



Skating Skills Manual

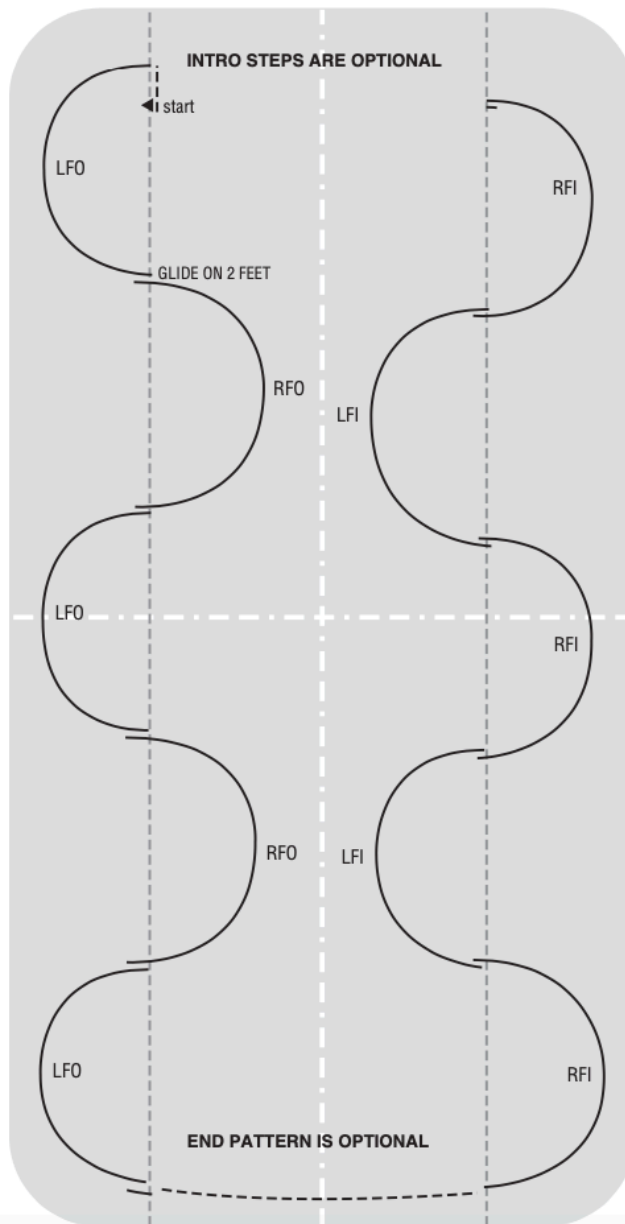
Pre-Juvenile

1. Forward and Backward Perimeter Power Stroking
2. Consecutive Outside and Inside Spirals
3. Basic Consecutive Edges
4. Alternating Forward Three-Turns

Consecutive Outside and Inside Spirals

The skater will perform right foot and left foot spirals. The outside edge spirals will be skated for the first length of the rink. Forward crossovers may be utilized (optional) around the end of the rink. Forward inside edge spirals will be skated for the second length of the rink. The exact number of spirals will depend on the size of the rink and the strength of the skater, however a minimum of four spirals down each length of the rink must be skated. The extended leg in the spiral should be held at hip level or higher. Introductory steps are optional.

Focus: Extension and edge quality

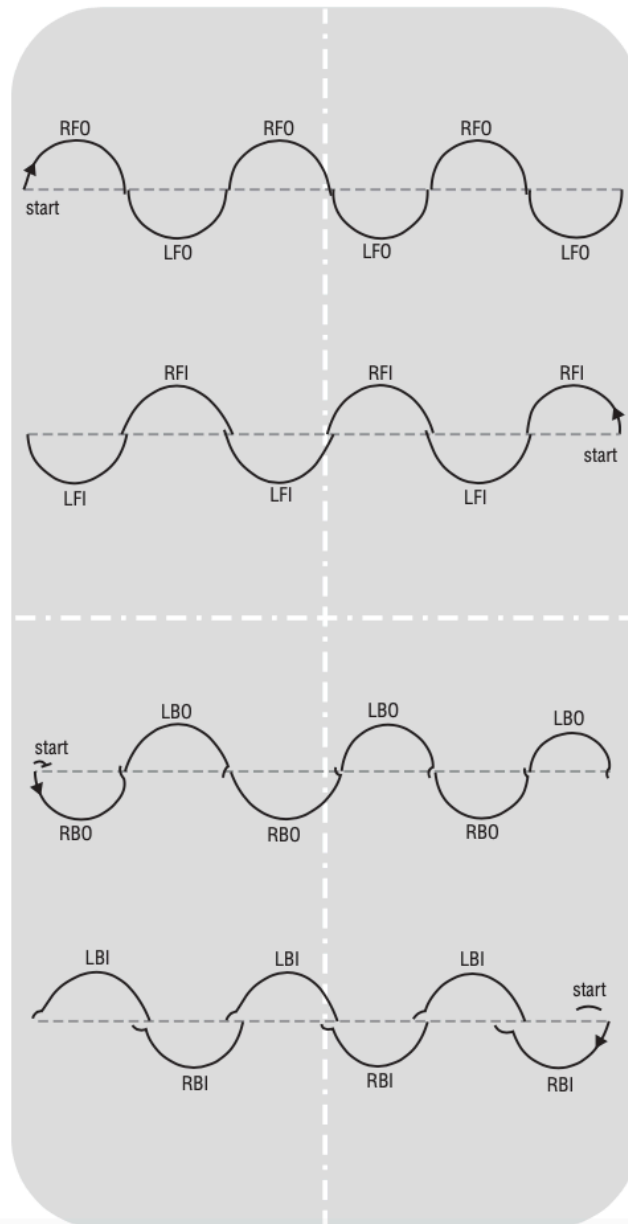


Basic Consecutive Edges

- 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.

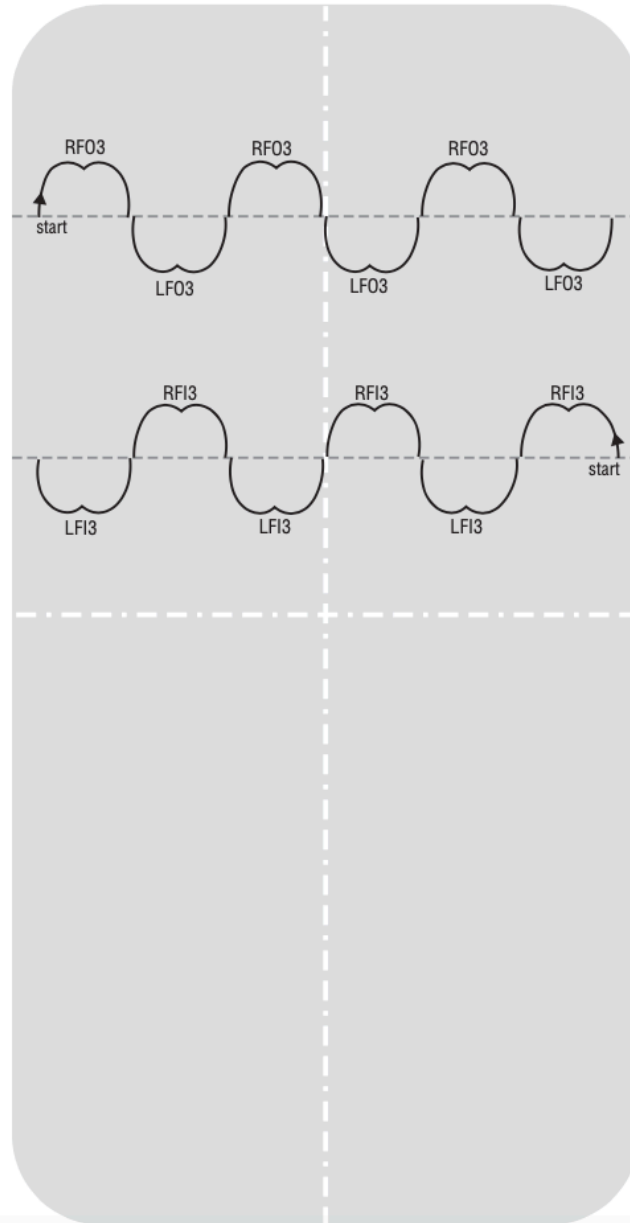
Focus: Edge quality



Alternating Forward Three-Turns

Starting from a standing position the skater will perform alternating forward outside three-turns for the width of the rink. The skater will then perform forward inside alternating three-turns for the second 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



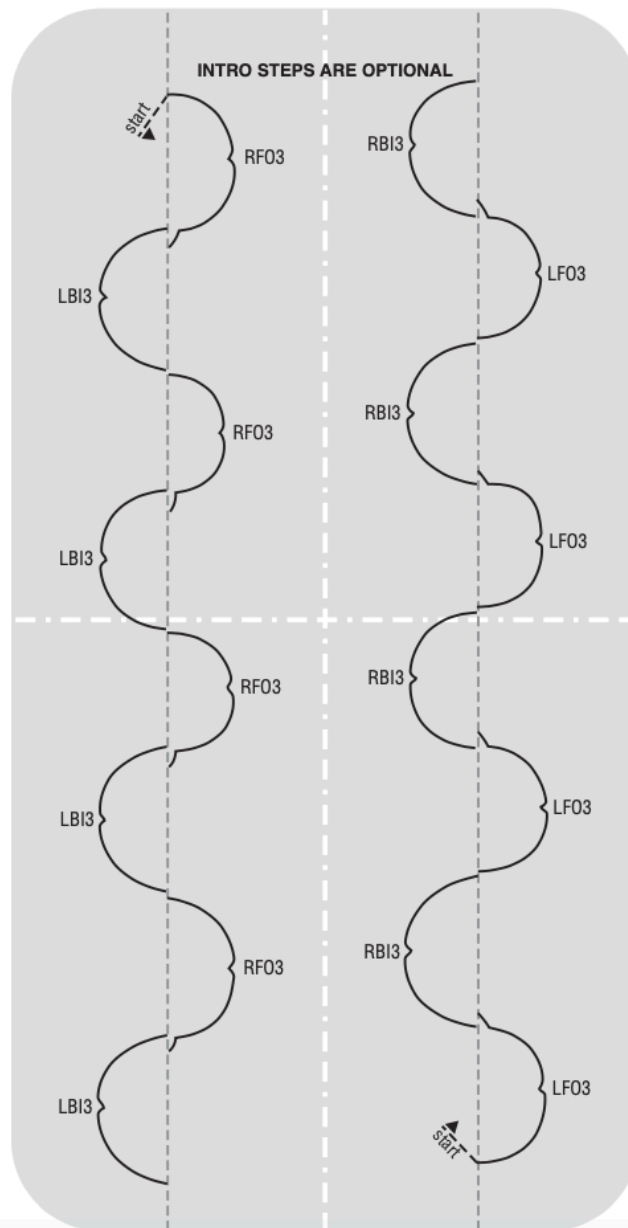
Juvenile

1. FO-BI Three-Turns in the Field
2. FI-BO Three-Turns in the Field
3. Five-Step Mohawk
4. Forward Circle Eight
5. Backward Double Three-Turns

FO-BI Three-Turns in the Field

The skater will perform forward three-turns alternating to backward three-turns covering the length of the rink. One length of the rink will start with RFO-LBI three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. On the second length of the rink, the skater will perform LFO-RBI three-turns. The end sequence and the introductory steps are optional. This move may start on either foot.

