



Basic Novice Pattern #1

DESCRIPTION: Basic Novice Pattern #1

The skater will perform consecutive forward double three-turns on half circles, with alternating 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 followed by the forward inside double three-turns covering the second length of the arena.

Skater may begin this pattern with either right or left foot.

FOCUS: Edge Quality

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

Test Standards/Expectations:

- Control of the arc between the turns
- Minimal wobbles after the turns
- Turns placed at approximately 1/3 and 2/3 of lobe

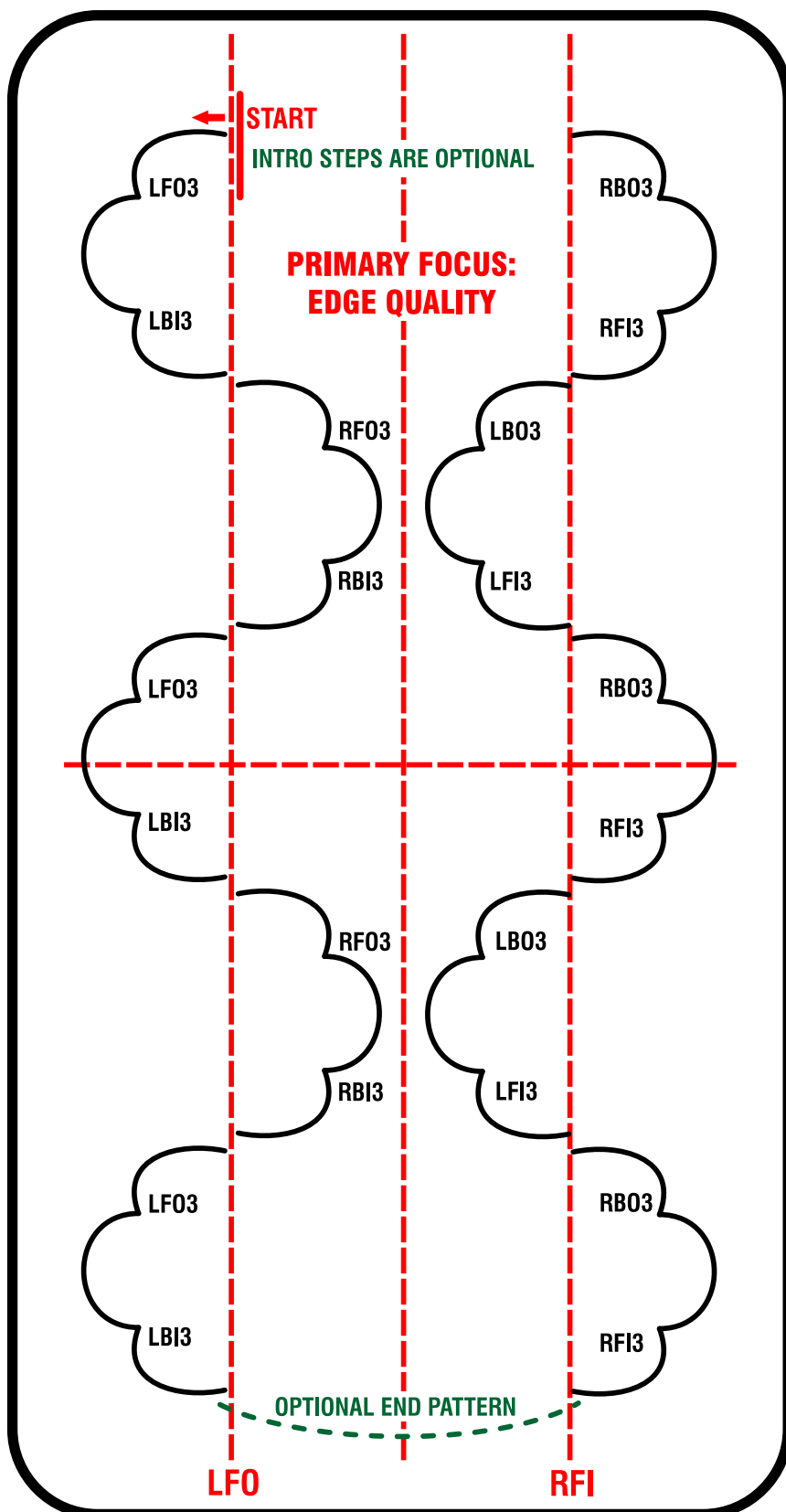
Common Errors:

- Skated too slowly
- Sub curves between turns
- Lack of control after back 3-turn
- Poor placement of the turns
- Toe pushing
- Weaker forward inside double 3-turns
- Inability to maintain flow throughout

Note: Three to four half circles to be skated if ice surface is smaller than Olympic size.

***see index for sizing of rinks.*

FORWARD DOUBLE THREE TURNS





Basic Novice Pattern #2

DESCRIPTION: Basic Novice Pattern #2

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 arena and strength of the skater.

