



Advanced Novice Pattern #1

DESCRIPTION: **Advanced Novice Pattern #1**

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half 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 optional steps 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 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.

Note: This pattern may start on either foot.

FOCUS: Edge Quality

Increased knee/ankle flexibility and body lean to achieve depth of pattern.

Test Standards/Expectations:

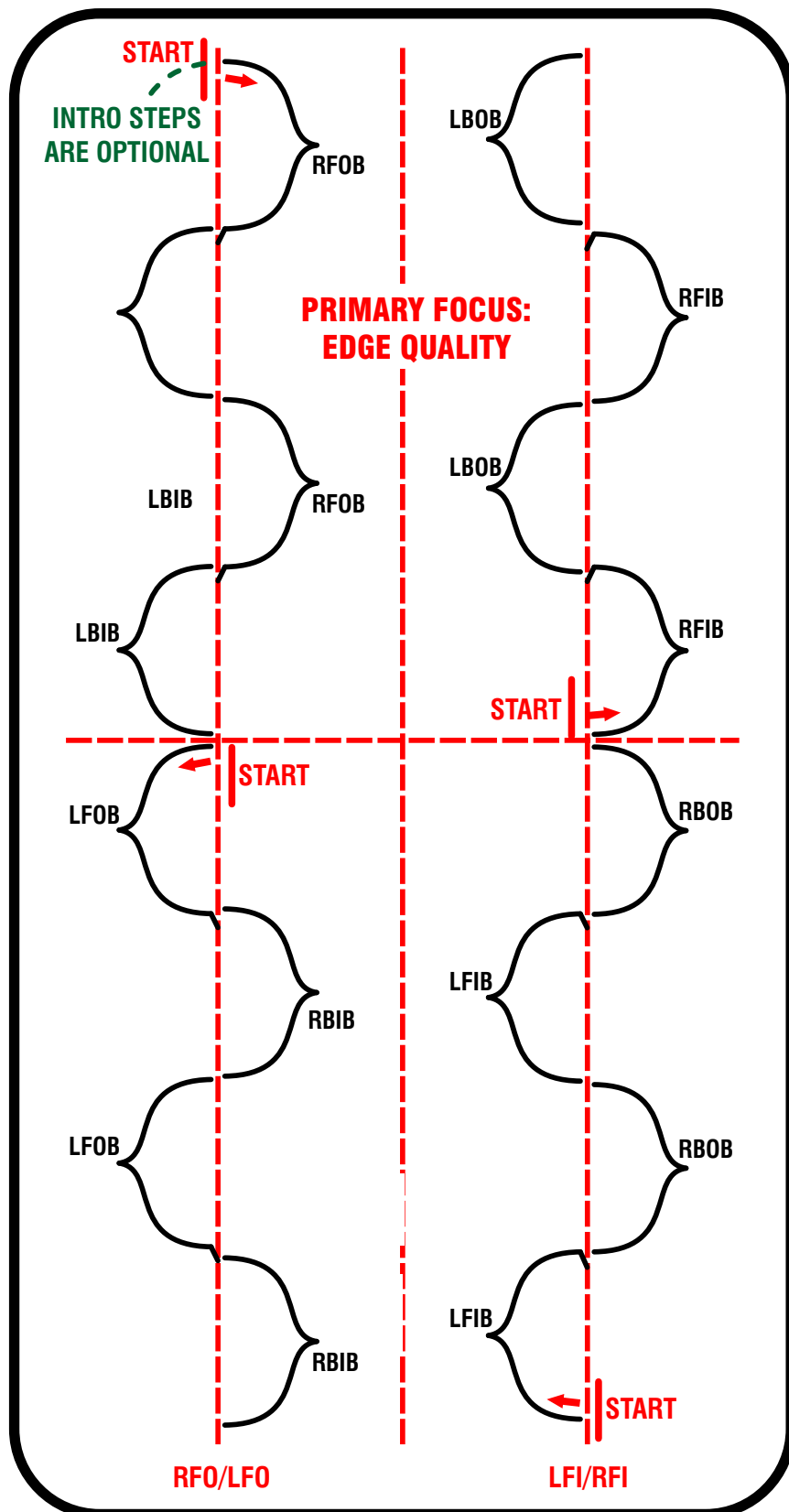
- Controlled brackets on proper edges
- Common axis used for pattern
- Even lobes
- Controlled flowing edges