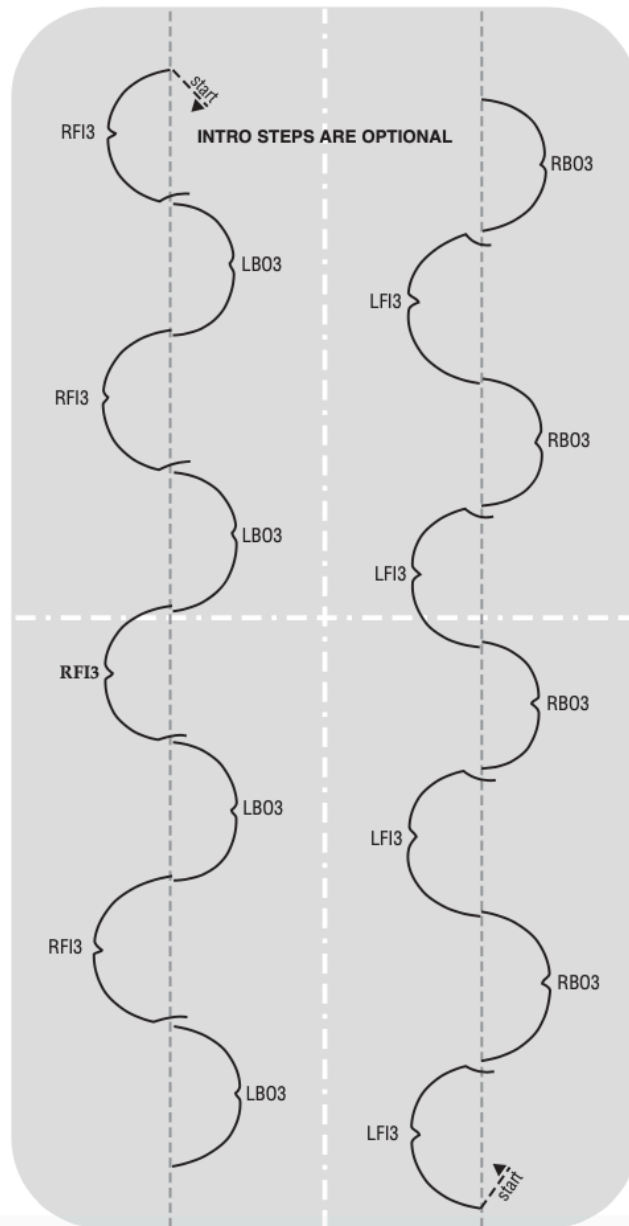
Focus: Edge quality



FI-BO Three-Turns in the Field

On one length of the rink, the skater will perform RFI-LBO three-turns. On the other length of the rink, the skater will perform LFI-RBO three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. The end sequence and the introductory steps are optional. This move may start on either foot.

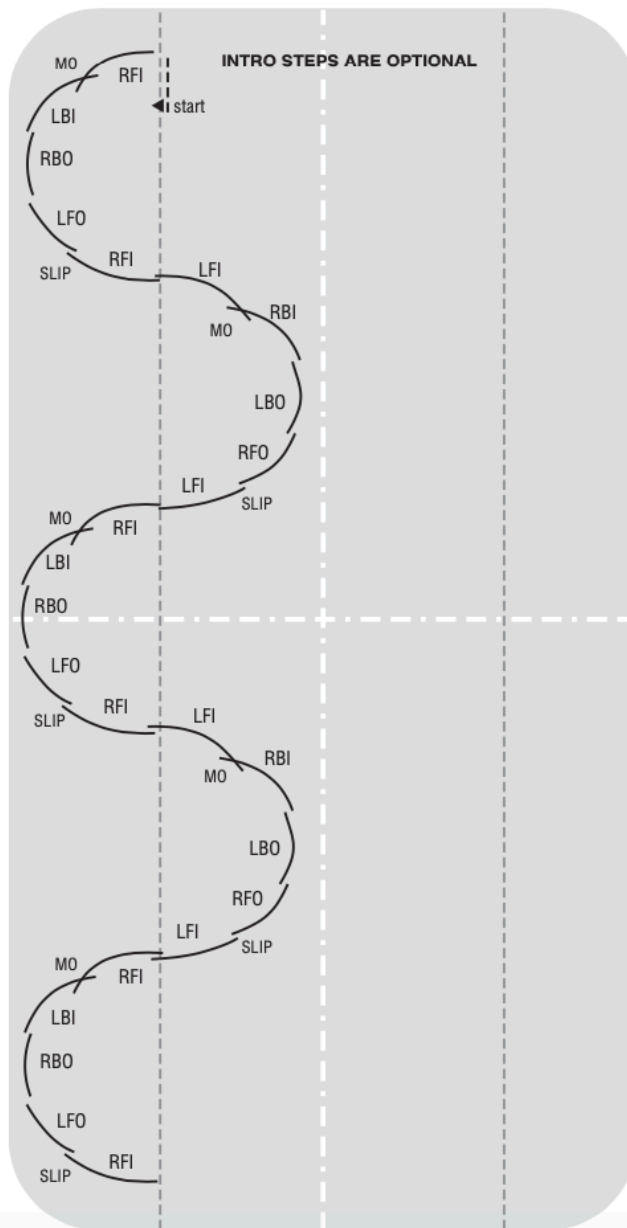
Focus: Edge quality



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.

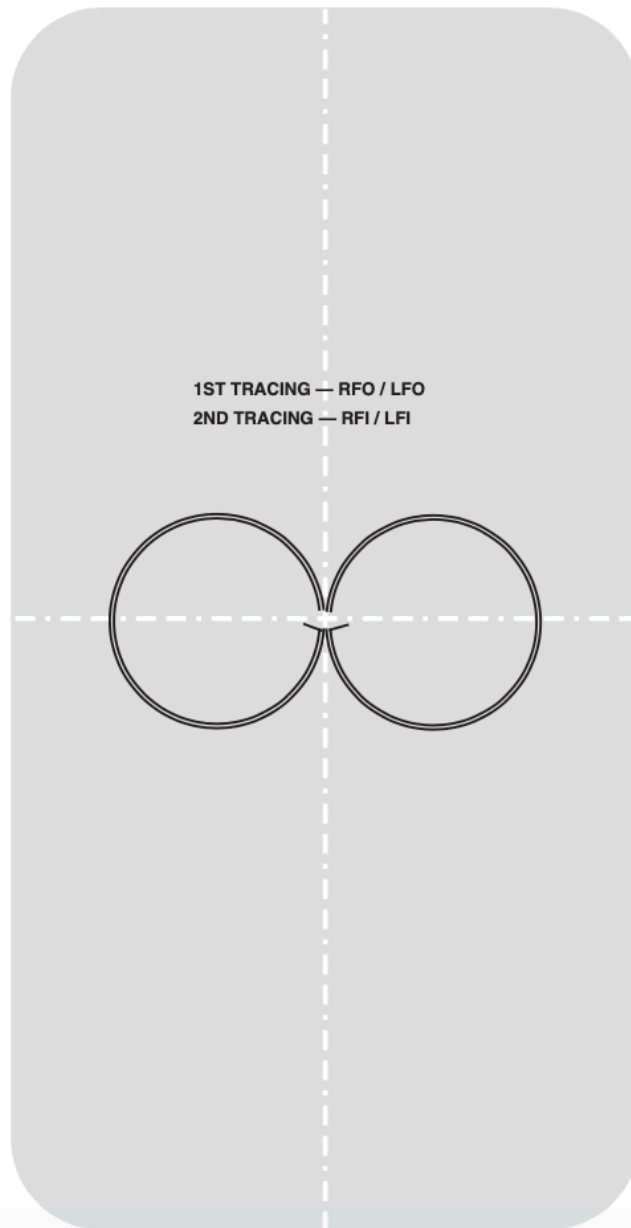
Focus: Edge quality and extension



Forward Circle Eight

The skater will push from a standing start onto a forward outside edge and complete one forward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a forward inside figure eight by pushing onto a forward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

