

SKILLS

Skill	Description	Minimum Performance Standard
STAR 2		Criteria marked with an (*) is mandatory for passing standard
Backward edges	Starting from a standstill, skater pushes off onto BO or BI edge on either the left or right foot. Using a line for axis, the skater will execute a series of lobes on the designated edge using c-pushes. Once the skater has reached the other end of the ice, they will return to their start by performing a series of lobes on the opposite edge. Skaters are required to perform edges with "figure form" in a controlled manner.	<p>Must perform a min of 4 BO edges and 4 BI edges</p> <p>Reasonable 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
Backward 3-turns	Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge. The skater may or may not return to a standstill position for the subsequent turns. The skater must demonstrate a 2 second glide entering and exiting the turn using "figure form". The skater may perform the turns in any order and demonstrate some unweighting during each turn.	<p>All 4 backward 3 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 circle on circle	<p>Starting from a standstill, the skater may start with the left or right foot, outside or inside edge. The skater performs one blade push onto an edge and holds that edge for a full circle. During that circle the skater should display figure form and move the body in a quiet and controlled manner. For example; after the push off, the free foot should come towards the skating leg in a "toe to heel" position for the 1st half of the circle, during the 2nd half of the circle the free foot will then move to the front of the skating foot in a "heel to toe" position demonstrating "figure form". This transition should be performed with a stable core and in a controlled manner.</p> <p>Once the skater has completed the 1st circle on one foot/edge, they will then perform another blade push to complete a 2nd circle approximately the same size and</p>	<p>Two complete circles (one on each foot) on different edges.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid body lean on 50% or more - Pushes from the blade - Reasonable control

	<p>pattern as the 1st circle, thus creating a “circle on circle” exercise.</p>	<p>Skaters may choose direction for assessment.</p>
<p>2 foot & 1 foot multi turns</p>	<p>Starting from backwards skating, the skater will perform 2 hip-twist like turns on two feet in one direction and then push backwards to perform 2 hip twist like turns in the opposite direction. These turns are exactly like the 2 foot multi turns from Stage 6 CanSkate. After the skater has executed 2 sets of 2 foot turns, the skater will then push onto a BI edge to perform 2 – 1 foot turns of the same nature in one direction (3-turn/bracket) and then push onto the opposite foot for another BI entry to 2-1 foot turns in the other direction</p>	<p>1 complete set of:</p> <ul style="list-style-type: none"> - 2 2ft turns one way - 2 2ft turns the other way - 2 1ft turns one way - 2 1ft turns the other way <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of turns correct - *75% of pushes with blade - Reasonable knee action - Stable for 75% or more of the exercise
<p>Forward outside turn sequence</p>	<p>Starting from a standstill or forward skating the skater will execute FO 3-turn, backward crosscut on one lobe and then change lobes to execute a FO 3-turn, backward crosscut on the opposite lobe. The skater will repeat this sequence to perform a total of 2 RFO 3-turns and 2 LFO 3-turns. The skater may start the exercise on their foot of choice. An example of the turn sequence is: RFO-RBI 3turn, LBO-RBI crosscut, LFO-LBI, RBO-LBI crosscut...</p>	<p>4 complete sets completed (2 on each foot)</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of turns must demonstrate solid edge in and out - 75% of pushes must be executed correctly - Reasonable knee action - Stable for 75% or more of the exercise