Senior Pattern #1

BACKWARD OUTSIDE POWER DOUBLE THREE-TURNS TO POWER DOUBLE INSIDE ROCKERS

DESCRIPTION: Senior Pattern #1

The skater will perform back outside power double three-turns then complete a power pull to back inside QUICK double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the arena on one foot. The skater will then perform the same turns using the opposite foot down the opposite diagonal of the arena.

FOCUS: Power/Quickness
Mastery of speed, acceleration, and control all at refined pace. Mastery of quick and clear foot speed with complete body control.

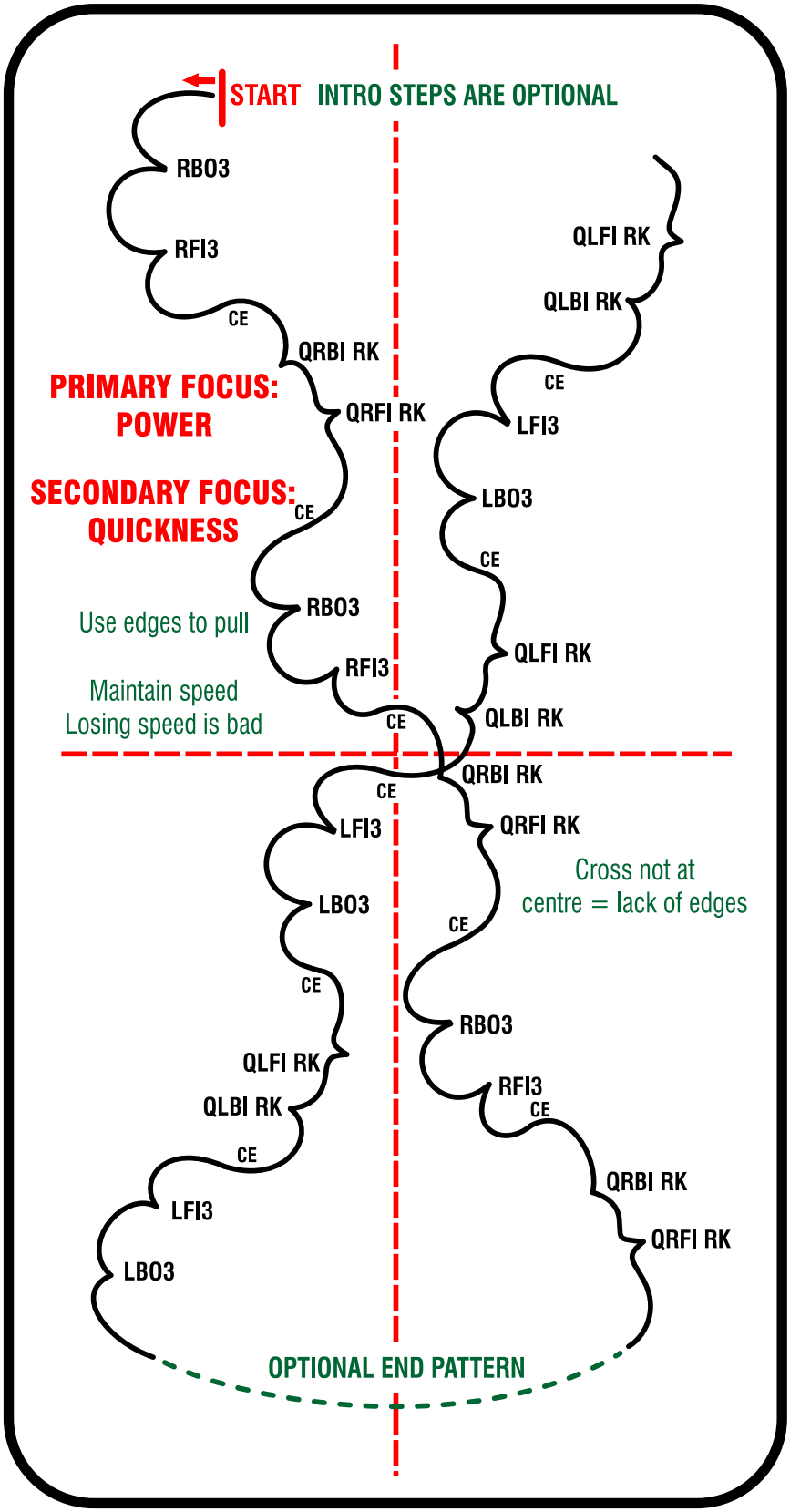
Test Standards/Expectations:

- Must maintain a diagonal axis
- Rockers should be quicker than 3-turns
- ***Change of edge using deep edges***
- Entire pattern should be effortless
- Refined presentation & performance

Common Errors:

- Inability to accelerate and maintain flow
- Shallow changes of edge
- Loss of diagonal axis
- Scraping of turns

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



Senior Pattern #2

BACKWARD INSIDE POWER DOUBLE THREE-TURNS TO POWER DOUBLE OUTSIDE ROCKERS

DESCRIPTION: Senior Pattern #2

The skater will perform back inside power double three-turns, then complete a power pull to back outside QUICK double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the arena on one foot. The skater will then perform the same turns using the opposite foot down the opposite diagonal of the arena.

FOCUS: Power/Quickness
Mastery of speed, acceleration, and control all at refined pace. Mastery of quick and clear foot speed with complete body control.

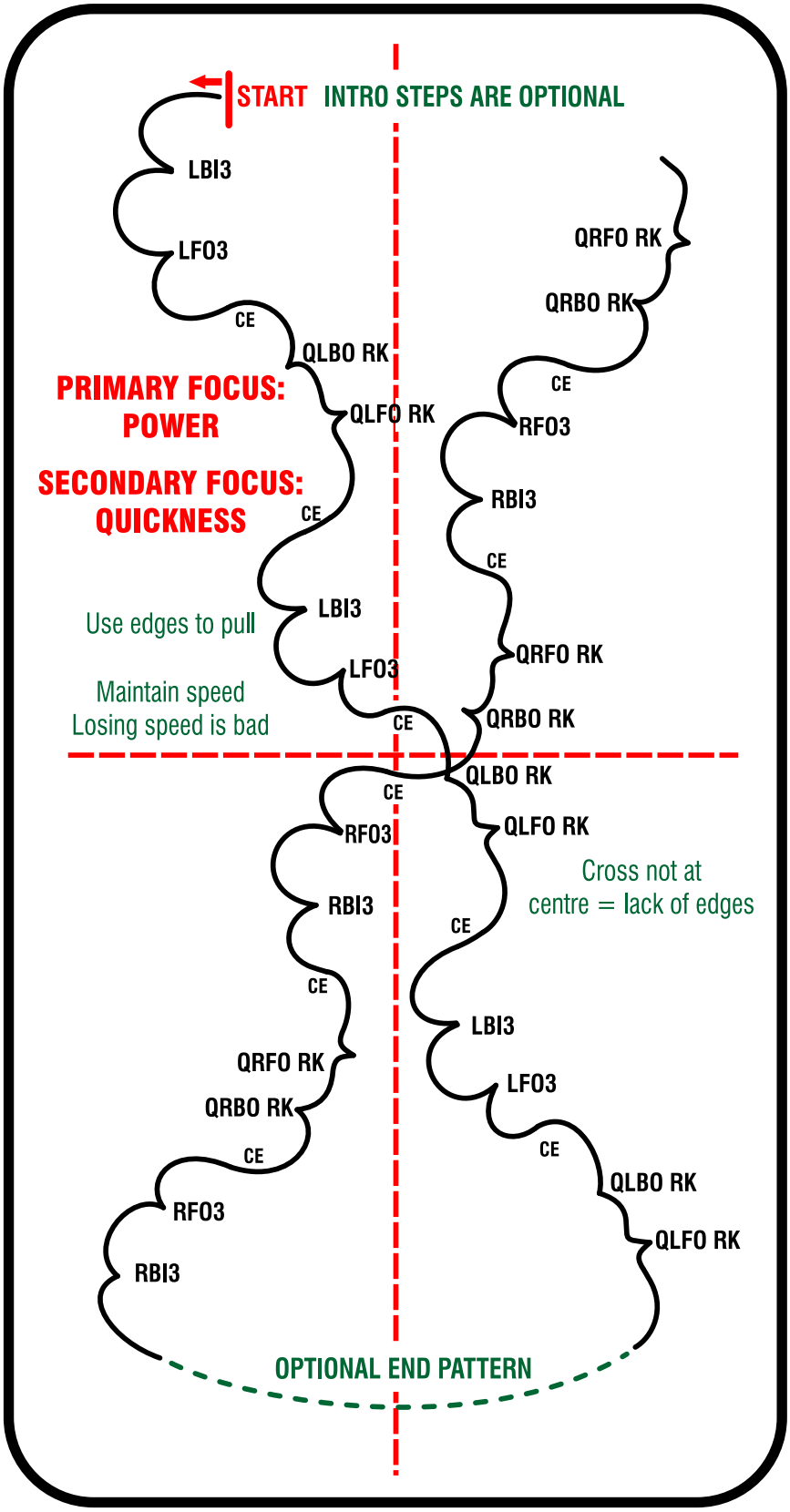
Test Standards/Expectations:

- Must maintain a diagonal axis
- Rockers should be quicker than 3-turns
- ***Change of edge using deep edges***
- Entire pattern should be effortless
- Refined presentation & performance

Common Errors:

- Inability to accelerate and maintain flow
- Shallow changes of edge
- Loss of diagonal axis
- Scraping of turns

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



Senior Pattern #3

DESCRIPTION: Senior Pattern #3

The skater will powerfully perform a back inside three-turn to a sustained swing change of edge followed by a forward inside rocker stepping to a back inside double three-turn. Backward crossover steps follow this sequence. This pattern is then repeated to cover the entire surface of the arena. The skater will then repeat this step in the opposite direction.

FOCUS: Edge Quality/Power
Mastery of clean, sure, quiet edges with depth of lobe.
Mastery of speed acceleration and control at refined pace.

Test Standards/Expectations:

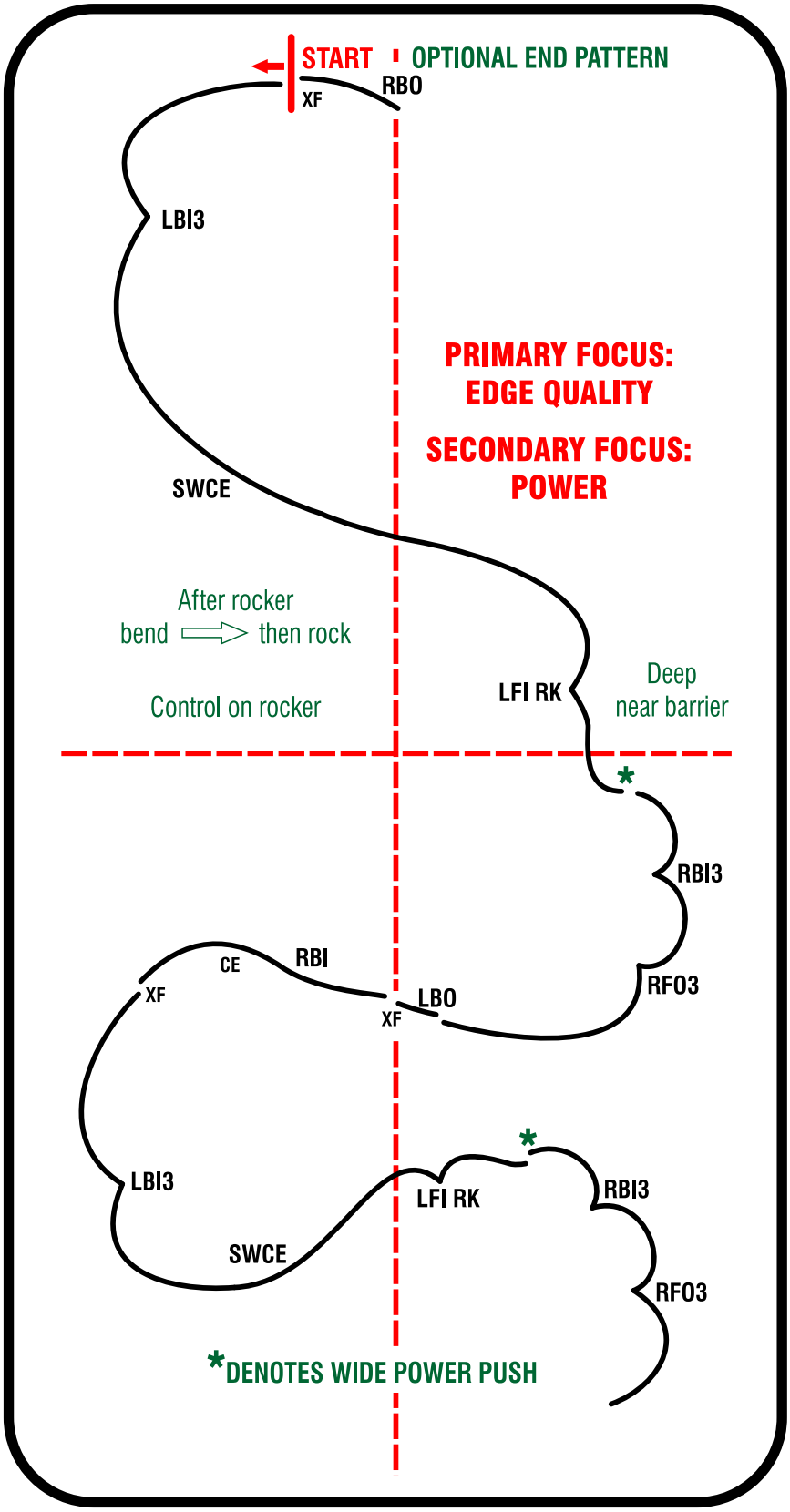
- Maximum stretch of body lines
- Stable and clear positions
- Bilateral power
- Performing a rocker, not a three-turn
- Refined presentation and performance

Common Errors:

- Inability to maintain flow throughout
- Incomplete ice coverage
- Poor upper body line and extension
- Three-turn instead of rocker
- Inability to create power

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

SUSTAINED EDGE STEP (LEFT)



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FOCUS: Edge Quality/Power
Mastery of clean, sure, quiet edges with depth of lobe.
Mastery of speed acceleration and control at refined pace.

Test Standards/Expectations:

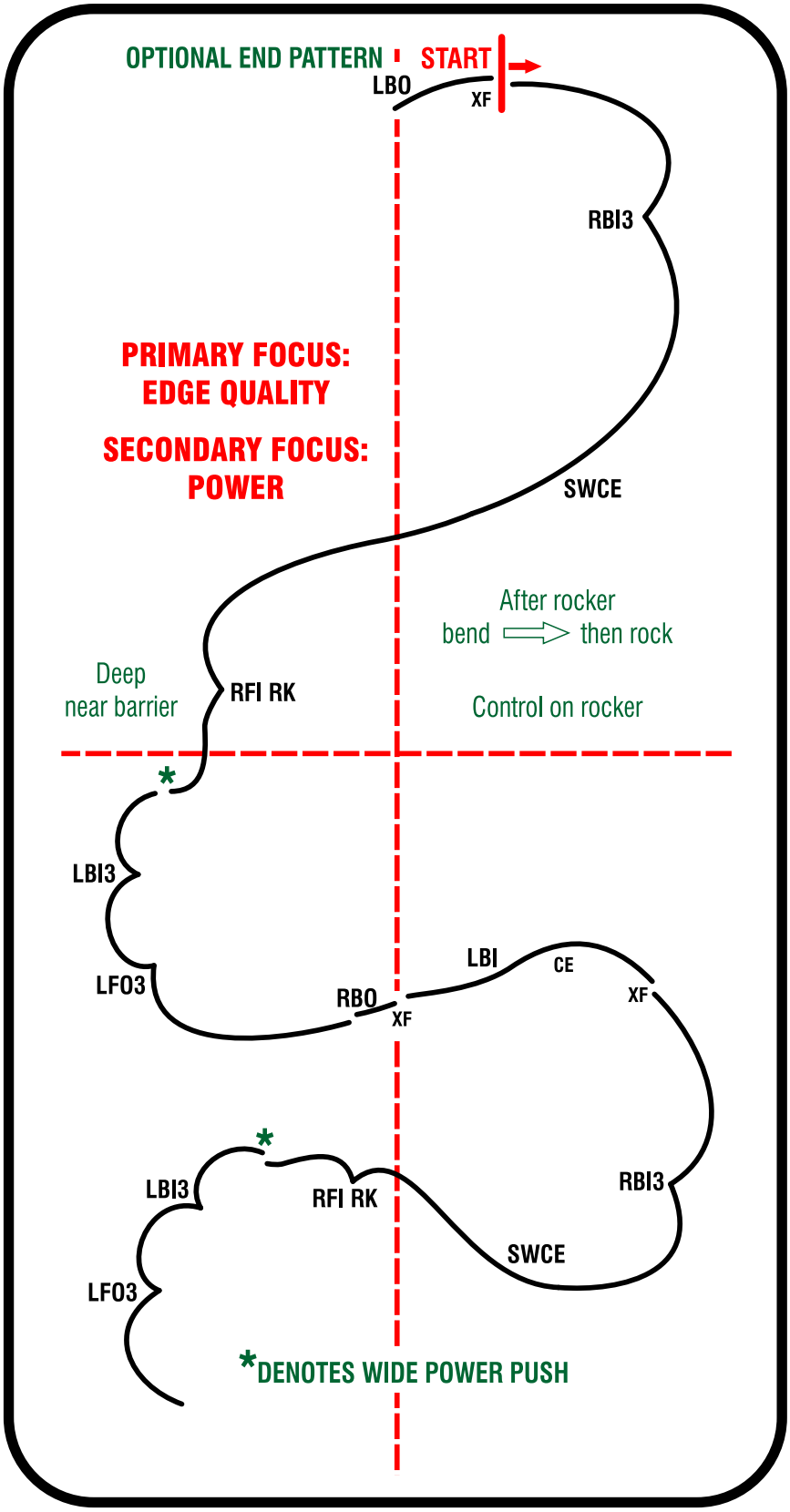
- Maximum stretch of body lines
- Stable and clear positions
- Bilateral power
- Performing a rocker, not a three-turn
- Refined presentation and performance

Common Errors:

- Inability to maintain flow throughout
- Incomplete ice coverage
- Poor upper body line and extension
- Three-turn instead of rocker
- Inability to create power

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

SUSTAINED EDGE STEP (RIGHT)