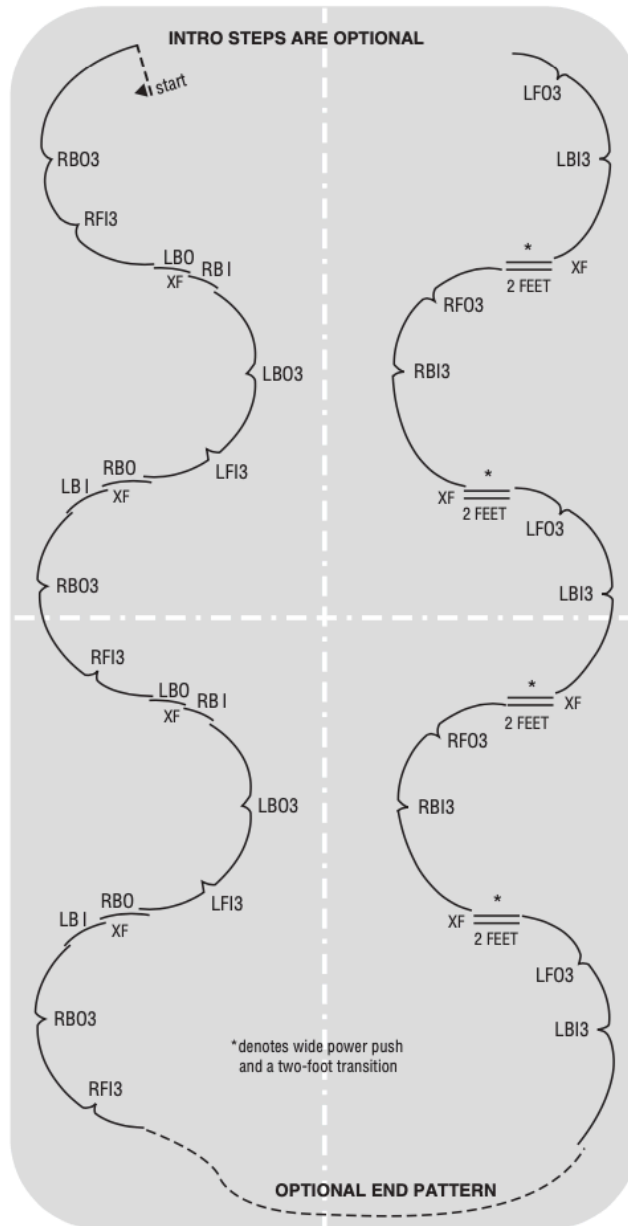
Focus: Edge quality and continuous flow



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 backward outside double three-turns covering the first length of the rink. The backward inside double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

Focus: Edge quality and extension



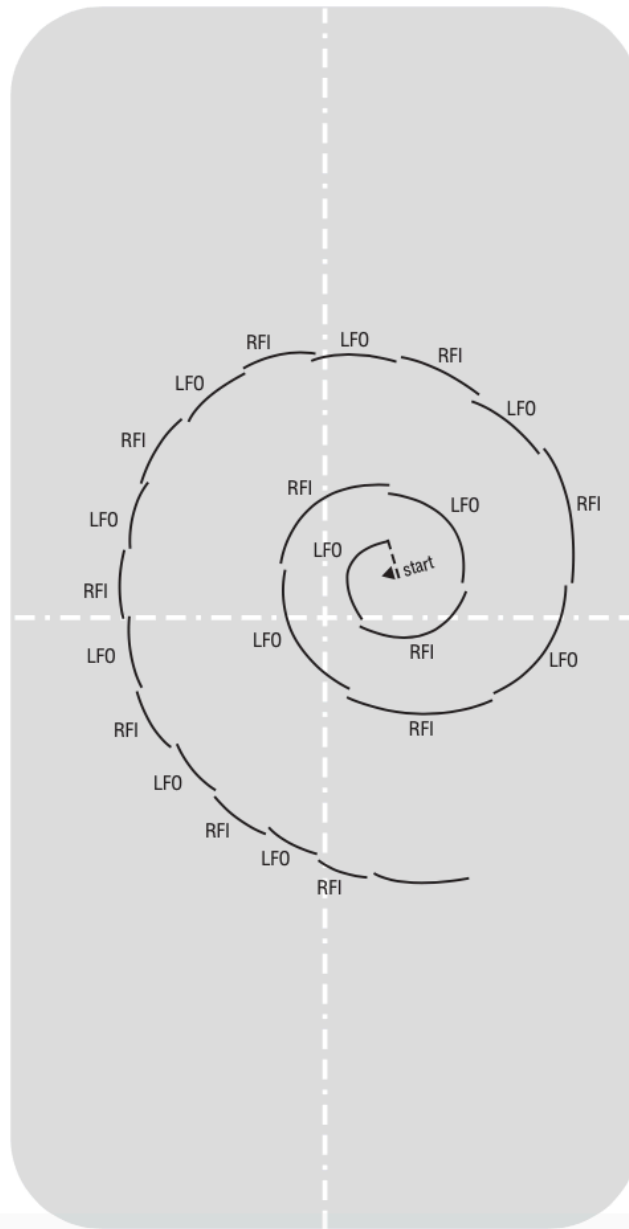
Pre-Novice

1. Forward Power Circle (Both Directions)
2. Backward Power Circle (Both Directions)
3. Backward Circle Eight
4. Backward Power Three-Turns
5. Forward and Backward Power Pulls

Stroking: Forward Power Circle

Starting from a standing position, the skater will perform forward 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 counterclockwise 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.

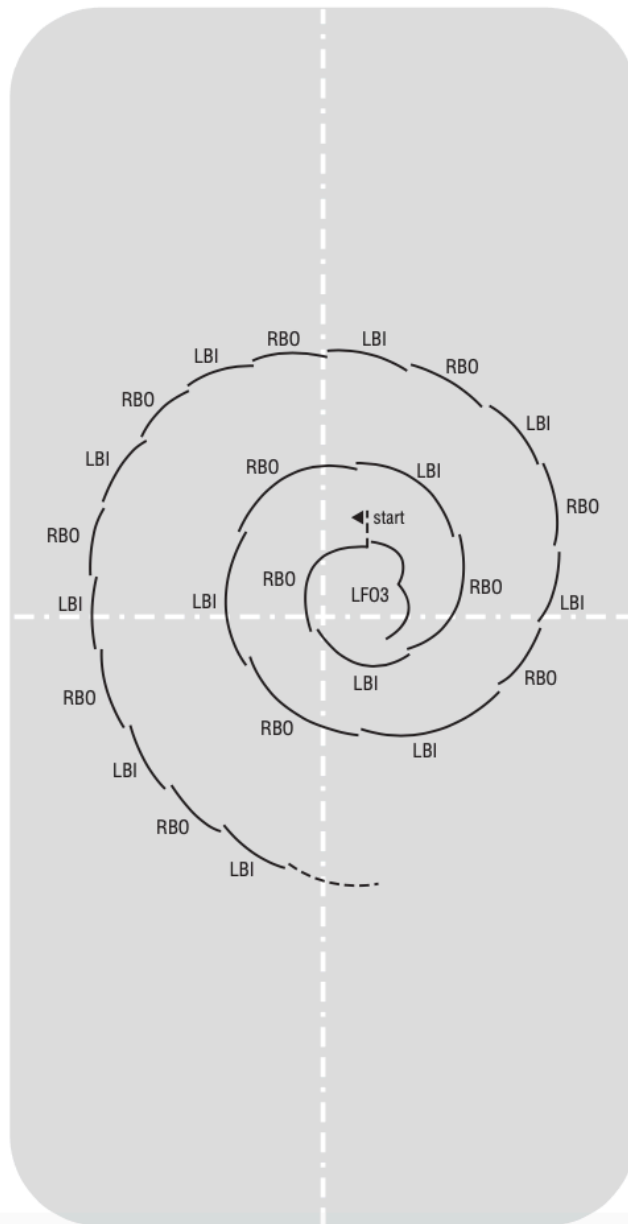
Focus: Power



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 counterclockwise 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.

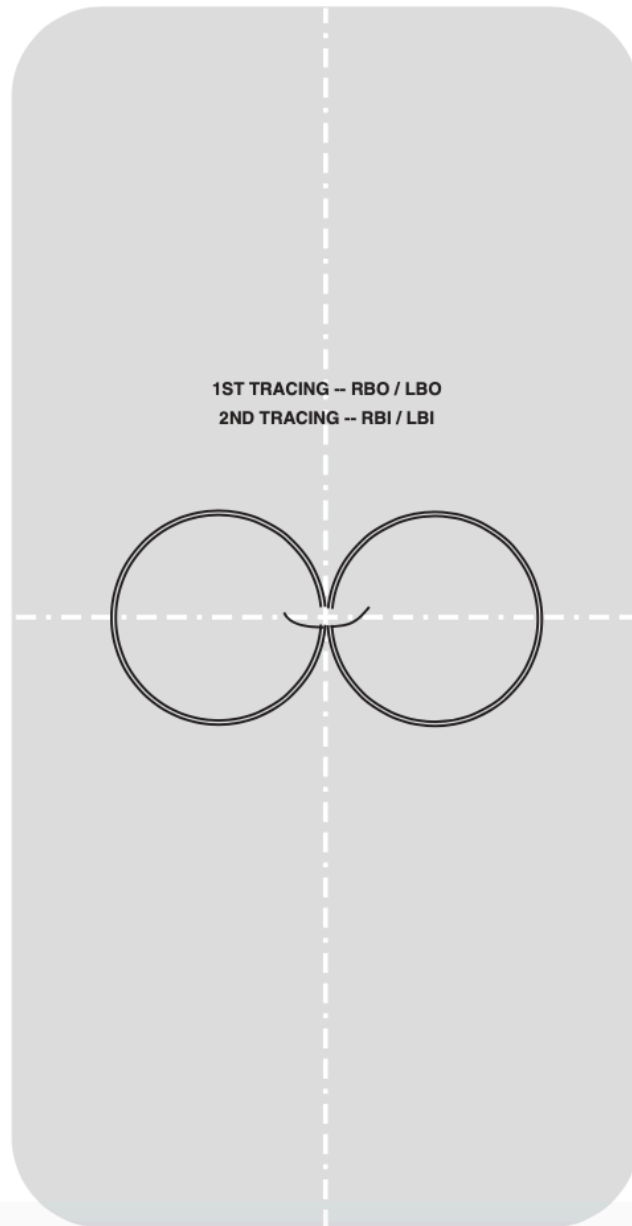
Focus: Power



Backward Circle Eight

The skater will push from a standing start onto a backward outside edge and complete one backward outside figure eight. Upon returning to center at the completion of the second circle, the skater will perform a backward inside figure eight by pushing onto a backward inside edge, thereby repeating the previously skated circle. The circles should be equal in size with each circle approximately three times the skater's height. The skater may mark the center. This move may start on either foot.

