



# Preliminary Pattern #1

## Description: Preliminary Pattern #1

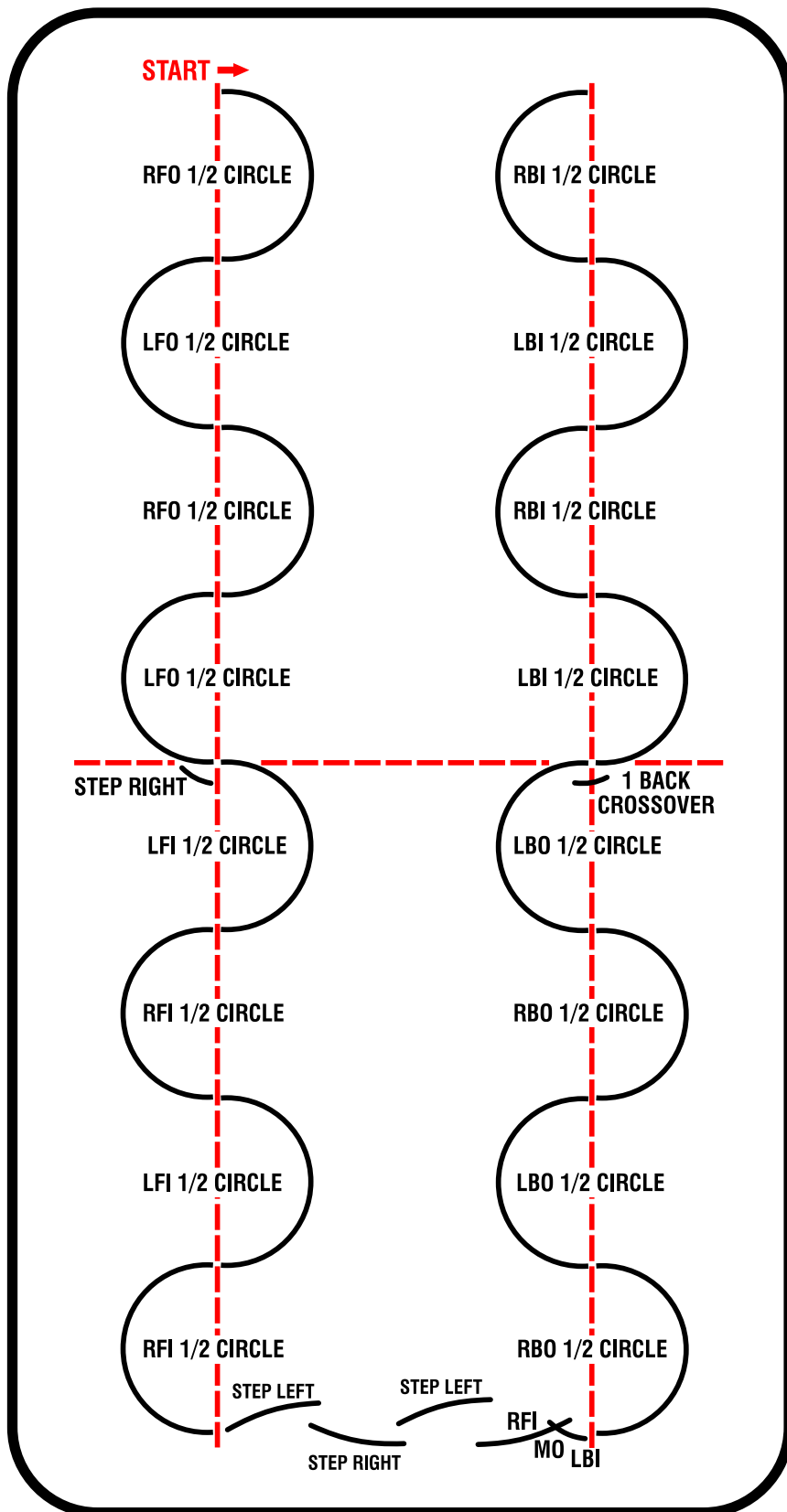
The skater will perform a set of figure pattern exercises comprising a series of half circles of approximately one and a half times the height of the skater, skated to and from the short axis and demonstrating on edges with control and flow.

**Note:** The exercise may commence with introductory pushes and may consist of 1 crossover after the mohawk when changing from forward to backwards.

**Focus:** Edges, Control & Flow Correct Entry and exit edges are adequate and maintained throughout the curve for identification with proper technique.

### Pattern #1:

- RFO 1/2 Circle
- LFO 1/2 Circle
- RFO 1/2 Circle
- LFO 1/2 Circle
- Step Right
- LFI 1/2 Circle
- RFI 1/2 Circle
- LFI 1/2 Circle
- RFI 1/2 Circle
- Step Left
- Step Right
- Step Left
- RFI mohawk to LBI
- 1 Cross over may be performed during this transition after the mohawk to maintain flow. The 1/2 circle should be skated primarily on the RBO edge
- RBO 1/2 Circle
- LBO 1/2 Circle
- RBO 1/2 Circle
- LBO 1/2 Circle
- 1 Backward Crossover
- LBI 1/2 Circle
- RBI 1/2 Circle
- LBI 1/2 Circle
- RBI 1/2 Circle
- Step forward to finish





# Preliminary Pattern #2

## STROKING: FORWARD POWER CIRCLE

### DESCRIPTION: Preliminary Pattern #2

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 (2-3 slow crossovers to fully accelerated crossovers). As the skater accelerates, the circle circumference increases.