Senior Pattern #4 - A

DESCRIPTION: Senior Pattern #4A

The pattern begins with a RFO3 followed by a LBO double 3-turn. The free leg then crosses in front for the RBI. The edge is followed by three clockwise toe steps and another cross in front RBI. Next the skater shall step forward onto a new LFO lobe and perform a 2-1/2 revolution RFI twizzle, ending with a LBO cross behind 3-turn. This turn will initiate a series of quick mohawk turns followed by a quick LBI. Next is a RBI counter into a RFI rocker. The skater steps LBI then a step-wide into RBI rocker, RFI mohawk, LBI bracket sequence. The skater should then simultaneously cross behind and reverse arm position to do RFI bracket into RBO counter, followed by a LFO cross front, RFI cross behind. The final part of the sequence is a double choctaw followed immediately by a RFI counter, then push to LBI double twizzle, and finishes with RBI loop.
Optional steps take the skater to the repeat of the sequence in the opposite direction if starting this pattern first.

Note: This pattern may start in either direction. Starting in opposite direction = Senior Pattern #4B.

FOCUS: Edge Quality/Continuous Flow
Mastery of clean, sure, quiet edges.
Maintain undisturbed run of edge.

Test Standards/Expectations:

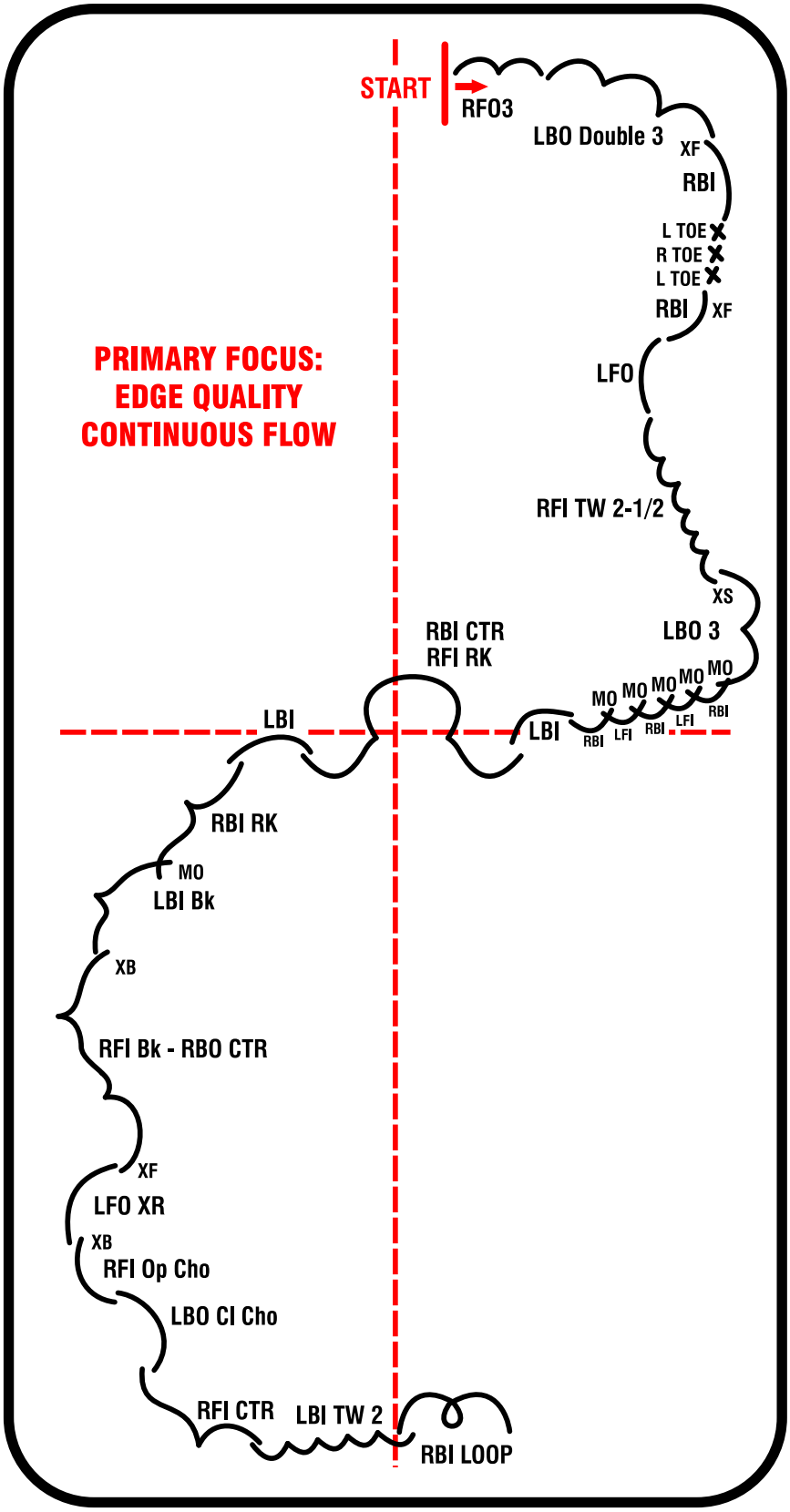
- ***Clean execution of majority of turns***
- Maintain serpentine pattern