Common Errors:

- Toe pushing
- Turning bracket early
- Scraped turns
- 2-footed after pushes

Note: ****See index for pattern alterations of various rink sizes if smaller than Olympic size.**

BRACKETS (FORWARD OUTSIDE-BACK INSIDE) AND (FORWARD INSIDE-BACK OUTSIDE)





Advanced Novice Pattern #2

DESCRIPTION: **Advanced Novice Pattern #2**

The skater will perform a forward outside counter 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 second length will be performed with forward and backward outside counters on the opposite foot.

The complete loop at end of each pattern length is optional.

Note: The skater has the option of starting the first length with either the right or left forward counter.

FOCUS: Edge Quality/Power
Strong, consistent, competent edge control and flow with pattern.

Power comes from cross stroke.

Test Standards/Expectations:

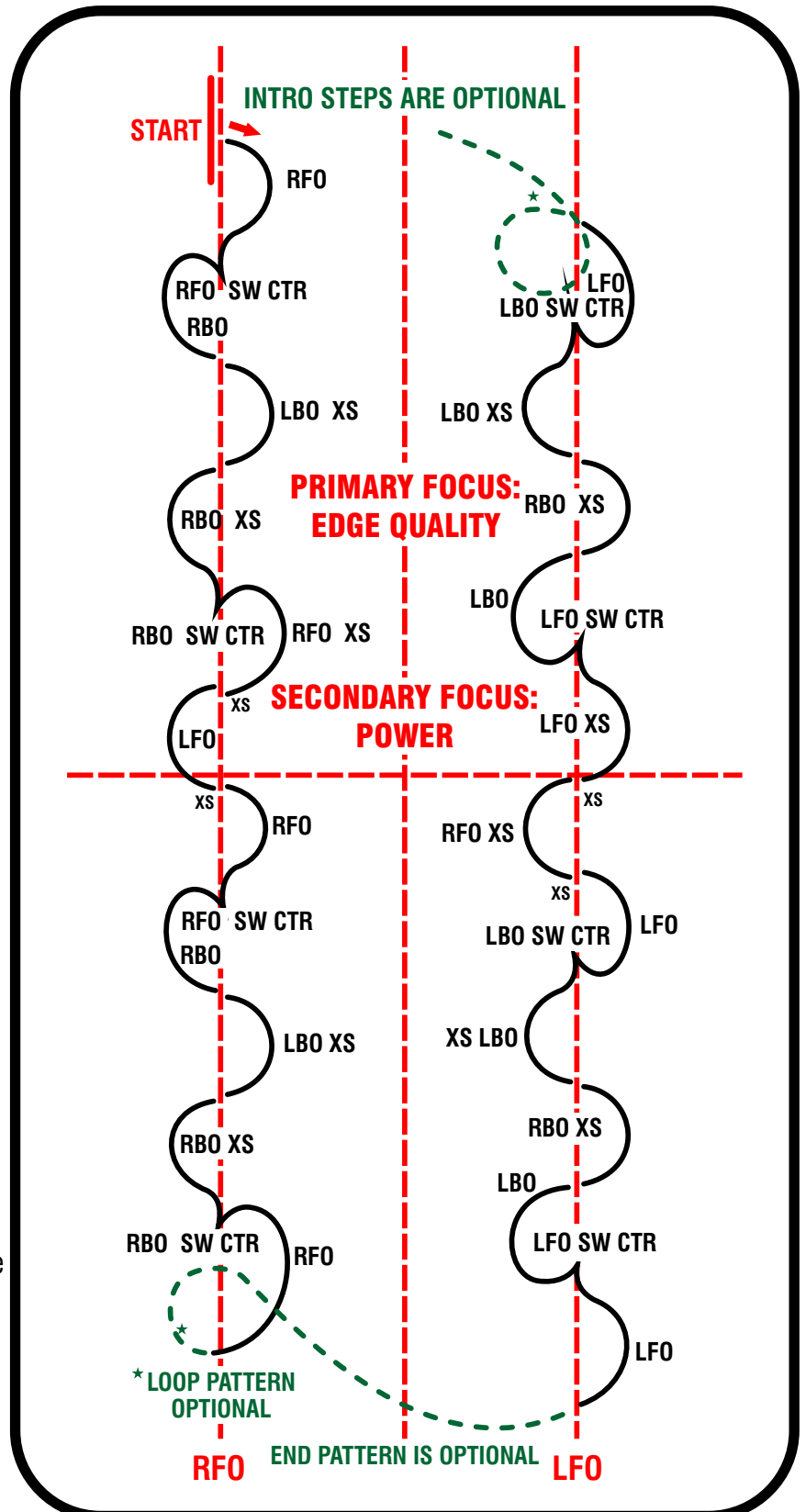
- Stable arc before/after counter turns
- Turns point up ice on the axis
- Common axis
- Look for counter body action
- Turn under shoulders
- Knee rhythm and good posture
- Majority of turns done well

