



Junior Pattern #1

DESCRIPTION: Junior Pattern #1

The skater will perform forward outside rockers followed by two backward cross strokes to a back outside rocker. This back outside rocker is followed by two forward outside cross strokes to a forward outside rocker.

Skater may start first length with either right or left foot forward rockers. Second length will start with opposite foot.

Two forward and two backward rockers will be performed down each side of ice depending on length of the ice surface.

FOCUS: Edge Quality/Power

Effortless acceleration and flow. Power should be reflected in flowing deep edges and knee action, rather than in the rate of speed.

Test Standards/Expectations:

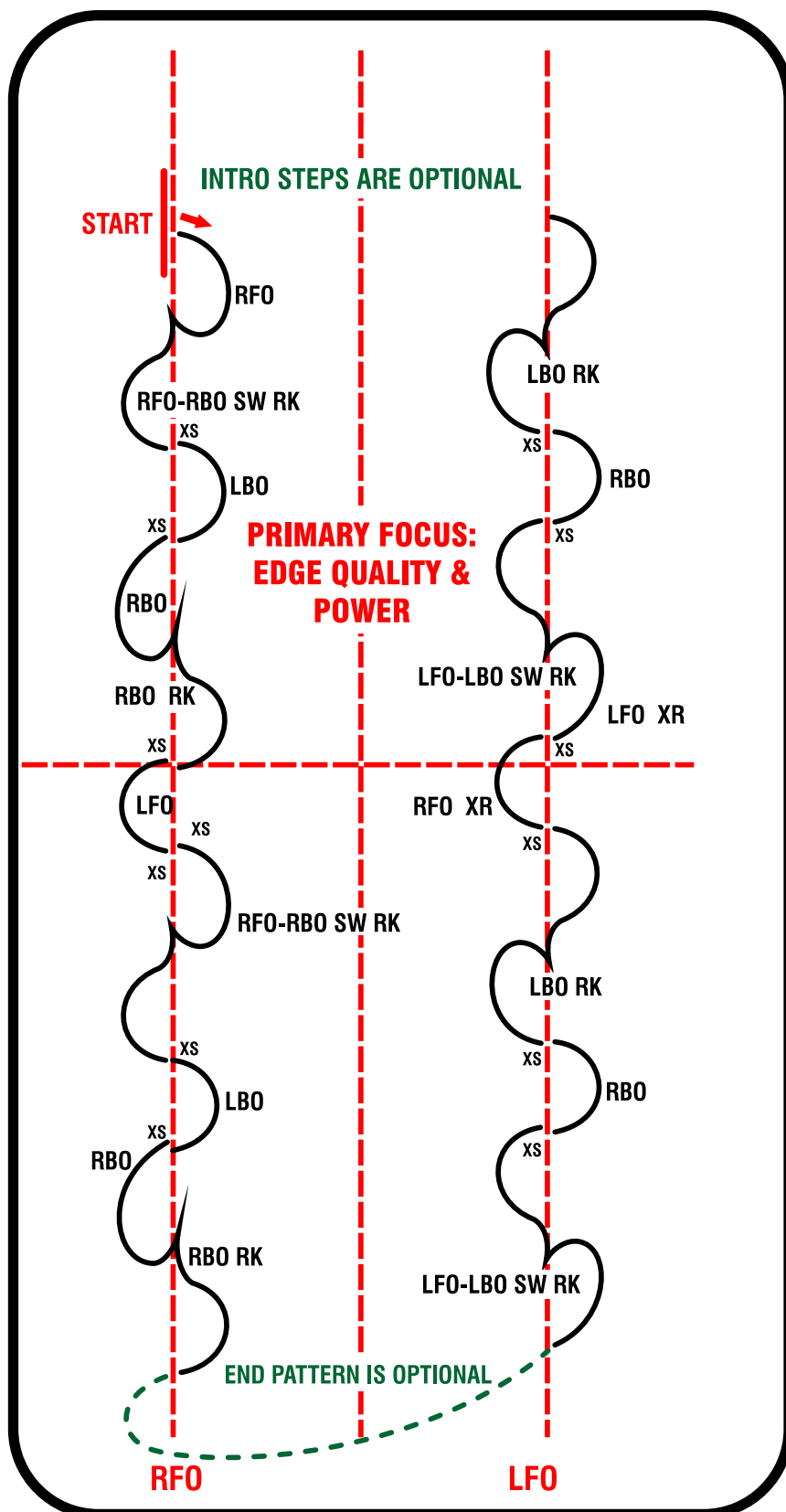
- True edges before and after rocker
- Turns to be pointed down ice-on axis
- Excellent knee rhythm, good posture

