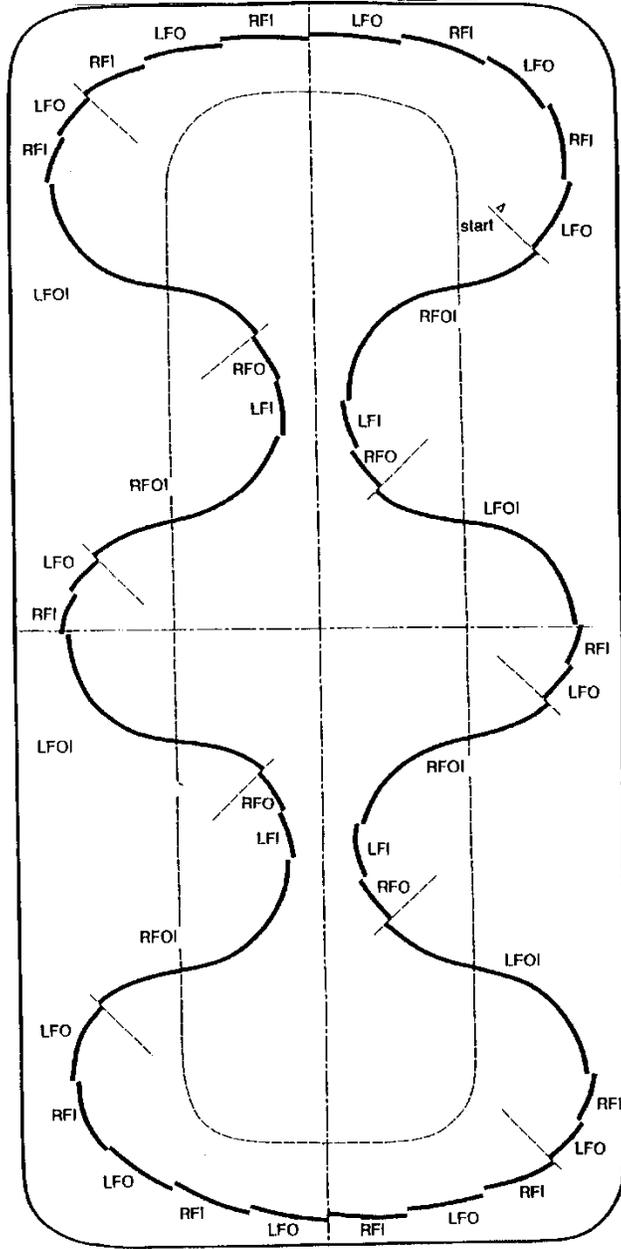


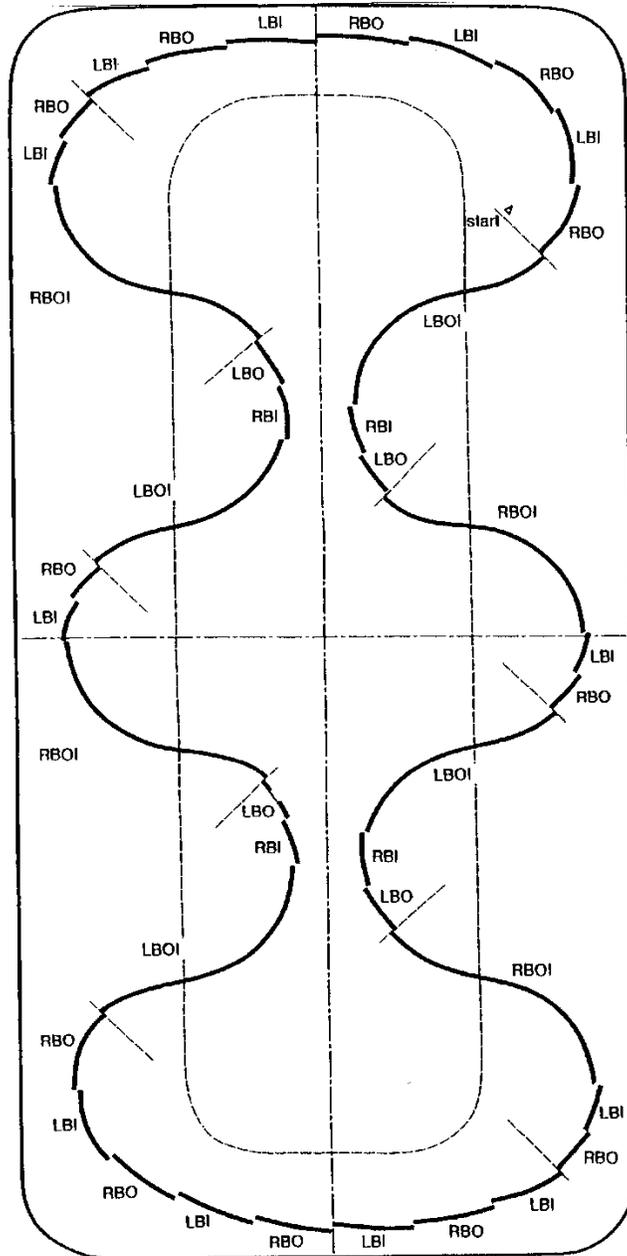
SENIOR BRONZE FREE SKATING TEST
FORWARD CROSSCUT OUTSIDE/INSIDE CHANGE OF EDGE EXERCISE
DIRECTION: COUNTERCLOCKWISE



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

**SENIOR BRONZE FREE SKATING TEST
 BACKWARD CROSSCUT OUTSIDE/INSIDE CHANGE OF EDGE EXERCISE
 DIRECTION: COUNTERCLOCKWISE**



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.