Hips no higher than knees.
- c) Forward two foot glide length of glide equal to skater's height — feet no further than a blade length apart.
- d) Skate half-way across width of rink without falling.

TINY TOTS II:

- a) V position and push. Skater must stand in V position — heel of front foot placed at instep of back foot, then push from inside edge of back foot.
- b) Back wiggle. The Skater must wiggle backwards, distance equal to height of the Skater, in four zigzag movements.
- c) Forward sculling. Three in and out movements to glide distance equal to Skater's height. May take three forward steps prior to this move.
- d) Dip whilst moving.



BEGINNER:

- a) Rhythm skating: one count per glide across width of ice.
- b) Forward skating and glide on two feet across the width of the rink
- c) Forward skating and glide on two feet, then bending hands out in front of chest, returning to standing glide position (Pee Wee-position important).
- d) Stopping – any skid stop (e.g. snow plough, side stop).
- e) Backward marching with toes turned in (seesaw) across the width of rink.

ELEMENTARY:

- a) "T" pushes: push off from heel to instep on an inside edge, glide forwards for length of skater's body. (On each foot).
- b) Forward double sculling across the width of the rink.
- c) Backward skating, using alternating 'C' sculling (eight consecutive push-glide sequences).
- d) Forward stroking across the ice: Glide on each foot for length of skater's body (right and left)
- e) Snow plough stops – left and right foot



BASIC:

- a) Forward pumping on a circle on two feet, complete a right circle, stop then complete a left circle.
- b) Two foot turn forwards to backwards and backwards to forwards on a curve while skating.
- c) Forward crosscuts on a circle in both directions.
- d) Backwards, half snow plow (both feet).
- e) Backward skating across width of ice using "C" pushes, (show a push & glide on alternating feet).
- f) Forward inside edges on a long axis (1/2 circles on alternate feet).

NOVICE I:

- a) Backward one foot glides on a straight line, held for skaters length of body.
- b) Two foot spin for three revolutions in skater's chosen direction.
- c) Backward pumping on a circle, complete a right circle, stop then complete a left circle.
- d) Forward outside edges on long axis – using proper push off, curving from a line and back to a line.
- e) Three turns (both directions, inside).
- f) Back inside Mohawks.

Abbreviations

FO Forward Outside
FI Forward Inside
LBI Left Back Inside
LBO Left Back Outside
LFI Left Forward Inside
LFO Left Forward Outside

BO Back Outside
BI Back Inside
RBI Right Back Outside
RBO Right Back Outside
RFO Right Forward Outside
RFI Right Forward Inside



NOVICE II:

- a) Forward inside Mohawk (both directions).
- b) Forward spirals on a curve (skater's choice of foot).
- c) BO to FO Mohawks (hold glide for 2 counts before & after Mohawks) (LBO to RFO), (RBO to LBO).
- d) Three turns (both directions, outside).
- e) Backward crosscuts on a circle In both directions.
- f) Forward two foot parallel side stop (both directions).
- g) Backward one-foot glides around a circle, sustaining a BO & BI glide, both directions with foot pushing in front and then passing to behind skating foot.

ADVANCED:

- a) Sequence of: 3 forward crossovers – FO Three Turn – 3 backward crossovers - BO-FO Mohawk. Sequence repeated both directions.
- b) Sequence: FO-BI 3 turn then push onto a BO edge glide, repeat minimum of 4 times around circle. (Both directions).
- c) FI-BO 3 turn, step forward to FO edge, repeat minimum of 4 times around circle. (both directions).
- d) 3 forward crossovers FI-BI Mohawk – 3 back crossovers BI-FI Mohawk. Repeated minimum of 3 times around circle. (Both directions).
- e) RFI-LBI Mohawk; Forward crosscuts/RFI-LBI mohawk/backward crosscuts/LBI-RFI mohawk on a counter clockwise circle. Repeat a minimum of three times.
- f) Backward spirals on a curve, length of glide equal to skater's height (skater's choice of foot).
- g) Backward outside edges – curving from a line and back to the line, first on the right foot then on the left foot.
- h) Backward outside to forward inside three turns.
- i) Backward inside to forward outside three turns.



