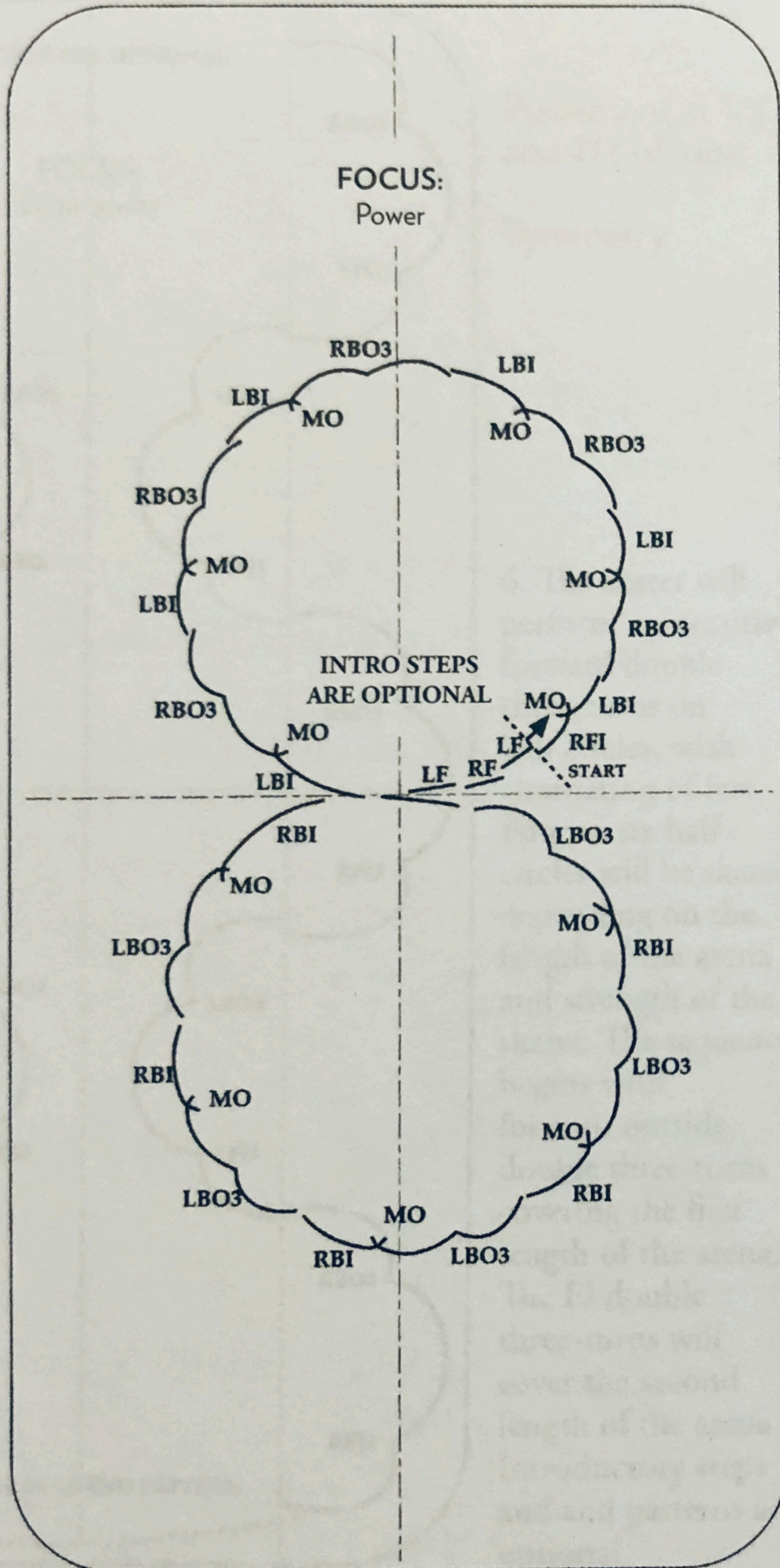


BACKWARD POWER THREE-TURNS

Not scratchy



5. 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.

Count three-turns (3 - 5)

Focus is Power:

Ability to increase speed with solid control.

