

# SKILLS

Skill	Description	Minimum Performance Standard
<b>STAR 2</b>		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"> <li>- *Solid body lean on 50% or more</li> <li>- 75% of pushes from the blade (3 of 4 edges)</li> <li>- Reasonable control</li> </ul>
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"> <li>- *Solid lean on 50% or more</li> <li>- 75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns)</li> <li>- Reasonable control</li> </ul>
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 1<sup>st</sup> half of the circle, during the 2<sup>nd</sup> 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 1<sup>st</sup> circle on one foot/edge, they will then perform another blade push to complete a 2<sup>nd</sup> 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"> <li>- *Solid body lean on 50% or more</li> <li>- Pushes from the blade</li> <li>- Reasonable control</li> </ul>

	<p>pattern as the 1<sup>st</sup> circle, thus creating a “circle on circle” exercise.</p>	<p>Skaters may choose direction for assessment.</p>
<p>2 foot &amp; 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"> <li>- 2 2ft turns one way</li> <li>- 2 2ft turns the other way</li> <li>- 2 1ft turns one way</li> <li>- 2 1ft turns the other way</li> </ul> <p>Reasonable for level:</p> <ul style="list-style-type: none"> <li>- *75% of turns correct</li> <li>- *75% of pushes with blade</li> <li>- Reasonable knee action</li> <li>- Stable for 75% or more of the exercise</li> </ul>
<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:</p> <p>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"> <li>- *75% of turns must demonstrate solid edge in and out</li> <li>- 75% of pushes must be executed correctly</li> <li>- Reasonable knee action</li> <li>- Stable for 75% or more of the exercise</li> </ul>