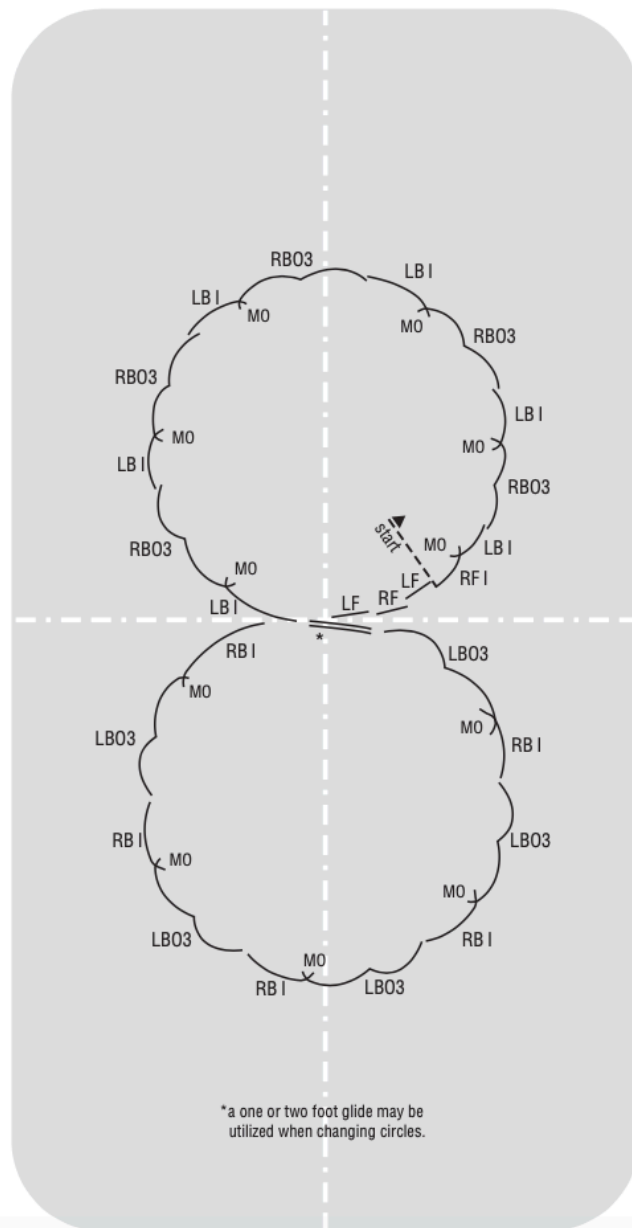
Focus: Edge quality and continuous flow



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.

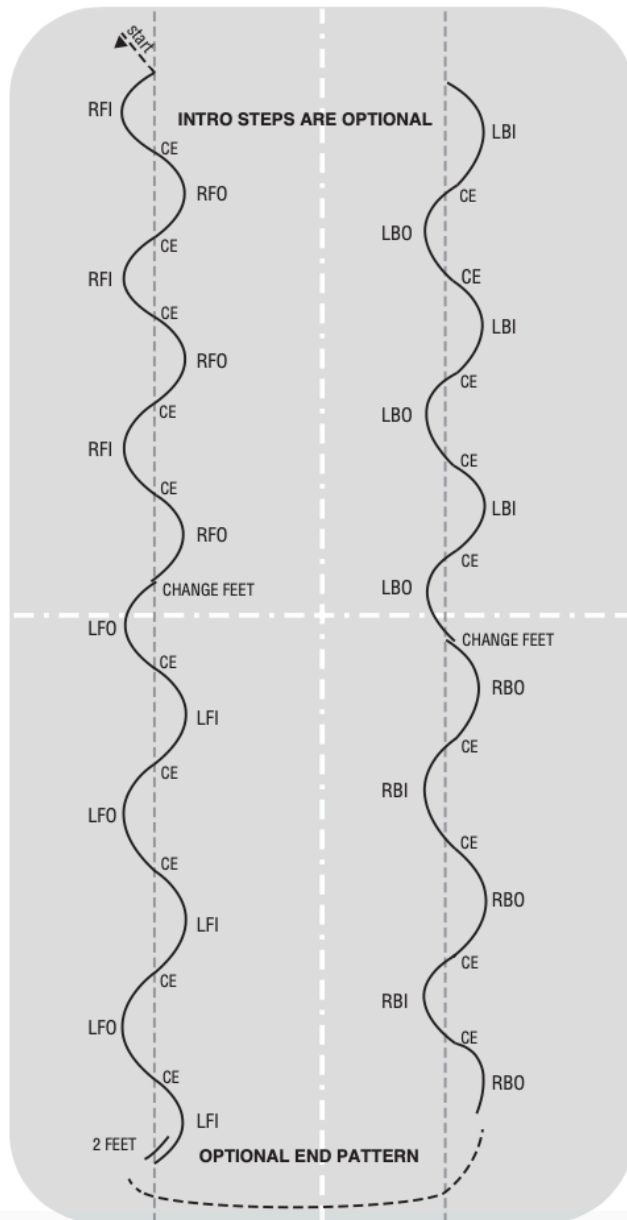
Focus: Power



Forward and Backward Power Change of Edge Pulls

The skater will perform consecutive power change of edge pulls — FIO to FOI — for the full length of the rink followed by backward change of edge pulls — BOI to BIO — for the second full length of the rink. The skater will change feet at the center of the rink. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Power



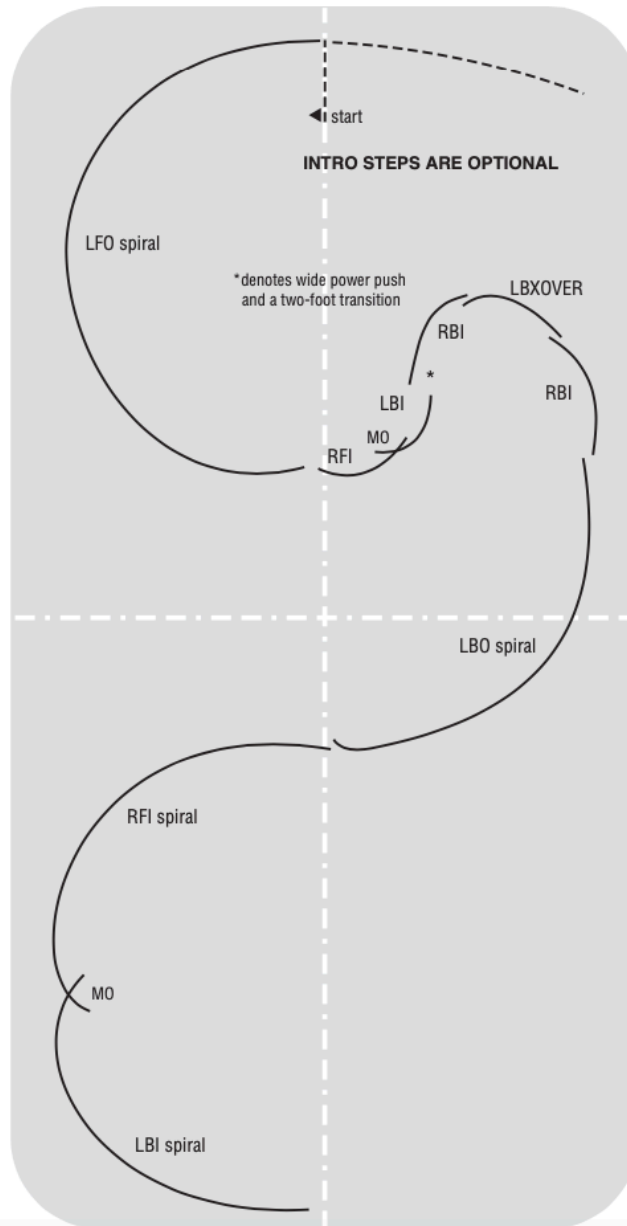
Basic Novice

1. Spiral Sequence
2. Brackets in the Field Sequence
3. Forward Twizzles
4. Eight-Step Mohawk Sequence

Spiral Sequence

The skater will begin with a LFO spiral that should be held until the long axis of the rink. The skater then brings the free leg down into a RFI open mohawk and steps wide with a two-foot power push transition to a backward right over left crossover. The skater will then push into a LBO spiral to be held until the long axis of the rink. Skater must step immediately into a RFI spiral. The free leg will drop into a RFI mohawk and lift again into a LBI spiral, also to be held until the long axis. Optional steps to repeat pattern in opposite direction starting with RFO spiral. Note: All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility. Introductory steps are optional. This move may start on either foot.