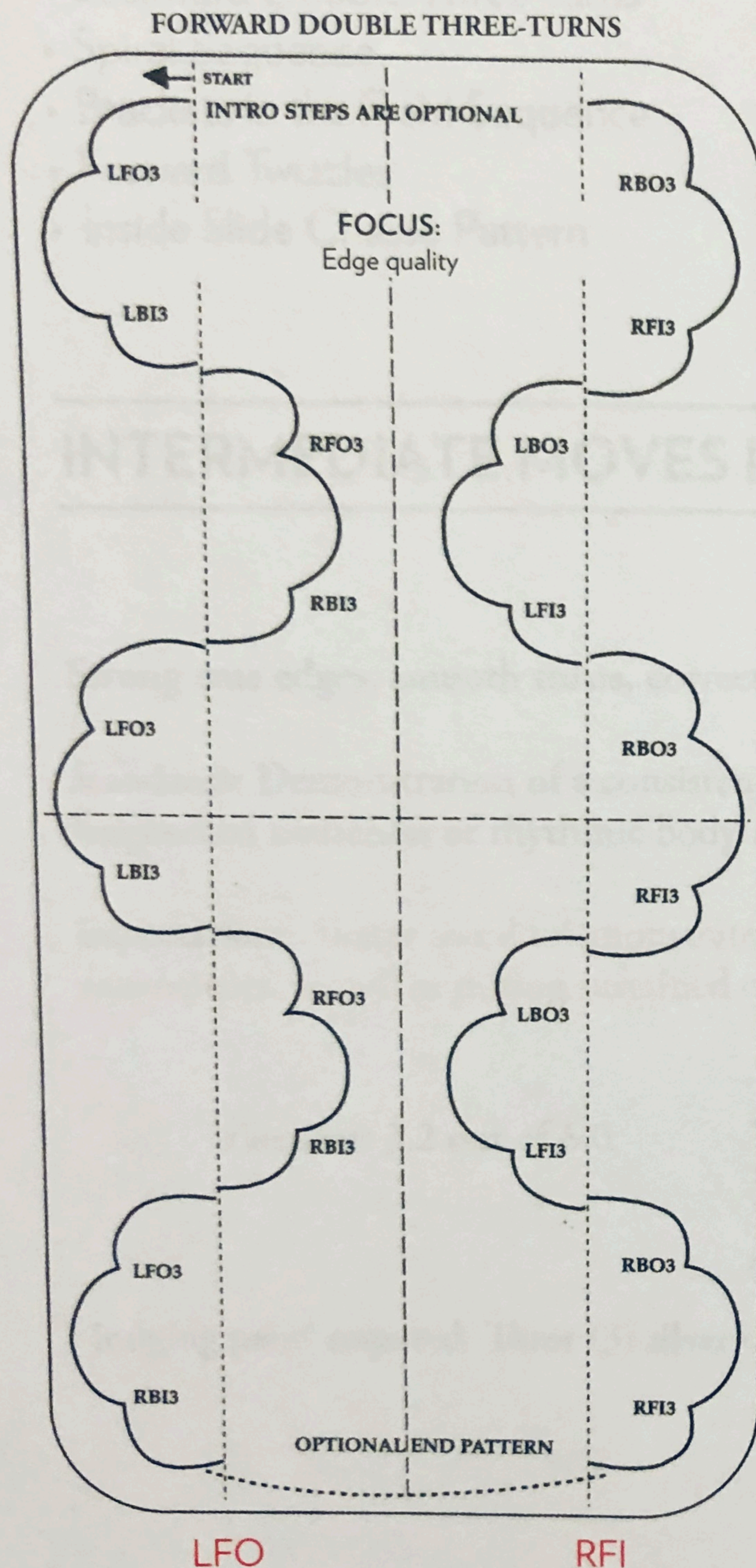
Test Standards/Expectations:

- An increase of power with each turn
- Both left and right three's should be of equal quality
- Even timing throughout
- Length of edges in and out of turns should be equal
- One-foot glide between circles

Errors:

- Circle size is too small
- Uneven timing
- Two-foot turns
- Weaker left back turns (clockwise direction)
- Lacking ability to increase power with each turn
- Inadequate control throughout the move

No power if circle decreases in size



Placement at 1/3  
and 2/3 of lobe

Symmetry

6. 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 arena and strength of the skater. The sequence begins with forward outside double three-turns covering the first length of the arena. The FI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.

### Focus is Edge Quality:

Good control and sustained edges, with equal lobes, and no major sub curves.