Common Errors:

- Skated too slowly - resembling a figure
- Lack of control after rocker
- Lack of edge quality for connecting steps
- Obvious change of edge before turn
- Weak cross strokes or connecting steps
- Problems executing back turns
- Edge after turn not back to axis

*Note: Two forward and one backward rocker per length of ice if rink is shorter than Olympic size. **See index for further adjustments to patterns/smaller ice surfaces.*

FORWARD AND BACKWARD OUTSIDE ROCKERS





Junior Pattern #2

DESCRIPTION: Junior Pattern #2

The skater will perform forward inside rockers followed by two backward inside rolls to a backward inside rocker. This backward inside rocker is followed by two forward inside rolls to a forward inside rocker for the length of the arena. Skater may start first length with either right or left foot forward rockers. Second length will start with opposite foot.

Two forward and two backward rockers will be performed down each side of ice depending on length of the ice surface.

FOCUS: Edge Quality/Power

Effortless acceleration and flow. Power should be reflected in flowing deep edges and knee action, rather than in the rate of speed.

Test Standards/Expectations:

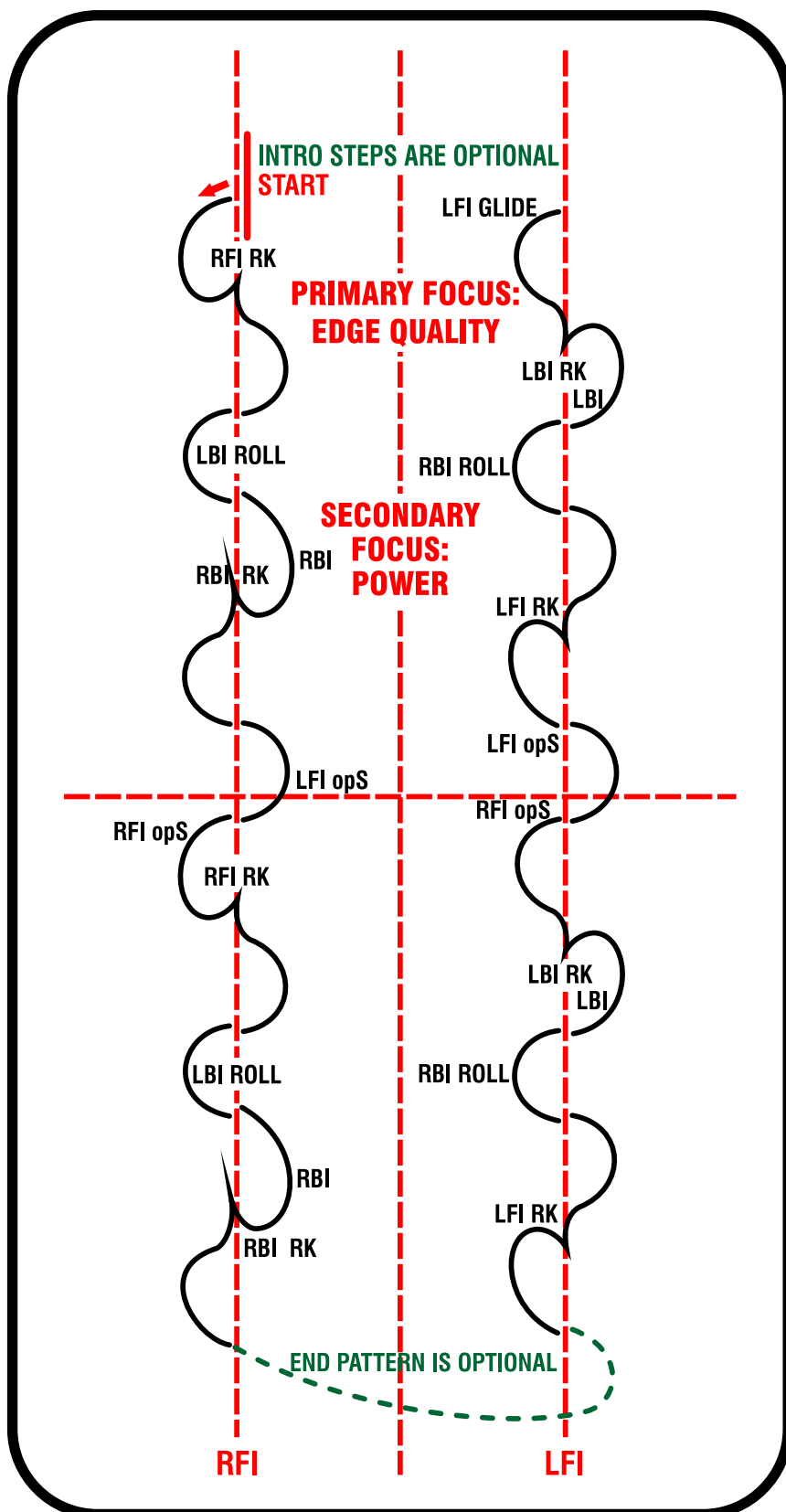
- True edges before and after rocker
- Turns to be pointed down ice-on axis
- Excellent knee rhythm, good posture
- Forward inside rolls are open strokes