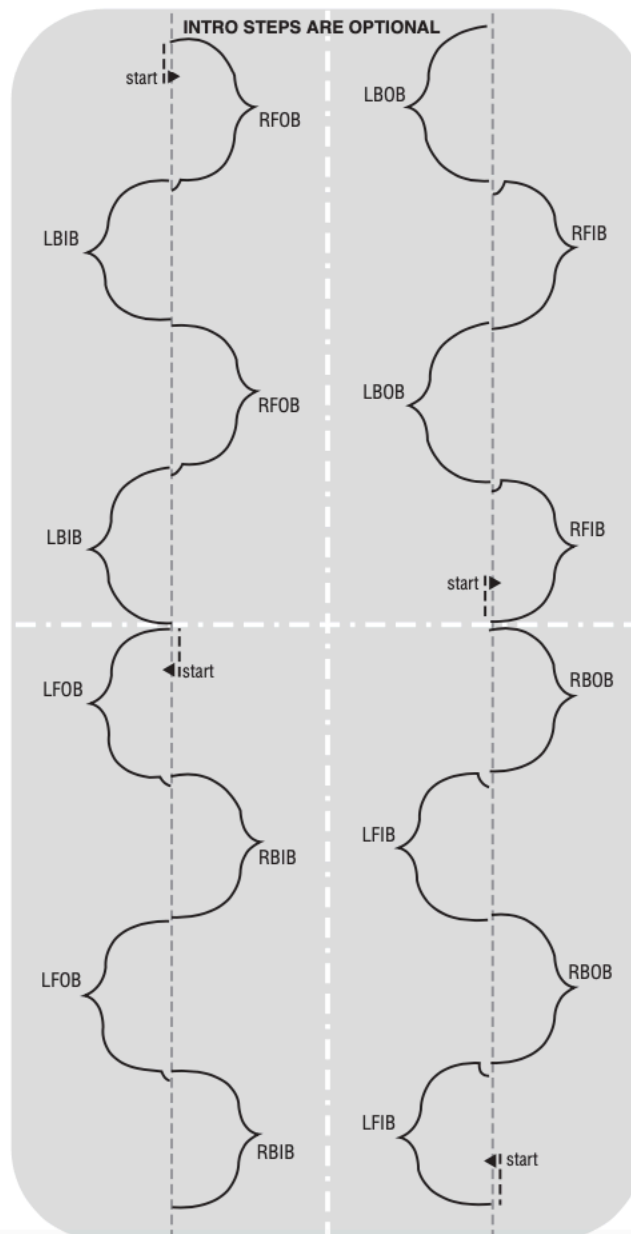
Focus: Extension and edge quality



Brackets in the Field Sequence

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the rink. Continuing down the remaining length of the rink 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 half the length of the rink. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the rink with an optional step to transition to the RFI edge. Introductory steps are optional. This move may start in either foot; the FO/BI brackets will precede the FI/BO brackets.

Focus: Edge quality

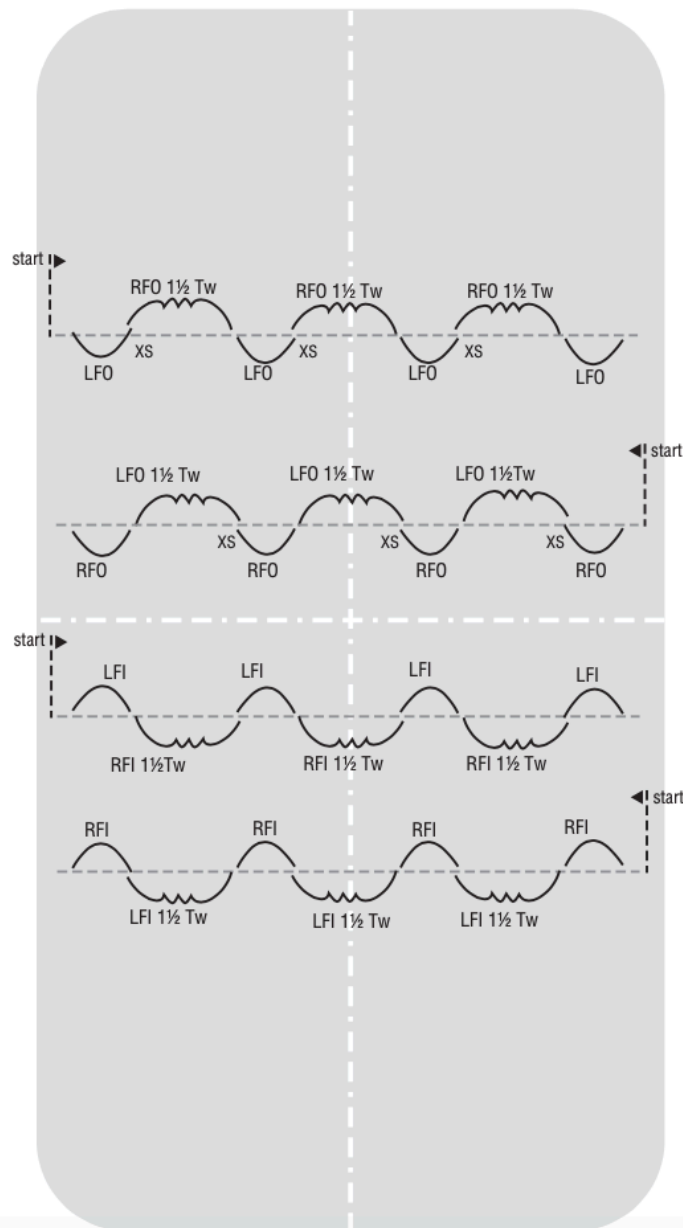


Forward Twizzles

Forward outside twizzles: The skater will begin from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on RBI after 1½ revolutions. The skater will 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: For the second part of the move, the skater will begin from a standing start with a LFI roll to a RFI twizzle which ends on RBO after 1½ revolutions. The skater will 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. This move may start in either direction.

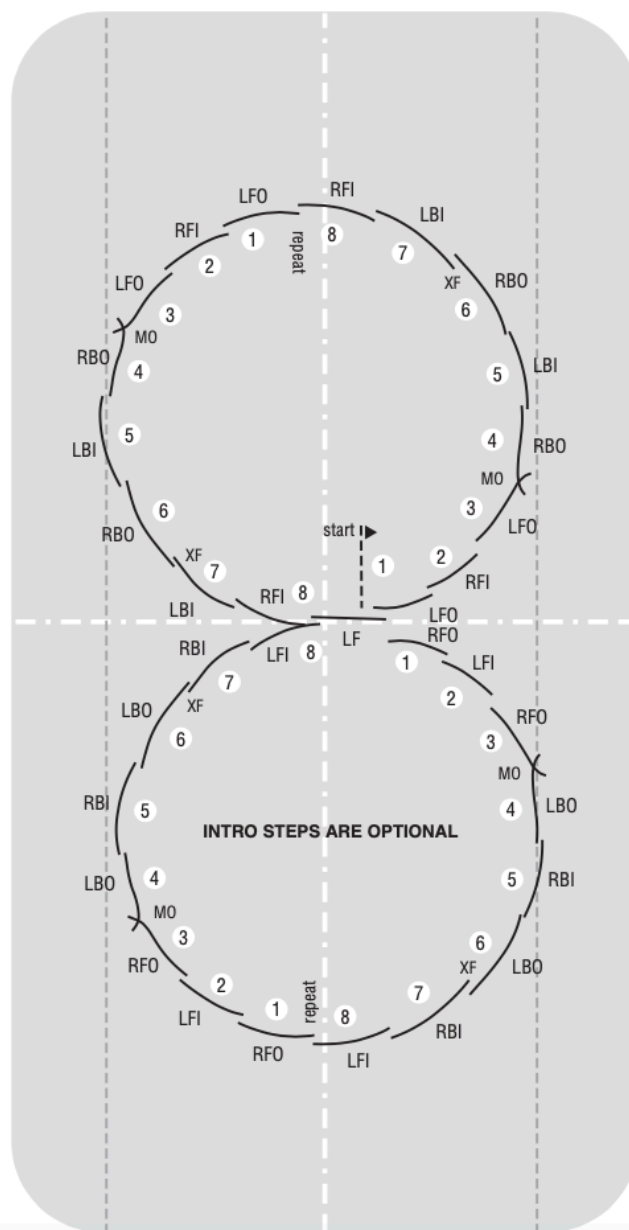
Focus: Turn execution and continuous flow



Eight-Step Mohawk Sequence

The skater will perform 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 foot transition. The sequence is then repeated twice in the opposite direction. Introductory steps are optional. This move may start on either foot.

Focus: Quickness and power



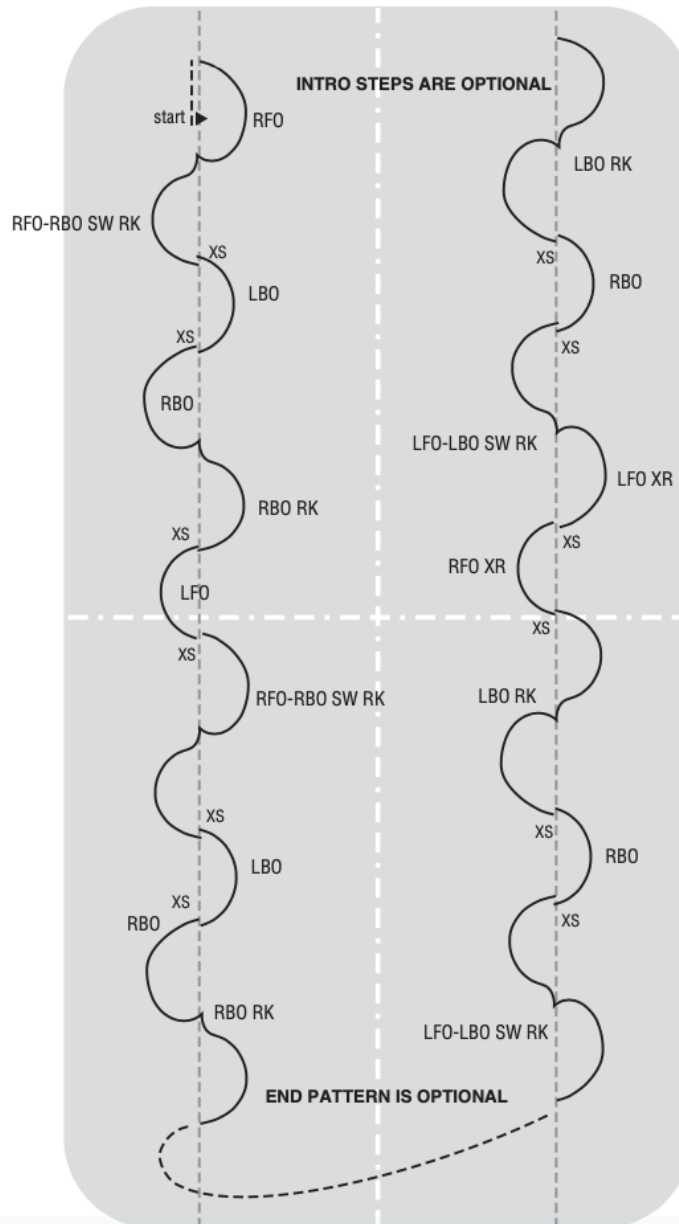
Intermediate Novice

1. Inside Slide Chasse Pattern
2. Forward and Backward Outside Rockers
3. Forward and Backward Inside Rockers
4. Backward Twizzles
5. Forward Loops

Forward and Backward Outside Rockers

The skater will perform forward outside rockers followed by two backward cross strokes to a backward outside rocker. This backward outside rocker is followed by two forward outside cross strokes to a forward outside rocker. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the FO BO rockers on the opposite foot. There should be two forward and two backward rockers. Note: This move may start in either direction. The introductory steps and end sequence of steps are optional.