### Test Standards/Expectations:

- Control of the arc between the turns
- No sub curves after the turns (sub curves not wobbles)
- Proper open stroke is required
- Turns placed at 1/3 and 2/3 of lobe

### Errors:

- Skated too slowly
- Sub curves between turns
- Lack of control after back three-turn
- Poor placement of the turns (too close together)
- Toe pushing
- Weaker forward inside double three-turns
- Inability to maintain flow throughout

### Extra credit for:

- Controlled extended free leg
- Good flow and control

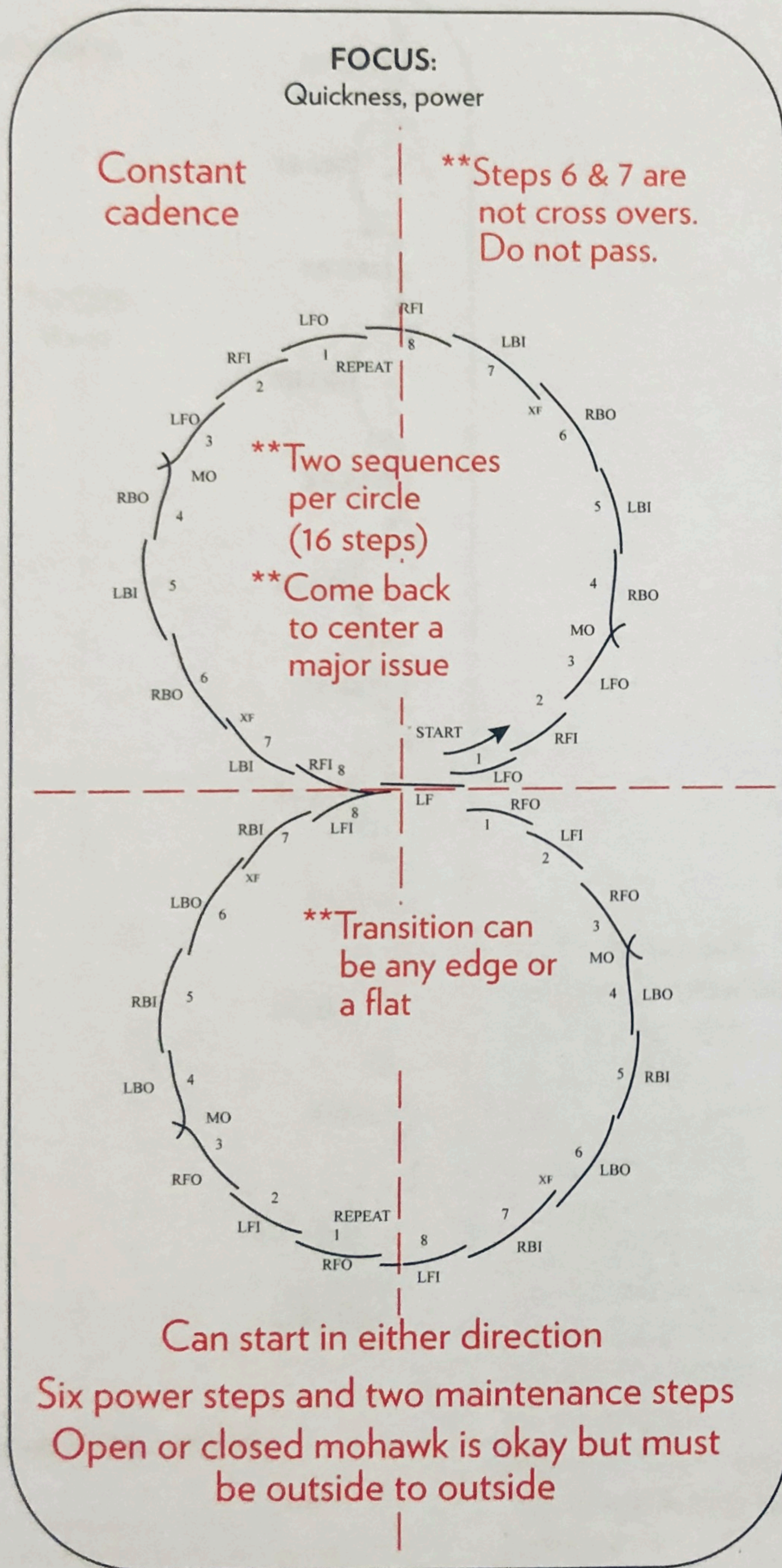
EIGHT-STEP MOHAWK SEQUENCE

**\*\*Finesse**

3. 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/right foot transition. The sequence is then repeated twice in the opposite direction.