PROFICIENCY:

- a) Backwards inside edges (may start from a three turn) – curving from a line and back to a line, first on the right foot, then on the left.
- b) Forward perimeter stroking: Using full ice surface, begin with 1 lap forwards, crossovers on ends of ice and stroking glides up the length of ice. Using a FO Three turn or a FI Mohawk to turn backwards and complete 1 lap backwards. (Both directions).
- c) Forward crosscuts in a figure eight pattern.
- d) Forward outside spiral on a curve (both feet).
- e) Forward inside spiral on a curve (both feet).
- f) Simple step sequence.
- g) Figure Eights - outside and inside.

KIWISKATE STROKING:

- a) Circle stroking (outside). The skater shall complete three or more forward crossovers followed by FO Three Turn, and completes three or more backward crossovers. The skater then glides on the BO edge, stepping onto the FO edge on the other foot. This sequence should be repeated three times. It must be performed in both clockwise and anti-clockwise directions.
- b) Circle stroking (inside). The skater shall be complete three or more forward crossovers followed by FI Mohawk. The skater then changes to the BO edge of the other foot and completes three or more backward crossovers. The skater then glides on a BI edge, stepping onto the FI edge of the other foot (Mohawk type turn). This sequence should be repeated three times. It must be performed in both clockwise and anti- clockwise directions.
- c) Rink stroking. The skater shall do forward crossovers around each end of the rink interspersed with a least four long strongly held edges down each side. Three laps of the rink in both clockwise and anti-clockwise directions are required. Special attention to be given to speed, glide and carriage.



FREESKATE I:

- a) Forward bunny hop – left or right foot.
- b) Waltz jump (entry from backwards crosscuts).
- c) Half flip jump.
- d) Forward pivot.
- e) 1-foot spin 3 revolutions (optional entry).
- f) Back spirals on a curve (outside and inside/right and left foot).
- g) Simple step sequence (min. of five steps).

FREESKATE II:

- a) Toe loop jump.
- b) Salchow jump.
- c) Split Jump.
- d) One foot spin - three revolutions (correct entry).
- e) Backward pivot.
- f) Inside Ina Bauer or forward inside spread eagle.
- g) Jump combination: waltz jump/toe loop.
- h) Footwork of a more advanced nature (straight line, minimum of eight steps).

FREESKATE III:

- a) Stag jump.
- b) Loop Jump.
- c) Back one foot spin (three revolutions).
- d) Camel spin or sit spin (three revolutions).
- e) Jump combination – salchow jump/toe loop jump.
- f) Half lutz jump.
- g) Flip jump.
- h) Footwork on a curve (minimum of eight steps).

FREESTYLE:

A one and a half minute program 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.

KIWI SKATE DANCE BADGES

DANCE I

- a) Forward outside swing rolls (count of six).
- b) Forward progressives (Dutch Waltz timing).
- c) Dutch Waltz (skated to music with a partner).
- d) Forward chasses (count of four).
- e) Forward slide chasses (count of four).

DANCE II

- a) Forward progressives (Canasta timing).
- b) Forward cross rolls.
- c) Forward progressives/chasse (one count per step).
- d) Swing change of edge.
- e) Forward swing rolls (count of four).
- f) Canasta Tango (skated to music with a partner).
- g) Baby Blues (skated to music with a partner).

DANCE III

- a) Backward swing rolls (count of four).
- b) Backward chasses (count of four).
- c) RFI-LBI Mohawk (open, closed or swing; count of two plus two).
- d) LFO RFI LFO RFI progressive steps Mohawk (RFI-LBI)/RBO. Repeat on a circle (two counts per step).
- e) Swing Dance (skated to music with a partner).

DANCE IV

- a) Forward cross rolls (count of two).
- b) Cross step (count of two).
- c) RFOI change of edge (count of four plus two).
- d) RFI-LBI open Mohawk (count of one plus one).
- e) Fiesta Tango (skated to music with a partner).

DANCE V

- a) Backward progressives (count of four).
- b) LFO-RBO open Mohawk (count of one plus one)
- c) FO-BI closed three turn (RFO for man, LFO for lady) count of one plus one.
- d) RFO roll with knee bend (count of four).
- e) Tenfox (skated to music with or without a partner).

DANCE VI

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