Common Errors:

- Incorrect edges on turns and steps
- Inability to maintain flow/edge quality

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

SERPENTINE STEP SEQUENCE - A



Senior Pattern #4 - B

DESCRIPTION: Senior Pattern #4B

The pattern begins with a LFO3 followed by a RBO double 3-turn. The free leg then crosses in front for the LBI. The edge is followed by three counter-clockwise toe steps and another cross in front LBI. Next the skater shall step forward onto a new RFO lobe and perform a 2-1/2 revolution LFI twizzle, ending with a RBO cross stroke behind 3-turn. This turn will initiate a series of quick mohawk turns followed by a quick RBI. Next is a LBI counter into a LFI rocker. The skater steps RBI then a step-wide into LBI rocker, LFI mohawk, RBI bracket sequence. The skater should then simultaneously cross behind and reverse arm position to do LFI bracket into LBO counter, followed by a RFO cross front, LFI cross behind. The final part of the sequence is a double choctaw followed immediately by a LFI counter, then push to RBI double twizzle, and finishes with a LBI loop.
Optional steps take the skater to the repeat of the sequence in the opposite direction if starting this pattern first.

Note: This pattern may start in either direction. Starting in opposite direction = Senior Pattern #4A.

FOCUS: Edge Quality/Continuous Flow
Mastery of clean, sure, quiet edges.
Maintain undisturbed running edge.

Test Standards/Expectations:

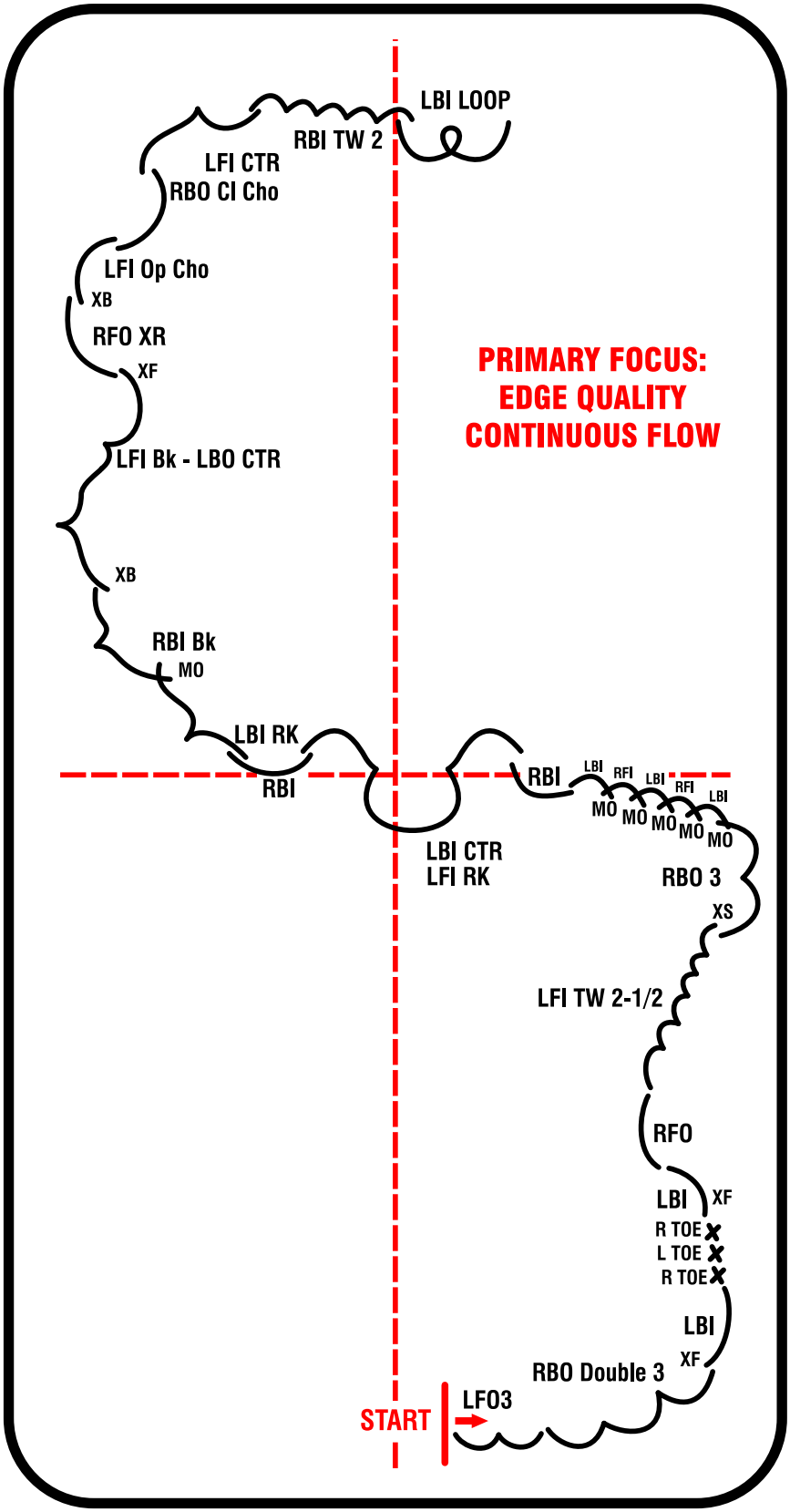
- ***Clean execution of majority of turns***
- Maintain serpentine pattern

Common Errors:

- Incorrect edges on turns and steps
- Inability to maintain flow/edge quality

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

SERPENTINE STEP SEQUENCE - B



Senior Pattern #5

CHOCTAW, TWIZZLE AND ROCKER SEQUENCE

DESCRIPTION: Senior Pattern #5

The skater will perform a RBO edge into a wide closed choctaw (LFI edge) followed by a RFI 1-1/2 twizzle into a RBO change of edge into a RBI Rocker, choctaw onto a LBO edge into a right back cross behind/left cross in front into a LBI pull and then pushing back with the right foot, leg extension onto a LBO edge into a wide closed Choctaw (RFI edge) followed by a LFI 1-1/2 twizzle into a LBO change of edge into a LBI rocker, choctaw onto a RBO edge into a left cross behind/right cross in front into a RBI pull and then pushing back with the left foot, leg extension onto a RBO edge to repeat the entire sequence again. The second diagonal pattern starts on the opposite foot as the first diagonal pattern.

Two sequences per diagonal pattern.

FOCUS: Edge Quality
Maintain flow throughout sequence
Correct edges throughout sequence

Test Standards/Expectations:

- Even timing maintained throughout
- Edge Quality

Common Errors:

- Lack of flow during the sequence
- Lack of body control during change of edge
- Unable to maintain flow throughout
- Unable to maintain the diagonal pattern

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