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

Two sequences per circle then change circles and repeat two sequences in the other direction



**Focus is Quickness:**

Ability to execute controlled rhythmic movement.

**Focus is Power:**

Ability to increase speed with solid control.

☞ The new move combines both directions into a figure eight pattern with two sequences on each circle.

**Test Standards/Expectations:**

- Fairly neat placement of feet (footwork)
- Footwork is a combination of a march and glide action
- Circle shape must be maintained
- Skater should complete two sequences per circle
- Steps 6, 7, and 8 must be distinct sliding steps – not a back crossover

**Common Errors:**

- Circle size too small or irregular circle
- Inability to sustain a quick march tempo
- Wide stepping (wider than hips)
- Blatant and early change of edge on the mohawk
- Weak in one direction (usually clockwise)
- Difficulty in completing a full circle

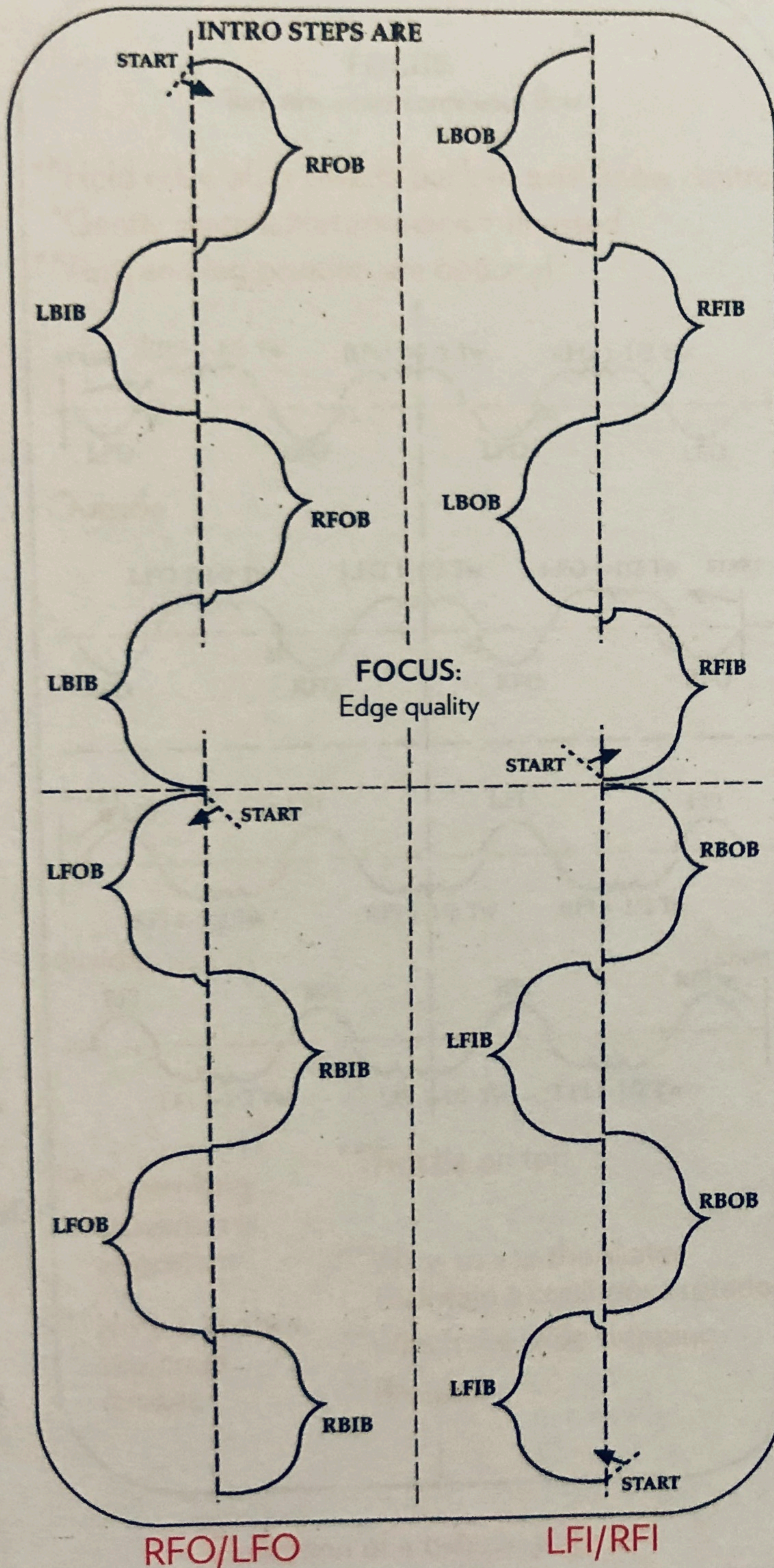
Speed may affect the depth of edges of the turn