The sequence begins with backward outside double three-turns covering the first length of the arena followed by the backward inside double three-turns covering the second length of the arena.

FOCUS: Edge Quality

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

Test Standards/Expectations:

- Control throughout
- **Back 3-turn performed at approximately the top of the lobe**
- **Forward 3-turn approximately 2/3 mark of the lobe**
- Controlled gliding edge between turns with nicely extended free leg

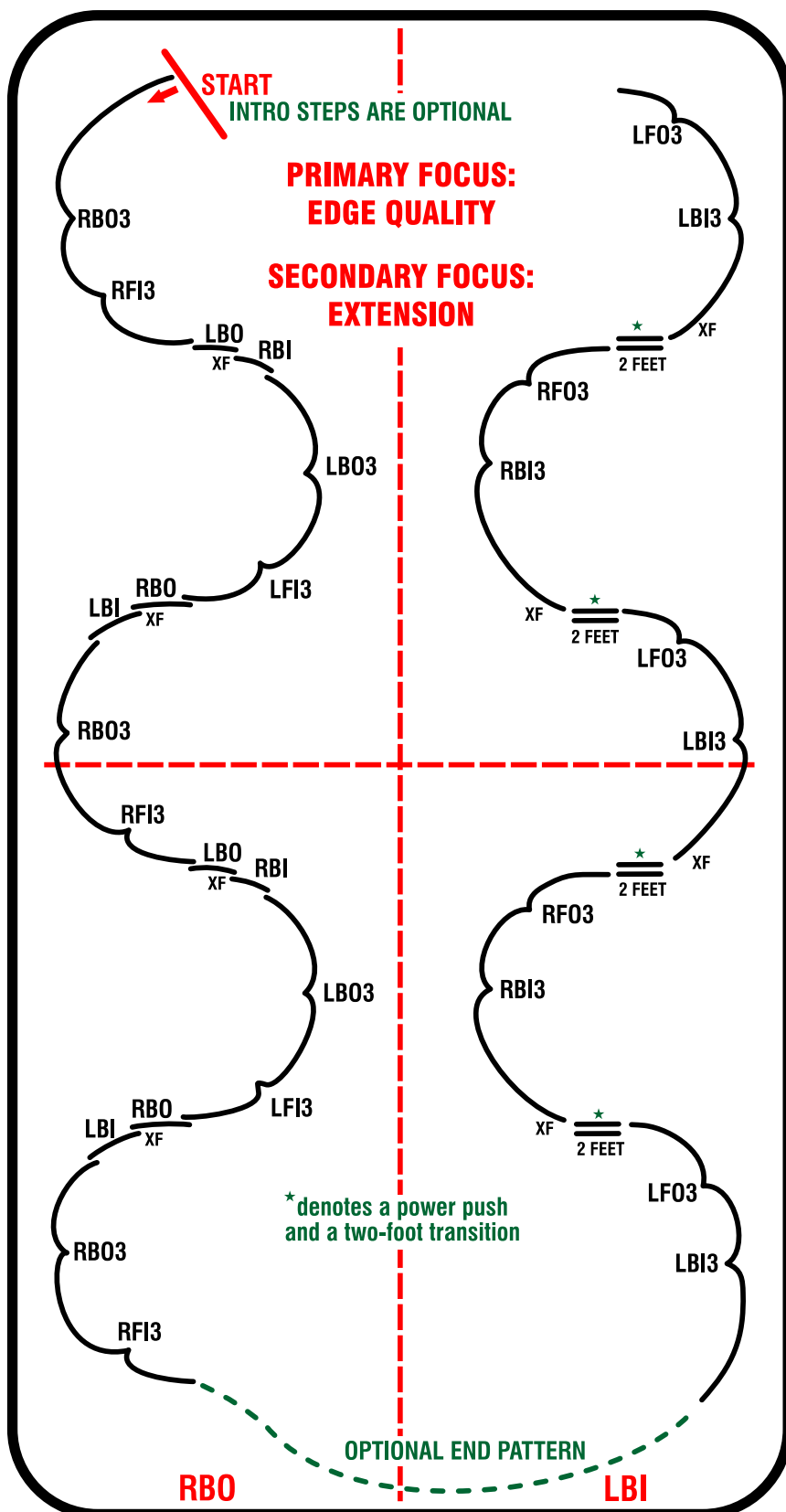
Common Errors:

- Turns skated too close together
- Lack of control between turns
- Improper placement of turns
- Inability to maintain flow throughout

Note: Three to four half circles to be skated if ice surface is smaller than Olympic size.

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

BACKWARD DOUBLE THREE TURNS





Basic Novice Pattern #3

DESCRIPTION: Basic Novice Pattern #3

The skater skates onto a RFI three-turn followed by pushing back onto a LBO edge, skating onto a RFI edge, performing a CLOSED CHOCTAW. The skater then skates onto a LFI three-turn followed by pushing back onto a RBO edge, skating onto a LFI edge, performing a CLOSED CHOCTAW. The skater then skates onto a RFI three-turn followed by pushing back onto a LBO edge, skating onto a RFI edge, performing a CLOSED CHOCTAW. The skater continues the next side of the pattern with the opposite three-turn just finished on first side of pattern and opposite CLOSED CHOCTAW repeating second side of pattern down the length of the ice surface.