Common Errors:

- Skated too slowly - resembling a figure
- Lack of control after rocker
- Lack of edge quality for connecting steps
- Obvious change of edge before turn
- Problems executing back turns
- Edge after turn not back to axis

*Note: Two forward and one backward rocker per length of ice if rink is shorter than Olympic size. **See index for further adjustments to patterns/smaller ice surfaces.*

FORWARD AND BACKWARD INSIDE ROCKERS





Junior Pattern #3

DESCRIPTION: Junior Pattern #3

The skater will perform a RFO Bracket followed by a LBI roll into a RBI roll to an outside change of edge and then into a RBO Loop followed by stepping forward onto a LFI edge. The pattern is then repeated down the length of the ice surface. The skater then skates onto a LFO Bracket followed by a RBI roll into a LBI roll to an inside change of edge and then into a LBO Loop followed by stepping forward onto a RFI edge. The pattern is then repeated down the length of the ice surface.

Note: This pattern may start on the LFO Bracket followed by the starting with the RFO Bracket on second side.
****Two sets of Bracket Loop Patterns performed per side of rink.**

FOCUS: Edge Quality

Flowing, deep, rhythmic edges with excellent control throughout.

Test Standards/Expectations:

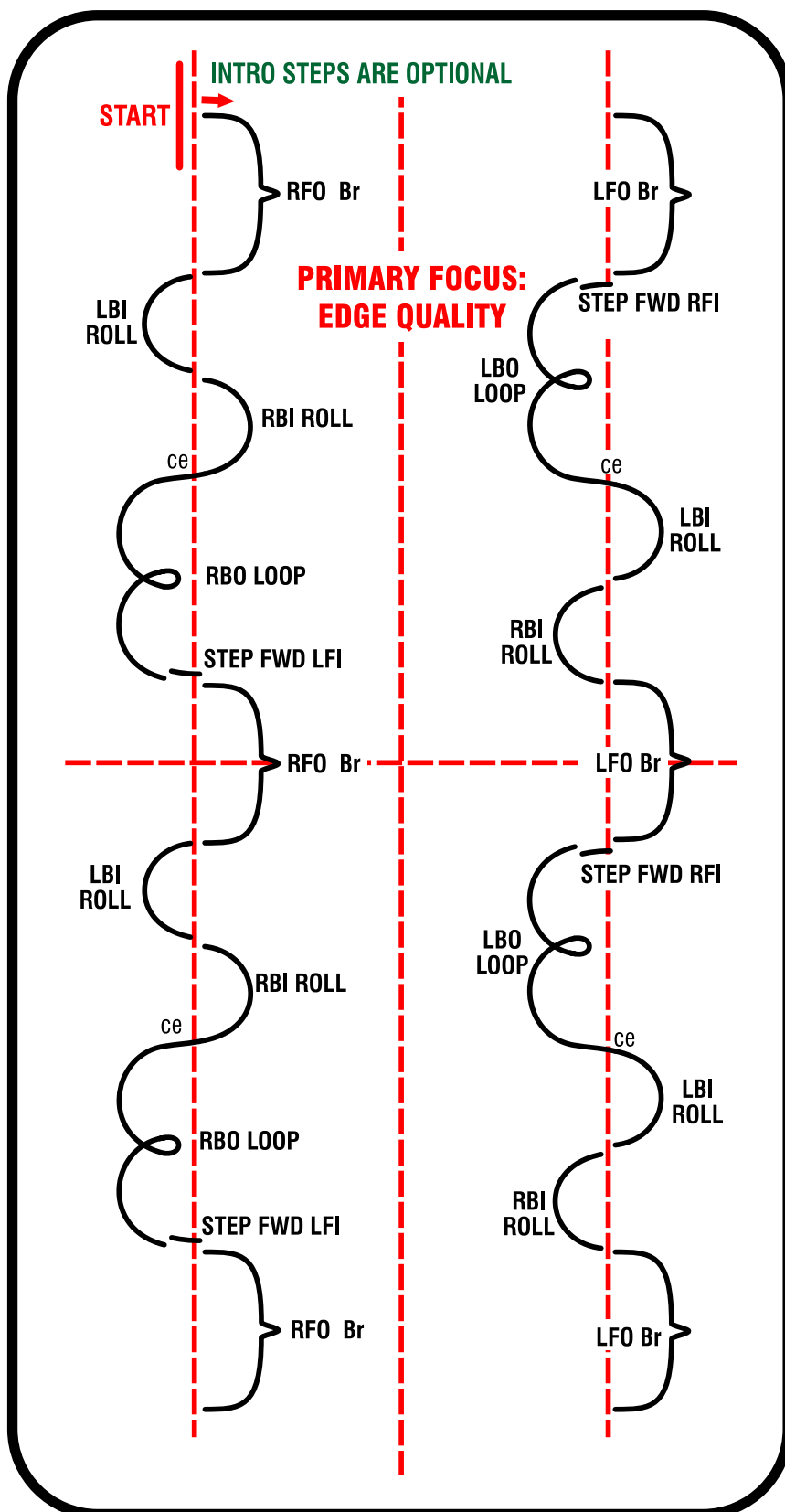
- Majority of loops should be placed at top of lobe
- Demonstrate bilateral symmetry
- Maintain continuous flow throughout
- Maintain continuous axis
- All lobes are of similar size

Common Errors:

- Skating move with too much speed
- Lack of control
- Misshapen loops
- Change of edge not on continuous axis

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

BRACKET / BACK LOOP PATTERN





Junior Pattern #4

DESCRIPTION: Junior Pattern #4

BACKWARD OUTSIDE TWIZZLES:

The pattern begins with a LFO three turn changing edge into a LBO double twizzle. 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 ice surface.

BACKWARD INSIDE TWIZZLES:

The second part of the pattern 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 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 ice surface.

Note: This move may start in either direction.

FOCUS: Turn Execution

Correct entry and exit edges are adequate and maintained throughout the turn for identification with proper technique.

Test Standards/Expectations:

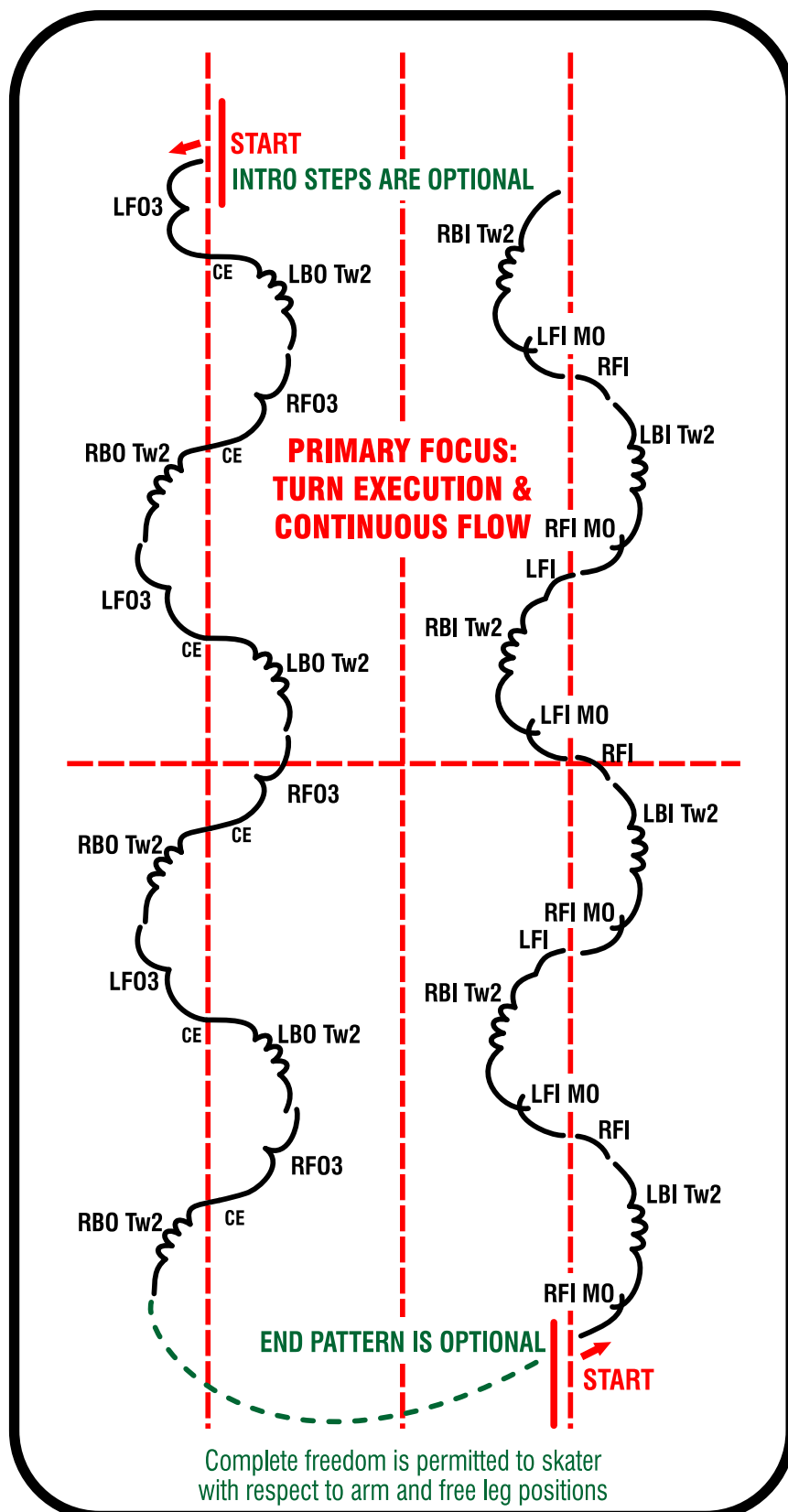
- Effortless execution of twizzles
- Controlled, balanced transitions
- Controlled extension on exit of twizzles
- Maintain axis and lobe size