Common Errors:

- Skated too slowly - resembling a figure
- Outside counters rocking to inside edge
- Lack of control after counter
- Weak cross strokes
- Lack of equal proficiency in back counters

Note: ****See index for pattern options if ice surface is smaller than Olympic size.**

FORWARD AND BACKWARD OUTSIDE COUNTERS





Advanced Novice Pattern #3

DESCRIPTION: **Advanced Novice Pattern #3**

The skater will perform a forward inside swing counter 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 swing counter.

The second length will be performed with forward and backward inside counters on the opposite foot.

The complete loop at end of each pattern length is optional.

Note: The skater has the option of starting the first length with either the right or left forward counter.

FOCUS: Edge Quality/Power

Strong, consistent, competent edge control and flow with pattern.

Strong ability to generate and maintain speed without interruption.

Test Standards/Expectations:

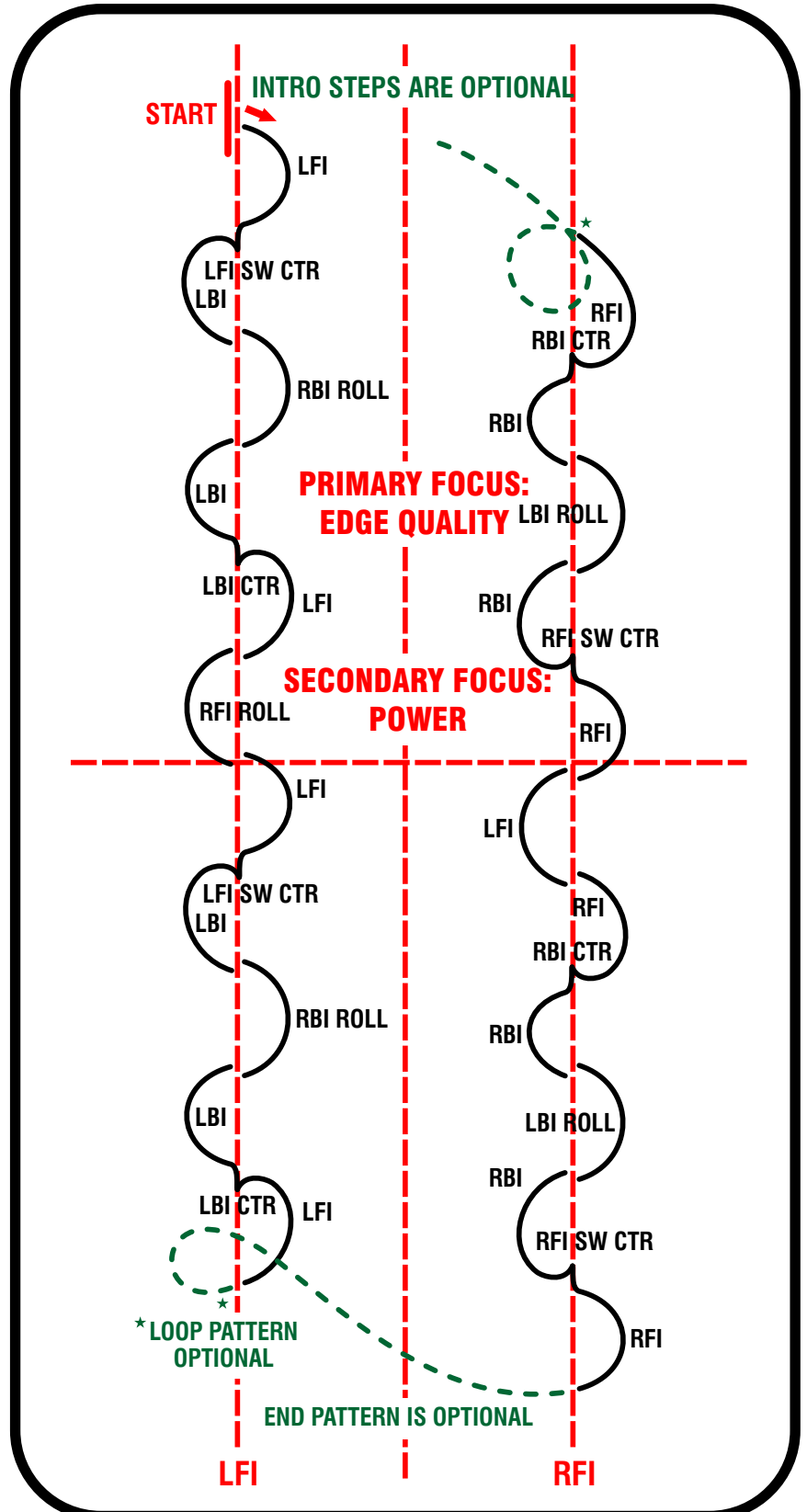
- Stable arc before/after counter turns
- Turns point up ice on the axis
- Common axis
- Look for counter body action
- Turn under shoulders
- Knee rhythm and good posture
- Majority of turns done well

Common Errors:

- Skated too slowly - resembling a figure
- Lack of control after counter
- Lack of equal proficiency in back counters

Note: ****See index for pattern options if ice surface is smaller than Olympic size.**

FORWARD AND BACKWARD INSIDE COUNTERS





Advanced Novice Pattern #4

BACKWARD ROCKER CHOCTAW SEQUENCE

DESCRIPTION: **Advanced Novice Pattern #4**

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.

FOCUS: Edge Quality/Extension/Power
Strong, consistent, competent edge control and flow with pattern.

Strong presentation of fully stretched body lines.

Strong ability to generate and maintain speed without interruption.

Test Standards/Expectations:

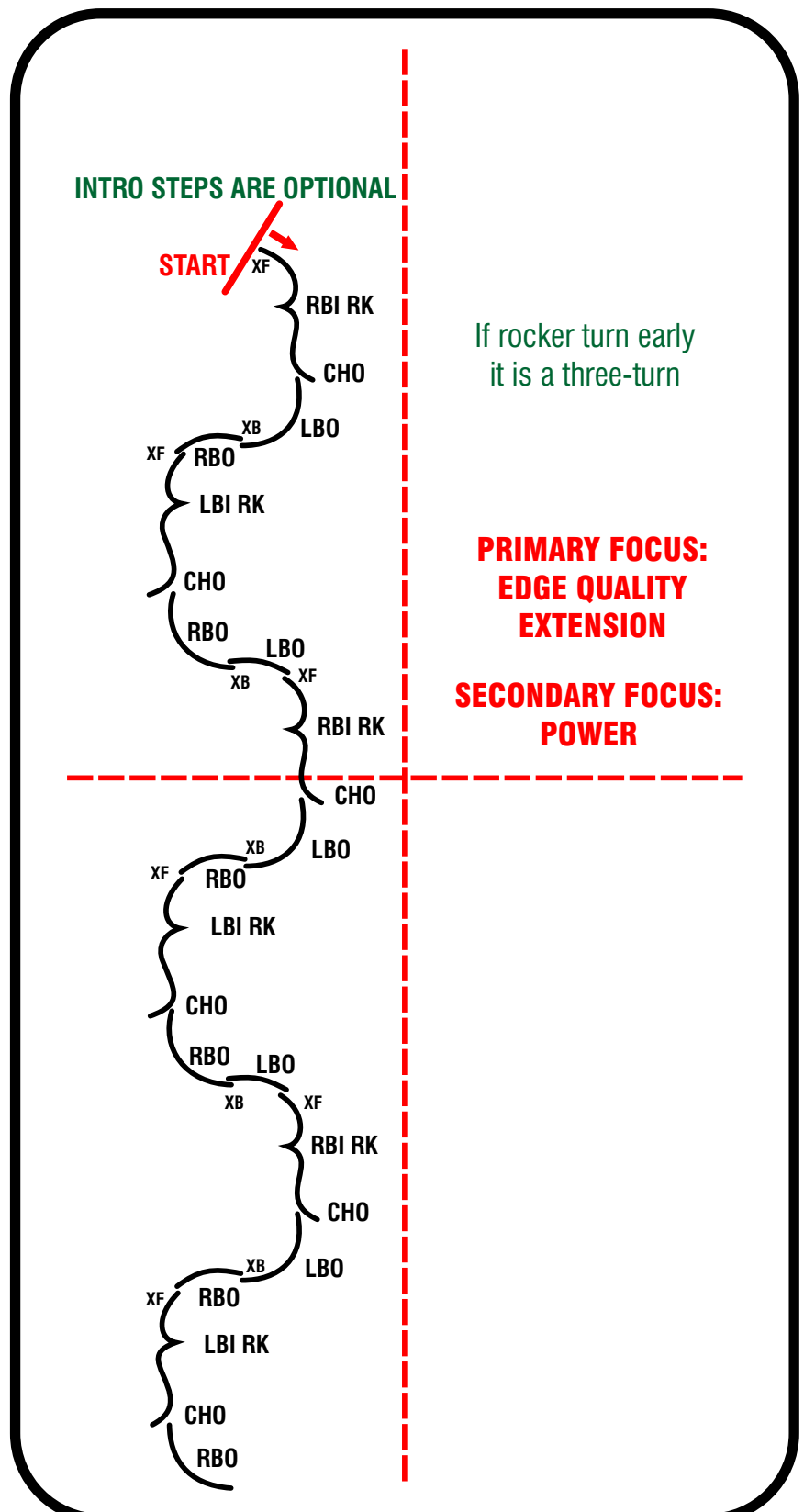
- Closed Choctaws on precise edges
- Maintain strong flow throughout
- Sustained extension after Choctaws
- Ability to hold extended free leg in front

Common Errors:

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

Note: *Four to six consecutive half circles on alternating feet may be performed on ice surface smaller than Olympic size.*

****see index for sizing of rinks.**





Advanced Novice Pattern #5

DESCRIPTION: **Advanced Novice Pattern #5**

The skater will perform a RFI Loop followed by a RFI Loop followed by skating onto the left foot and then skating onto a LFO for a 1-1/2 Twizzle exiting on a LFI edge to complete the curve before repeating the sequence two more sets.

The skater will then skate a two foot transition to change feet and perform a LFI loop followed by skating onto the right foot and then skating onto the RFO for a 1-1/2 Twizzle exiting onto a RFI edge to finish the curve before repeating the sequence two more sets.

FOCUS: Edge Quality

Test Standards/Expectations:

- Maintain average flow into and out of the loops
- Demonstrating controlled knee action
- Majority of loops should be placed at approximately top of lobe
- All lobes are a similar size

Common Errors:

- Lack of control
- Mishapen loops
- Unable to maintain flow throughout

*Note: **See index for pattern options if ice surface is smaller than Olympic Size*

FORWARD LOOP PATTERN WITH TWIZZLE