Note: This pattern may start on the LFI3, followed by starting with the RFI3 on the second side.

****Three sets of forward inside three-turns to CLOSED CHOCTAWS performed per side of rink.**

FOCUS: Edge Quality

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

Test Standards/Expectations:

- Common axis used for pattern
- Approximately even lobes
- Controlled flowing edges

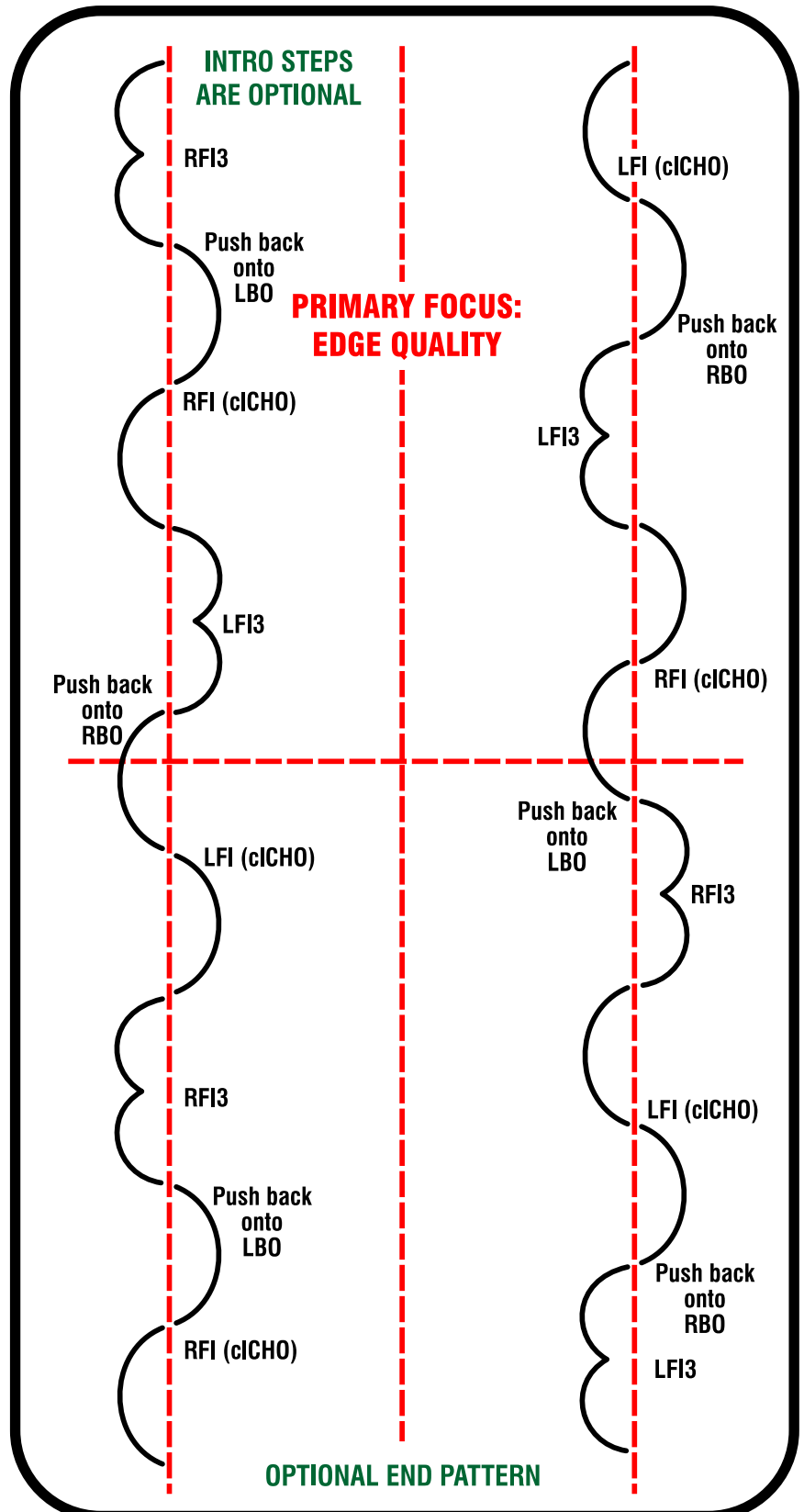
Common Errors:

- Toe pushing
- Turning forward 3-turn early
- Wrong forward edge of choctaw

Note: 2-3 sets of forward Inside Three-Turns/Closed Choctaws per side can be skated if ice surface is smaller than Olympic size.

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

ROTATIONAL CHOCTAW DRILL





Basic Novice Pattern #4

DESCRIPTION: Basic Novice Pattern #4

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