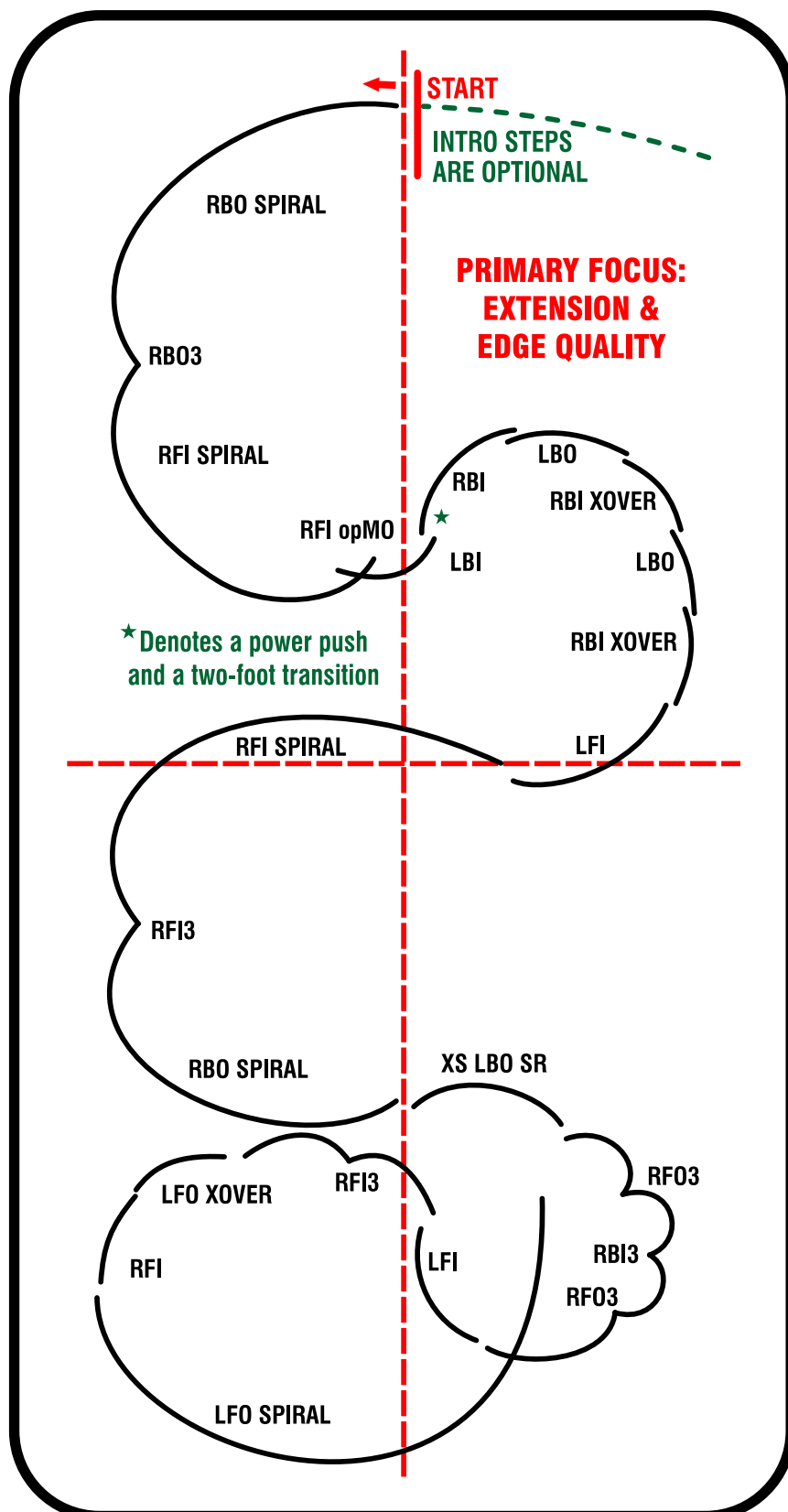
Common Errors:

- Double three-turn action
- BO twizzles not initiated on BO edge
- Shallow lobes
- Incomplete ice coverage

Note: Two 'twizzle sets' may be performed on ice surface smaller than Olympic size.

BACKWARD TWIZZLES





Junior Pattern #5



DESCRIPTION: Junior Pattern #5

The pattern begins with a series of spirals, transitioning from a LBO spiral through the use of a LB03 that is parallel to the long barrier of the arena. The free leg is then lowered into a LFI open mohawk and steps wide with a two-foot power push transition into two backward L over R crossovers. The skater steps onto a RFI and then immediately onto a LFI-LBO spiral sequence, again transitioning between spirals with a LFI3. The skater then does a right back cross stroke followed by a RBO swing roll followed by a LFO triple 3-turn. Then step RFI into a LFI3, followed by a step forward into a RFO crossover and finally a RFO spiral. The pattern is repeated on the opposite foot and direction showing both right foot and left foot pattern for entire test. Transition steps are optional.

*Note: All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility.

Note: This move may start in either direction.

FOCUS: Extension/Edge Quality

Final extended position executed in a controlled manner and should achieve the maximum length of all body lines. Maintain clean, sure edges.

Test Standards/Expectations:

- Maintain edge control
- Sustained free leg above hip level
- Refined presentation

Common Errors:

- Inability to maintain flow and extension
- Incorrect pattern

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

SPIRAL SEQUENCE (LEFT)