Power circles performed both in clockwise and counterclockwise directions. No more than 18 crossovers used in completing this pattern.

Pattern can start in either direction clockwise or counter clockwise.

\*Pattern exits on forward outside edge.

### FOCUS: Power

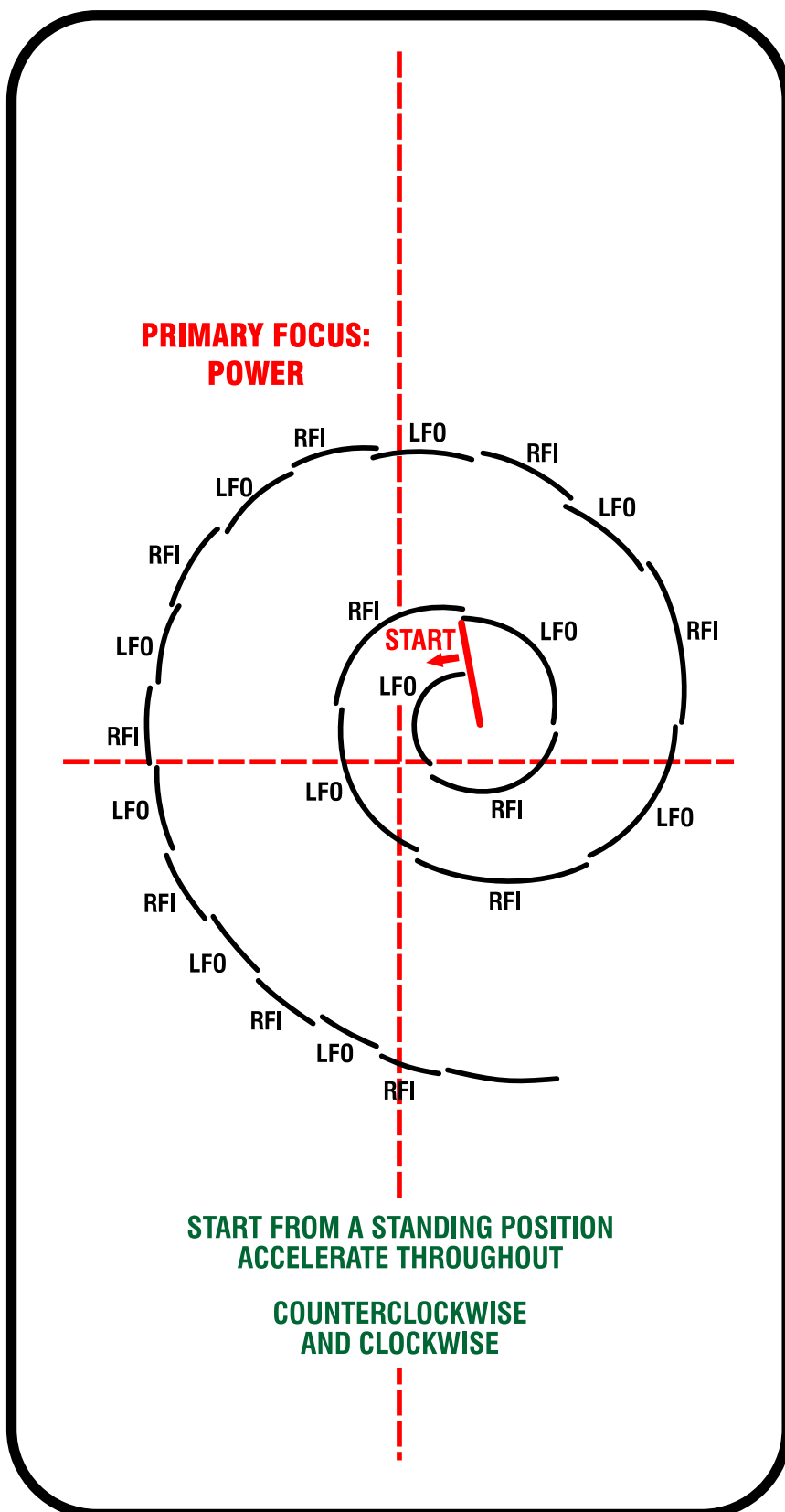
Continuous flow, maintaining speed and ability to increase speed effortlessly.

### Test Standards/Expectations:

- Increasing acceleration
- Circle size increases with acceleration
- **Minimal** toe pushing
- **No more than 18 crossovers**

### Common Errors:

- Inability to increase acceleration
- Clockwise direction weaker
- Improper use of edges to stroke
- Poor control of upper body/posture





# Preliminary Pattern #3

## DESCRIPTION: Preliminary Pattern #3

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 (2-3 slow crossovers) to fully accelerated crossovers. As the skater accelerates, the circle circumference increases.

Power circles performed both in clockwise and counterclockwise directions. No more than 18 crossovers used in completing this pattern.

Pattern can start in either direction clockwise or counter clockwise.

\*Pattern exits on back outside edge.

### FOCUS: Power

Continuous flow, maintaining speed and ability to increase speed effortlessly.

### Test Standards/Expectations:

- Increasing acceleration
- Circle size increases with acceleration
- Minimal toe pushing
- No more than 18 crossovers

### Common Errors:

- Inability to increase acceleration
- Unequal power from both edges
- Posture/upper body control weak

## STROKING: BACKWARD POWER CIRCLE