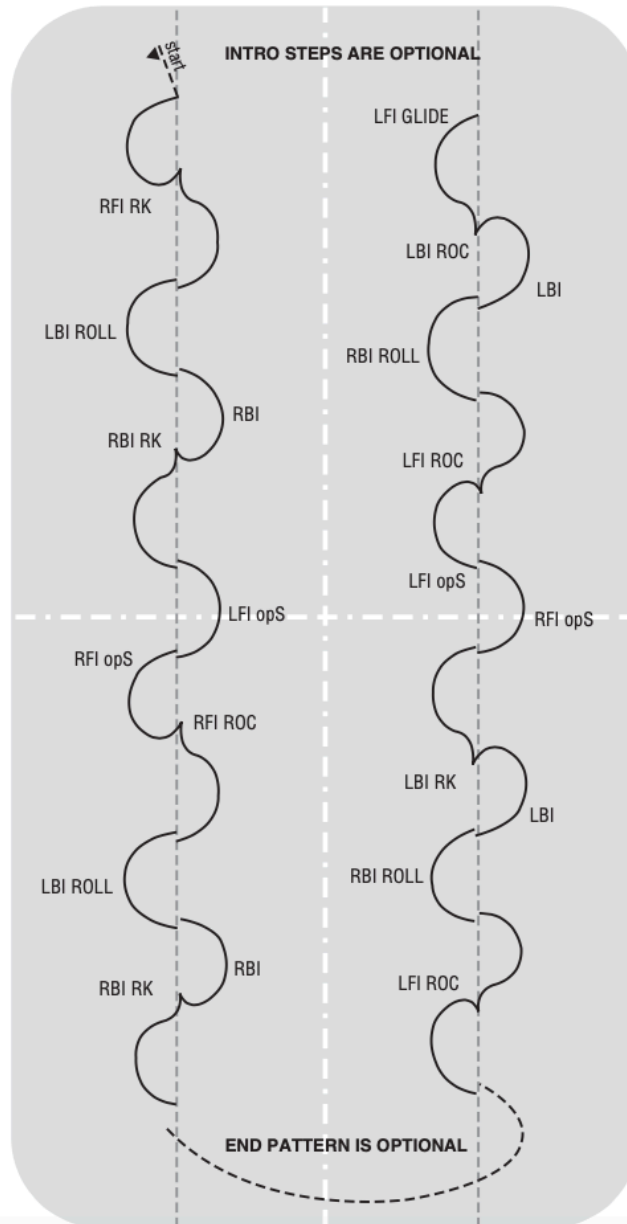
Focus: Edge quality and power



Forward and Backward Inside Rockers

The skater will perform forward inside rockers followed by backward inside rolls to a backward inside rocker. This backward inside rocker is followed by forward inside rolls to a forward inside rocker for the length of the rink. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the forward and backward inside rockers on the opposite foot. There should be two forward and two backward rockers. The introductory steps and end sequence of steps are optional.

Focus: Edge quality and power

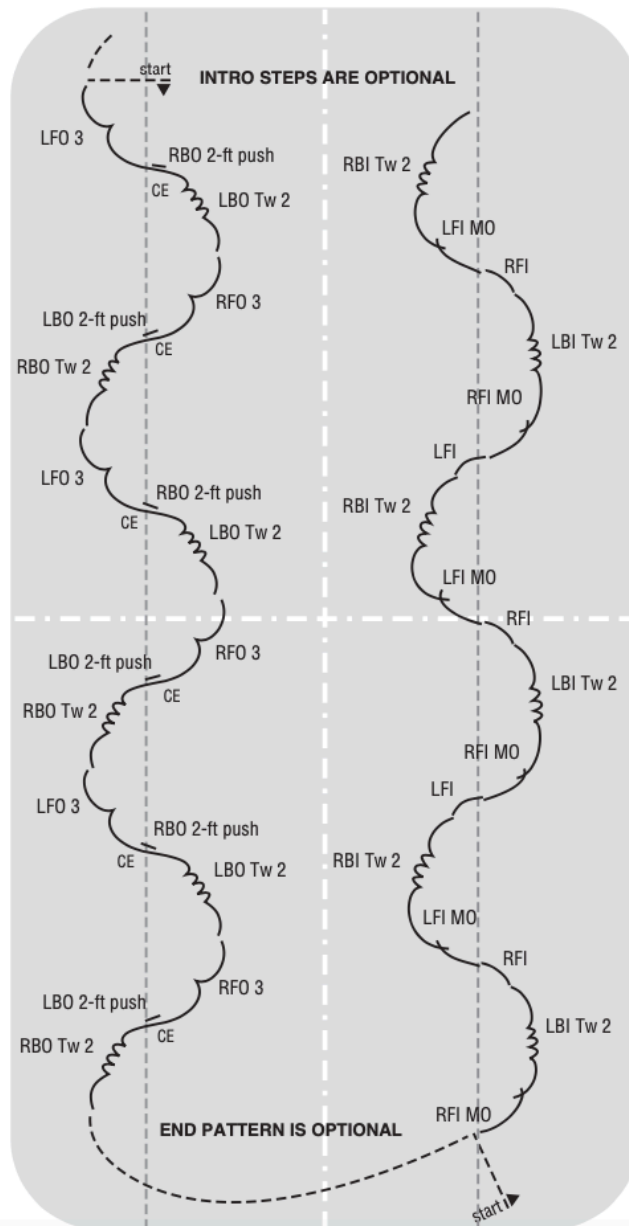


Backward Twizzles

Backward outside twizzles: The skater will begin 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 rink.

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 rink. This move may start in either direction. Introductory steps and end pattern are optional.

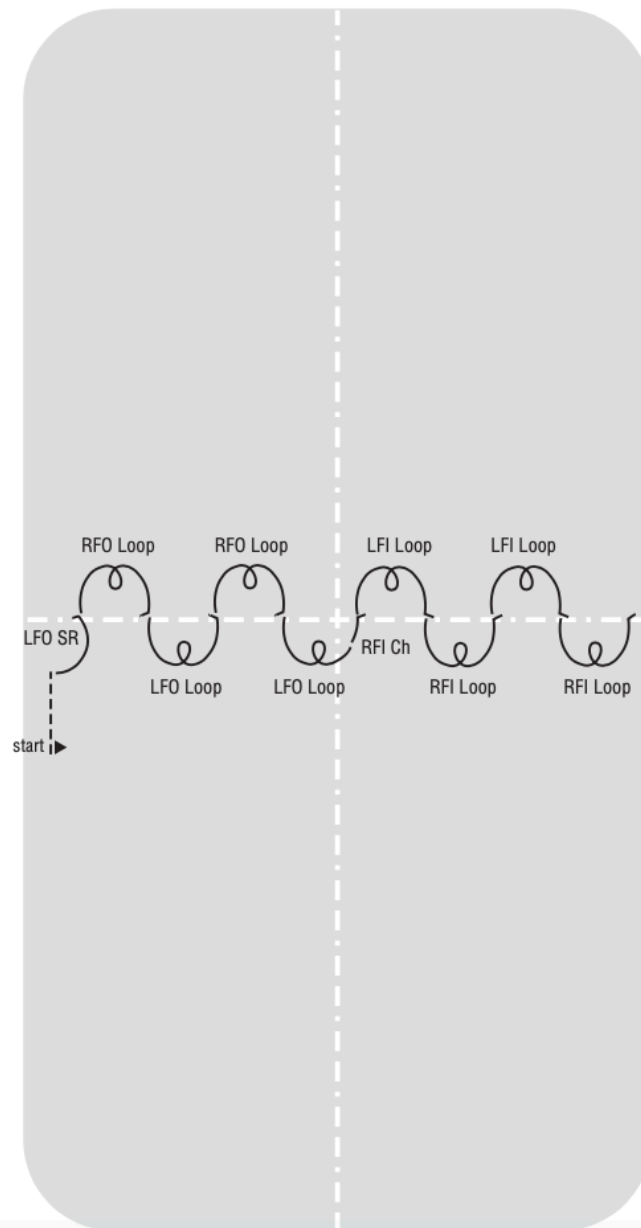
Focus: Turn execution and continuous flow



Forward Loops

The move may be skated across the width or down the length of the rink and begins from a standing start. The skater will begin with a LFO swing roll to prepare for the first RFO loop. The skater then pushes into a LFO loop when returning to the axis. This is repeated twice. After the last LFO loop the skater should perform a RFI chassé to prepare for a LFI loop. This loop is followed by a push into a RFI loop. These loops are also repeated twice to complete the move. This move may start on either foot.