\*\*Credit given for a good pattern with a good transition between circles of similar size

\*\*Give credit for control

### BRACKETS IN THE FIELD (FORWARD OUTSIDE-BACK INSIDE) AND (FORWARD INSIDE-BACK OUTSIDE)

3. The skater will perform two sets of turns on half circles (RFO-LBI) down approximately one half to two-thirds the length of the arena. Continuing down the remaining length of the arena the skater then will perform two sets of turns (LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately one half to two-thirds the length of the arena. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the arena, with an optional step to transition to the RFI edge.



### Focus is Edge Quality:

Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.

### Test Standards/Expectations:

- Proper edge when skating foot strikes the ice
- Adherence to a common axis with perpendicular strike-off
- **Controlled brackets in and out on proper edge (minimum of scraping, no jumped turns and all turns equal)**
- Even lobes
- Ability to maintain control of body (alignment)
- Controlled flowing edges (no major sub curves)

### Common Errors:

- Toe pushing
- Incorrect blade placement in relation to long axis
- **Turning bracket early**
- **Scraped turns**
- 2-footed after back pushes
- Lobes uneven
- Difficulty maintaining flow
- Lack of upper body control during turns

**Extra credit: when skated at greater speed with control**

## FORWARD TWIZZLES

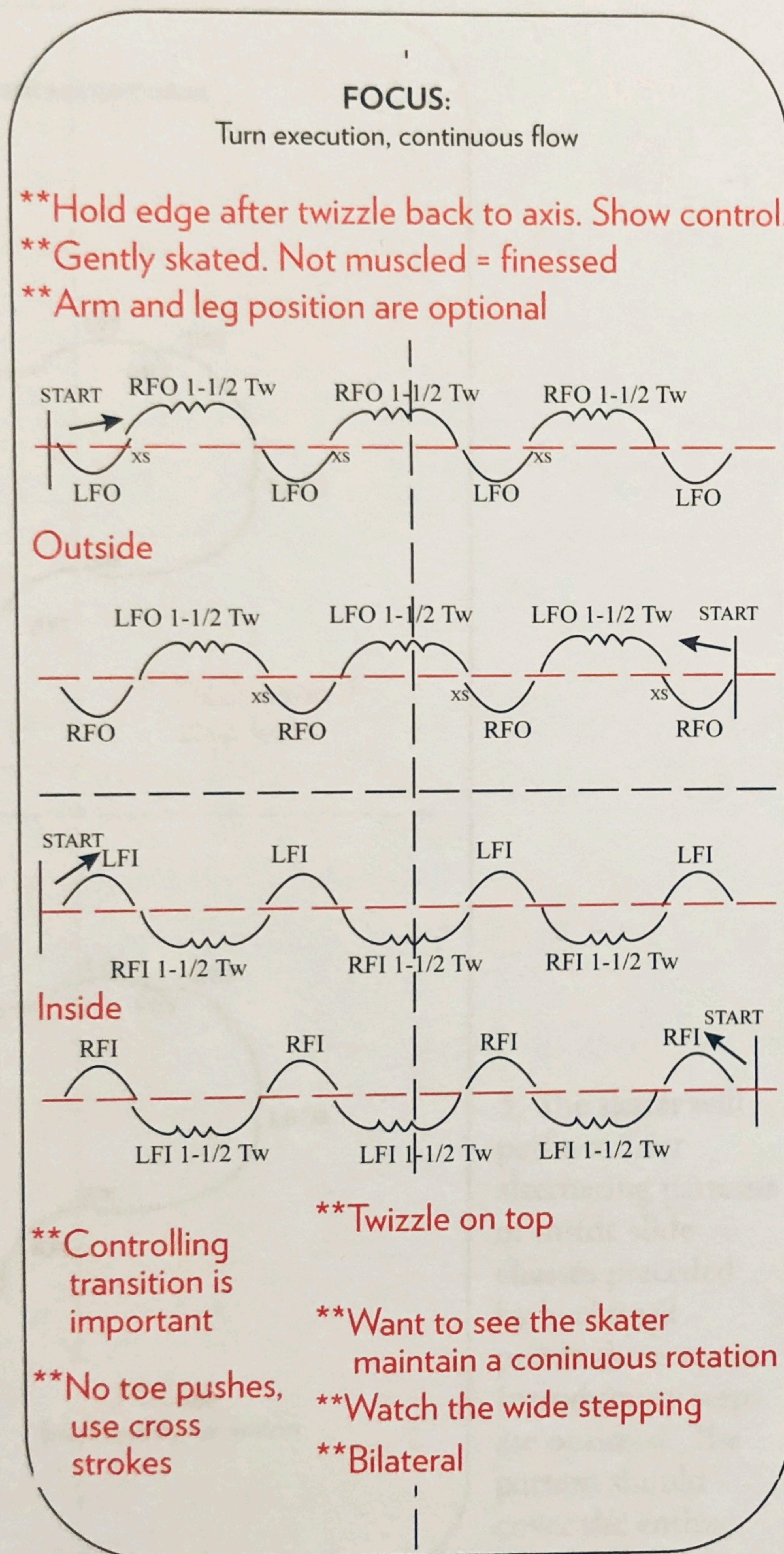
### 4. FORWARD OUTSIDE TWIZZLES:

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.*



Definition of a twizzle: page 89

**Focus is Turn Execution:** The proper skill and technique of how the turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification.

**Focus is Continuous Flow:** The skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.

### Test Standards/Expectations:

- See definition of a twizzle on page 89
- Static skating leg/knee (either bent or straight) during twizzle
- **Skated with continuous flow**
- Strong core and body alignment
- Correct blade action (ball/heel/ball)
- Shoulders/hips/blade rotate as one unit

### Common Errors:

- Loss of upper body control
- **Over rotation, lack of check on exit of twizzle**
- Lack of flow
- Wide stepping/two stepping transitions
- Toe pushing on cross stroke
- **Scraped or skidded turns**
- One rotational direction stronger than the other
- Checked turning action
- **Slow turning action with longer than two blade lengths between cusps of turns**
- Forward three-turn with a back inside loop (incorrect blade action)

### Teaching Tips:

- Outside twizzles: practice cross strokes on axis
- Work on alternating single three-turns with arms and free leg close, focusing on check of exit edge and transition
- Add multiple rotations to twizzles
- Work on resistance exercise on/off ice, helping skaters to become aware of core strength
- On-ice foot board exercises
- Sustaining exit edge of twizzle for an entire circle

**\*\*If too much power, everything is done too soon**

## 6. BACKWARD OUTSIDE TWIZZLES:

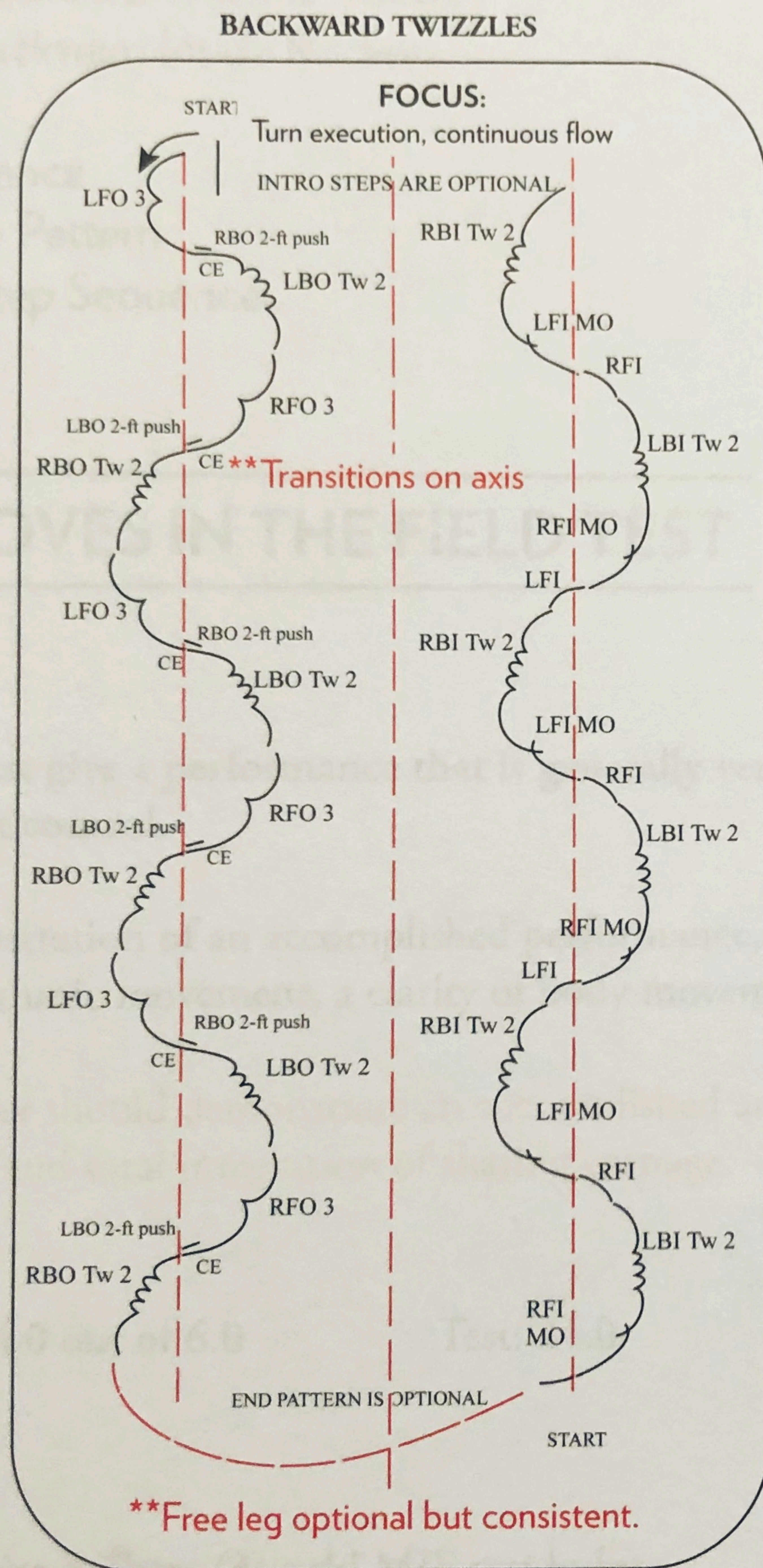
The move begins with a LFO three turn changing edge into a LBO double twizzle with a two-foot push to assist the twizzle rotation. The skater then steps forward into a RFO three turn, changing edge into a RBO double twizzle, completing a 'twizzle set'. Each 'twizzle set' is performed three times down 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.*

**Definition of a twizzle:**  
page 89

**End pattern is 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.

## Focus is Turn Execution:

The proper skill and technique of how the turn should be performed. The correct entry and exit edges are adequate and maintained throughout the turn for its identification.

## Focus is Continuous Flow:

The skater's ability to maintain a consistent and undisturbed running edge across the ice.

## Test Standards/Expectations:

- Effortless execution of twizzles
- Maintain continuous flow throughout
- Consistent and stable free leg positions
- Full ice coverage
- Controlled, balanced transitions
- Maintain upper body control
- Demonstrate controlled extension on exit of twizzles
- Maintain axis and lobe size
- Correct blade action (heel/ball/heel)
- Shoulders/hips/blade rotate as one unit

