

SKILLS

Skill	Description	Minimum Performance Standard
STAR 1		2 of 3 of the criteria listed
Forward edges	<p>Starting from a standstill, skater pushes off onto FO or FI edge. Using a line for axis across the width of the ice, the skater will execute a series of lobes on designated edge using blade pushes. Once the skater has reached the other end of the ice, they will return across the width by performing a series of forward lobes on the opposite edge. Skaters are required to perform edges with “figure form” in a controlled manner.</p>	<p>Must perform a min of 4 FO edges and 4 FI edges</p> <p>Reason able for level:</p> <ul style="list-style-type: none"> - Solid body lean on 50% or more - 75% of pushes from the blade (3 of 4 edges) - Reasonable control
Forward 3-turns	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge as they perform a forward 3-turn. The skater may or may not return to a standstill position for the subsequent turns. Demonstrating “figure form”, the skater must demonstrate a 2 second glide entering and exiting the turn. The skater may perform the turns in any order and must demonstrate unweighting during each turn.</p> <p>A 3-turn is a 180 degree turn on one foot that is executed by rotating towards the center of the lobe (circle) and stays on the same lobe (circle).</p>	<p>All 4 forward turns must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - Solid lean on 50% or more - 75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns) - Reasonable control
Forward Inside MoHawk Turn Sequence	<p>Using a line for an axis, skaters may start from a standstill or a glide and may choose starting foot. Push onto a forward inside edge to perform a FI Mohawk. From the BI edge, step onto the same lobe with the opposite foot to execute a BO edge. Hold this edge to the axis line. At the line, change lobes and step forward onto an inside edge to perform the same sequence on the opposite foot. The skater should aim to perform the FI Mohawk on the 1st ½ of the lobe, leaving the last ½ of the lobe to hold the BO edge. Blade pushes should be used throughout.</p>	<p>Must perform a min of 4 sequences (2 on each foot)</p> <ul style="list-style-type: none"> - 75% of sequence demonstrating proper turn and pushing technique (3 of 4) - Reasonable acceleration and knee action - Stable for 75% of exercise (3 of 4)
STAR 1 Stroking (Basic)	<p>Starting from forwards skating, the skater will complete a large circle of forward crosscuts at one end of the ice (between blue line and goal line) in either clockwise or counter-clockwise direction. After one full circle, the</p>	<p>One full pattern must be performed. Skater may choose starting direction.</p>

	<p>skater will then skate off the circle at the next corner to execute a series of blade pushes across the ice diagonally to the opposite corner. At this corner the skater will perform at 3-turn or FI Mohawk to turn backwards. The skater will then skate a full circle of backwards crosscuts and come out of the next corner to execute a backward push/glide sequence across the ice diagonally to the opposite corner.</p> <p>This pattern is called X & O and will be used throughout the STAR 1-5 program.</p> <p>Skaters must practice this in both starting directions (CW and CCW).</p>	<ul style="list-style-type: none"> - 75% of exercise demonstrating proper pushing technique (fwd and bwd) - Reasonable acceleration and knee action - Stable for 75% or more of the exercise
<p>Forward Spiral Circles</p>	<p>Skaters may start in clockwise or counter clockwise direction. Skating on a large circle forwards, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they may skate around the same circle with as many steps as they like and perform another forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p>	<p>All 4 forward spirals must be performed. (RFO, LFO, RFI, LFI)</p> <ul style="list-style-type: none"> - Reasonable body line - Min of 1 spiral per foot at hip level or higher for 1 second or more - Reasonable control and edge quality (no straight lines)
<p>Field move of choice</p>	<p>Forward 1-foot sit glide: (formerly shoot the duck) A one-foot movement in which a skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice.</p> <ul style="list-style-type: none"> - Skater must demonstrate a 90-degree angle or more on the skating foot <p>Ina Bauer: A two-footed movement in which the skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge behind the skater running parallel to the forward tracing. Spacing between the edges/tracings should be greater than 24 cms. The more proficient the skater becomes at this move, the greater the distance between the tracings.</p> <ul style="list-style-type: none"> - May be on a straight line or inside curve <p>Spread eagle: A curving, two-footed movement in which the skater skates with one foot on a forward edge and the other on a matching backward edge on the same curve (ex. outside/outside or inside/inside).</p> <ul style="list-style-type: none"> - May be performed on an inside or outside edge. Some knee bend permissible 	<p>Only 1 field move (skaters' choice) to be performed</p> <ul style="list-style-type: none"> - Reasonable body line - Position held for 1 second or more - Reasonable balance & control