Focus: Edge quality and continuous flow



Advanced Novice

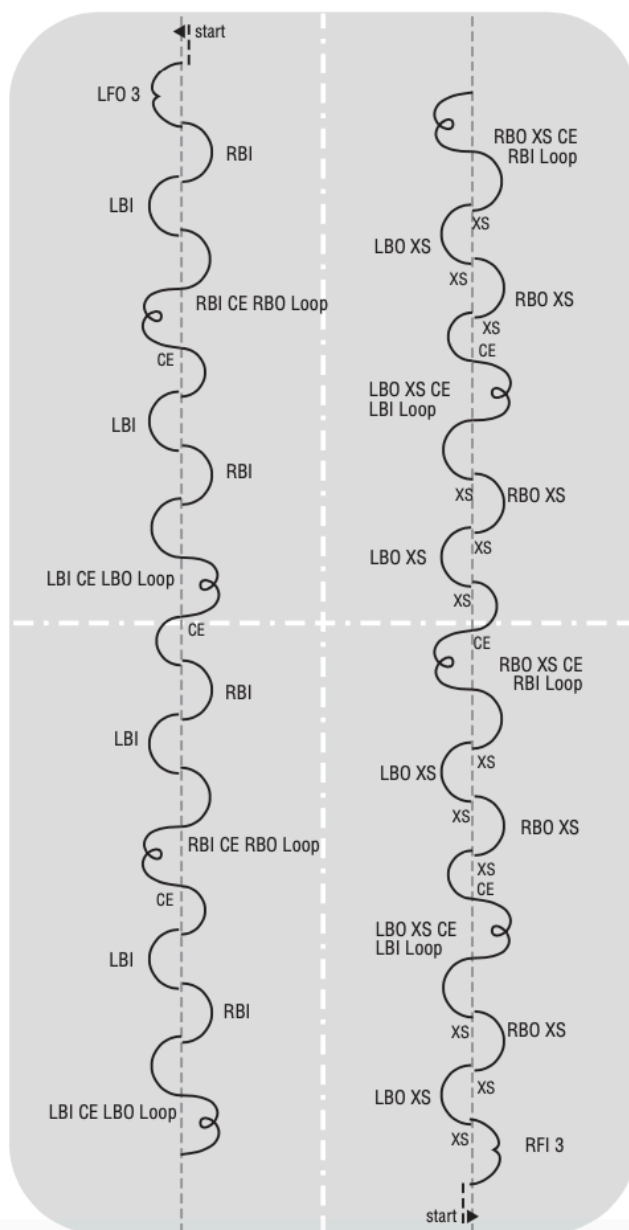
1. Backward Loop Pattern
2. Choctaw Pattern
3. Forward and Backward Outside Counters
4. Forward and Back Inside Counters

Backward Loop Pattern

Backward outside loops: The skater begins from a standing start with a LFO3 into three backward inside rolls. The last backward inside roll is followed by a RBIO change of edge into a RBO loop. The skater then performs a change of edge to push LBI into three more backward inside rolls followed by a LBIO change of edge into a LBO loop. This sequence should be repeated twice down the length of the rink.

Backward inside loops: For this side of the move the skater begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBOI change of edge into a LBI loop. The skater then performs a change of edge to push into three more backward outside cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBOI change of edge into a RBI loop. This sequence should be repeated twice down the length of the arena. This move may start in either direction

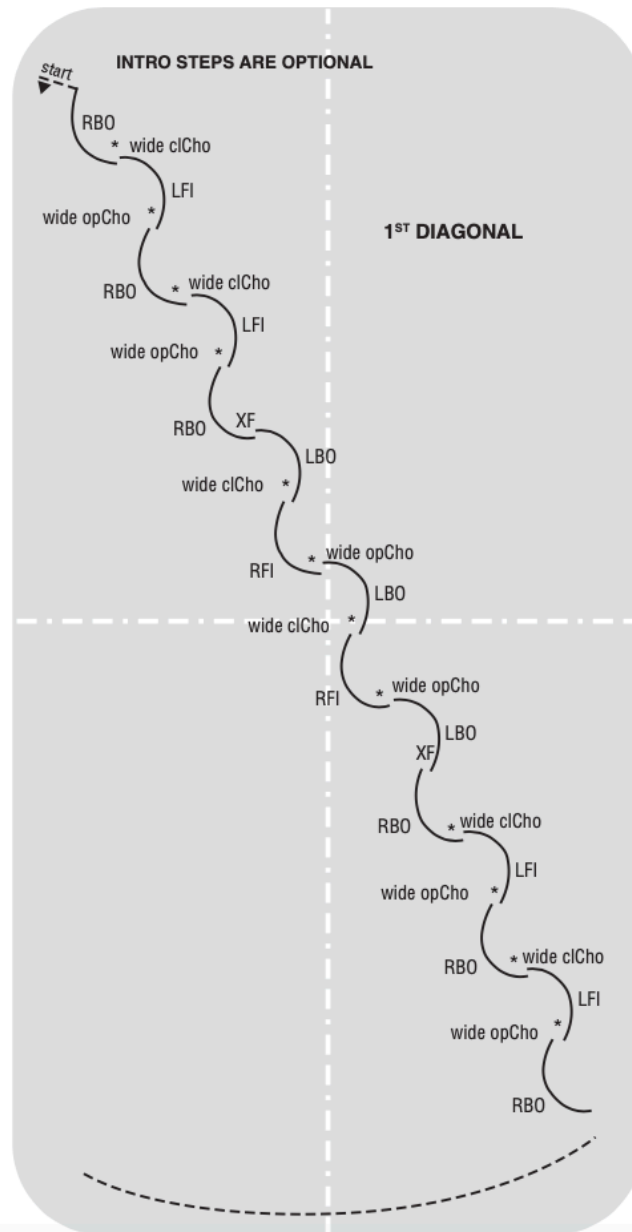
Focus: Edge quality and continuous flow



Choctaw Sequence

The skater will perform a choctaw sequence that covers the entire diagonal length of the rink and which is then repeated on the second diagonal. This sequence is performed with two consecutive choctaws that are then performed in the opposite direction. Introductory steps are optional. This move may start in either direction.

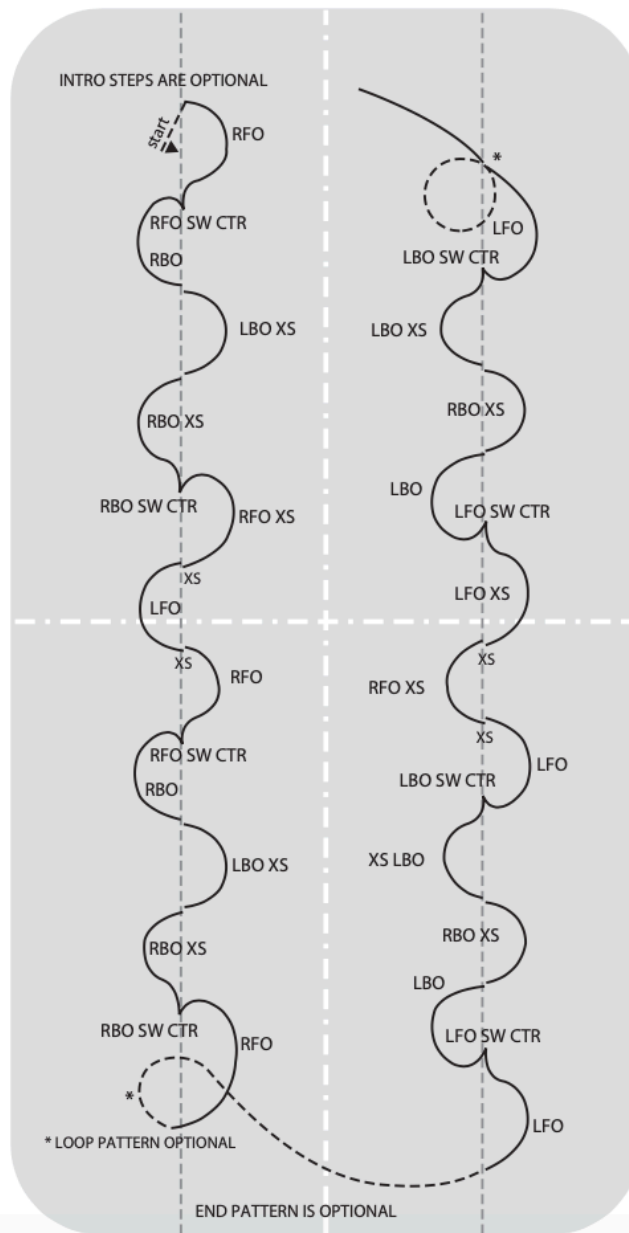
Focus: Edge quality and power



Forward and Backward Outside Counters

The skater will perform forward outside counters followed by two backward free skating cross strokes to a backward outside counter. Each backward counter is then followed by two forward free skating cross strokes to a forward outside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward outside counters on the opposite foot. The introductory steps and complete loop are optional.

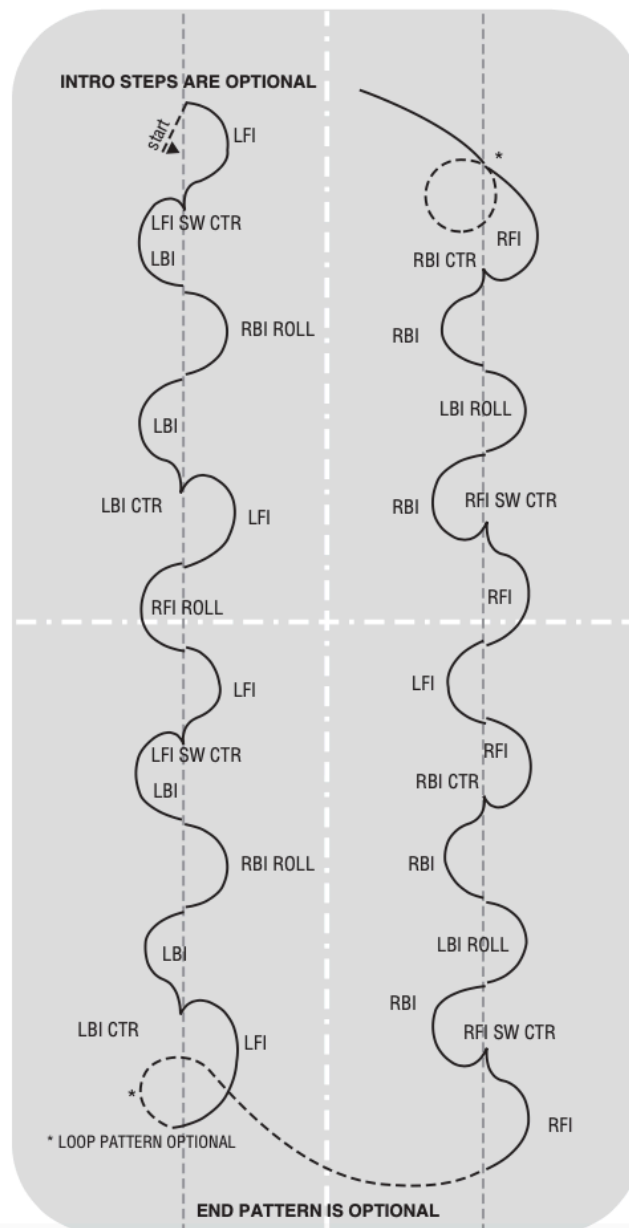
Focus: Edge quality and power



Forward and Backward Inside Counters

The skater will perform forward inside counters followed by two backward inside rolls to a backward inside counter. Each backward inside counter is then followed by two forward inside rolls to a forward inside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward inside counters on the opposite foot. The introductory steps and the end patterns are optional.