## Common Errors:

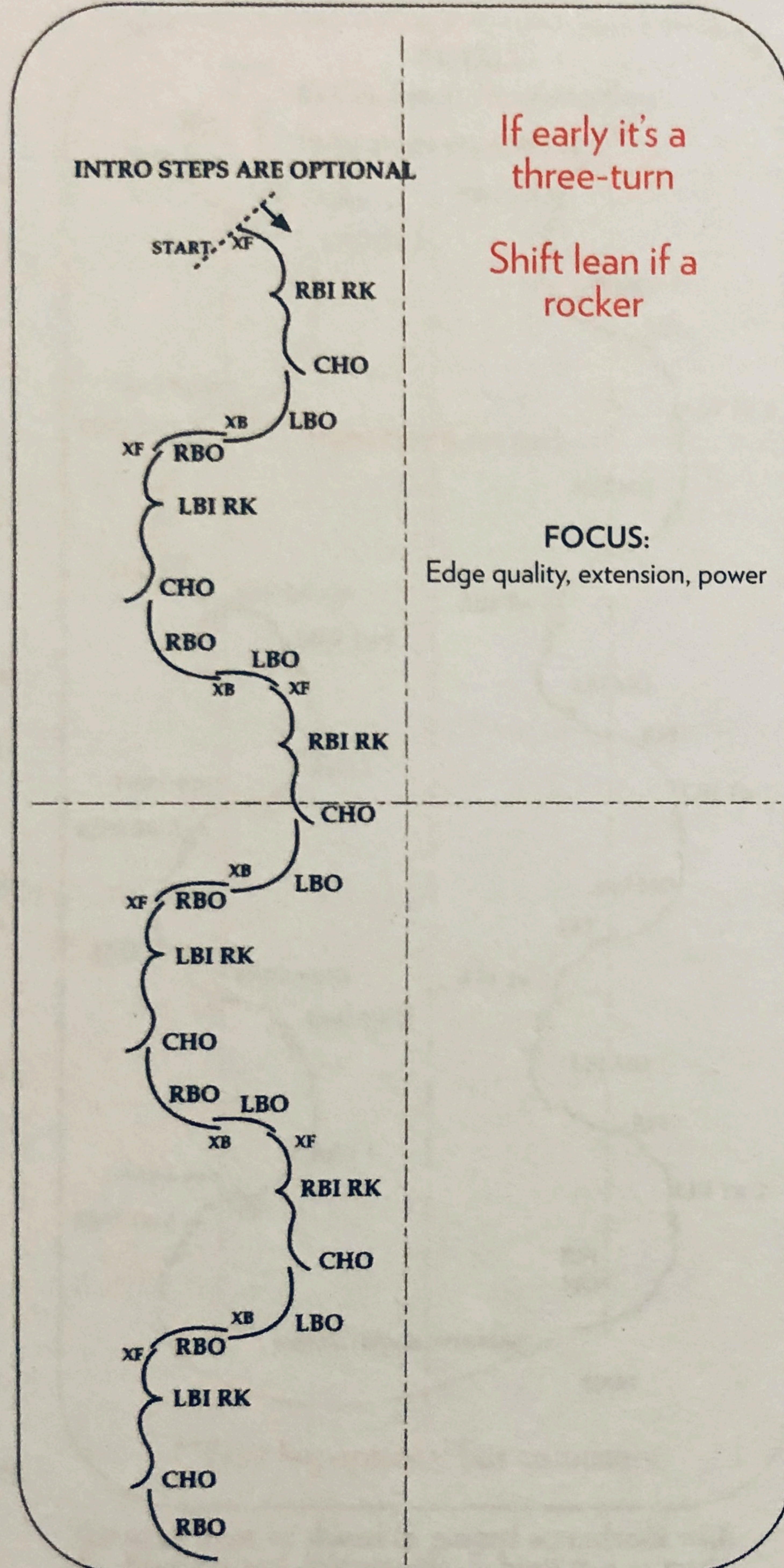
- Outside twizzles: Twizzle not initiated on back outside edge
- Incomplete ice coverage
- Lack of control
- Shallow lobes
- Inability to maintain flow
- Loss of rhythm
- Check turning action
- Two-foot glide after three-turn
- Slow turning action with longer than two blade lengths between cusps of turns

## Teaching Tips:

- Practice single twizzles with extension and control
- Do on short axis first
- Work on wind up and release
- Use soft knees and re-bending on transitions
- Core strength exercises
- Use rotation when checking out of a scratch spin to create back outside twizzle

## BACKWARD ROCKER CHOCTAW SEQUENCE

Don't start late as you won't be able to fit the pattern in



If early it's a three-turn

Shift lean if a rocker

**FOCUS:**  
Edge quality, extension, power

5. The skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in six to eight consecutive half circles on alternating feet. The introductory steps are optional.

Six to eight half circles

### Focus is Edge Quality:

Strong, consistent, precise edge control and flow in accordance with the pattern.

### Focus is Extension:

Strong presentation of fully stretched body lines.

### Focus is Power:

Strong ability to generate and maintain speed from beginning to end without interruption

### Test Standards/Expectations:

- Closed choctaws on precise controlled edges
- Maintain strong flow throughout
- Good sustained extension following choctaws
- Ability to hold extended free leg in front
- Bilateral extension

### Common Errors:

- Inability to maintain or increase power
- Lack of edge quality
- Poor extension and body line
- Loss of control or problems checking choctaws
- Problem sustaining free leg extension
- Difficulty maintaining or increasing power