Focus: Edge quality and power



Junior

1. Right Power Pull Rocker Pattern
2. Left Power Pull Rocker Pattern
3. Step Sequence in accordance to current ISU rules. At least a level 3 must be achieved
4. Choreographic Sequence in accordance to current ISU rules

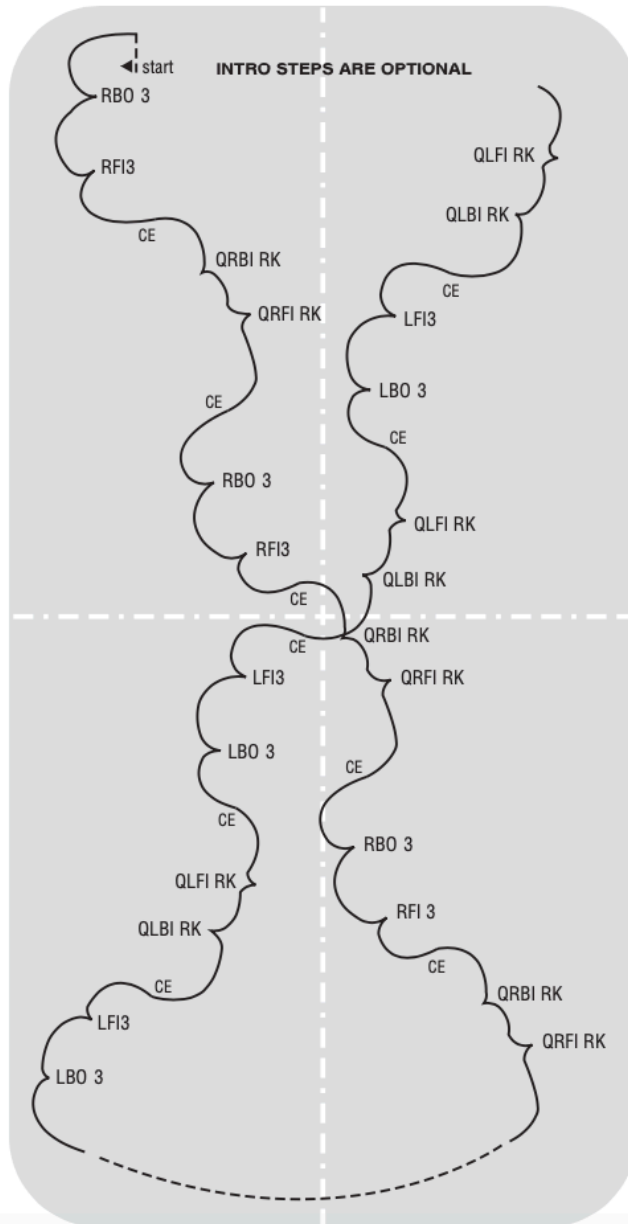
Senior

1. BO Power Double Three-Turns to Power Double Inside Rockers
2. BI Power Double Three-Turns to Power Double Inside Rockers
3. Step Sequence in accordance to current ISU rules. Level 3 is expected to be achieved.
4. Choreographic Sequence in accordance to current ISU rules

BO Power Double Three-Turns to Power Double Inside Rockers

The skater will perform backward outside power double three-turns, then complete a power pull to backward inside double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

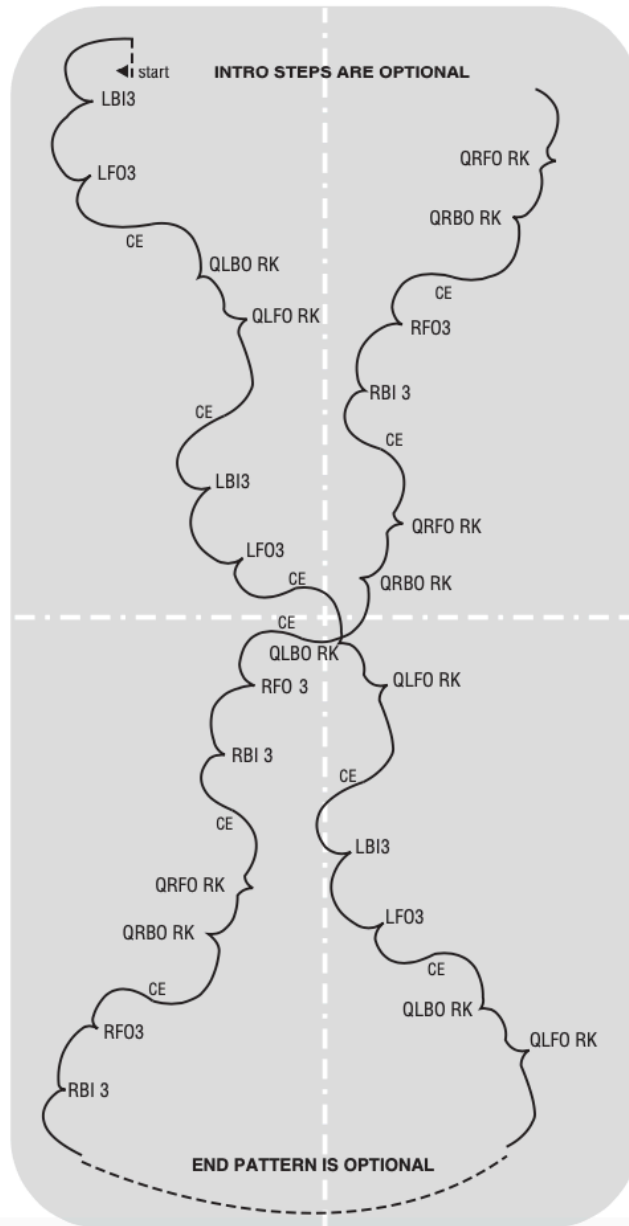
Focus: Power and quickness



BI Power Double Three-Turns to Power Double Outside Rockers

The skater will perform backward inside power double three-turns, then complete a power pull to backward outside double rockers. These rockers are immediately followed by another power pull and the sequence is then repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

Focus: Power and quickness



PHSU SKATING SKILLS DESCRIPTIONS

Pre Juvenile:

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension, and posture are required and must be strongly emphasized.

Standard: Demonstration of a basic understanding of axis and the ability to execute prescribed bilateral movements with balanced proficiency.

Expectations: Skater should demonstrate bilateral ability to control upper body while creating power and executing turns and rotational movements.

Juvenile:

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension, and posture are required and must be strongly emphasized.

Standard: Demonstration of an acquired understanding of axis and the ability to execute prescribed bilateral movements with balanced proficiency.

Expectations: Skater should demonstrate bilateral ability to control upper body while creating power and executing turns and rotational movements.

Pre-Novice:

Skater must skate the correct steps and turns on good edges, with good form, flow, power, and preciseness to their steps.

Standard: Demonstration of an acquired understanding of accuracy in pattern, a good sense of body rhythm, an accomplished stroke execution and controlled lobes.

Expectations: Skater must be able to maintain erect posture while executing various free leg extensions and transitions, regardless of speed.

Basic Novice:

Strong true edges, smooth turns, correct posture, and effortless flow are expected of the skater.

Standards: Demonstration of a consistent accurate pattern and turn placement, good balance, clean stroke execution and an awareness of rhythmic body movement.

Expectations: Skater should demonstrate ability to maintain proper upper body positioning alignment while executing movements, as well as during sustained or extended steps.

Intermediate Novice:

The skater must give a performance that is generally good. The preachiness of the footwork should be nearly flawless, the body motion well-timed and the flow and power very good. No major consistent errors should be in evidence.

Standards: Demonstration of a consistent ease of performance, with utilization of the full ice surface, a knowledge of rhythmic body movement, and an efficiency of energy and body extension.

Expectations: Skater should demonstrate strong progress toward a total integration of skating carriage and controlled bilateral movement, both fast and slow.

Advanced Novice:

The skater must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control.

Standards: Demonstration of an accomplished performance, with sureness of presentation, a mature and consistent maintenance of speed through rhythmic movement, a clarity of body movement, and a strong flow through use of the knee and ankle.

Expectations: Skater should demonstrate an accomplished and undisturbed upper body control regardless of rhythm or movement of the lower body, and total integration of skating carriage.

Junior:

The skater must give a performance that is very good in all respects. Focus should be on power, flow, edge quality, line, and footwork control.

Standards: Demonstration of an accomplished performance, with sureness of presentation, a mature and consistent maintenance of speed through rhythmic movement, a clarity of body movement, and a strong flow through use of the knee and ankle.

Expectations: Skater should demonstrate an accomplished and undisturbed upper body control regardless of rhythm or movement of the lower body, and total integration of skating carriage.

Senior:

The skater must give an excellent performance, displaying power, strong edge control and depth, extension, and precise footwork control.

Standards: Demonstration of a masterful and refined performance, with efficiency of energy, seamless flow, effortless rhythmic movement, and an ability to execute all required movements in a true bilateral fashion with a graceful carriage.

Expectations: Skater should demonstrate a mastery of proper carriage and posture intergraded seamlessly into all required elements, creating the aura of a gold medal presence on the ice.