

# SKILLS

## Skill

Description

Minimum Performance Standard

## STAR 4

Forward brackets	<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 bracket. 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 bracket is a 180 degree turn on one foot that is executed by rotating away from 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"> <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, balance, form and agility</li> </ul>
Backward brackets	<p>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. Keeping the toe of the free leg close to the heel of the skating leg, the skater must demonstrate a 2 second glide entering and exiting the turn demonstrating "figure form". The skater may perform the turns in any order and demonstrate some unweighting during each turn.</p>	<p>All 4 backward 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, balance, form and agility</li> </ul>
Forward double threes	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform a forward 3-turn followed by a backward 3-turn on the same lobe. The skater may or may not return to a standstill position for the subsequent turns. Keeping the free leg close to the skating leg in "figure form", the skater must demonstrate a 2 second glide entering and</p>	<p>All 4 forward turns must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> <li>- *Solid lean on 50% or more</li> </ul>

	<p>exiting EACH turn. The skater may perform the turns in any order and demonstrate some unweighting during each turn.</p>	<ul style="list-style-type: none"> <li>- *75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns)</li> <li>- Reasonable control, balance, form and agility</li> </ul>
Backward 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 "C" 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 be lifted off the ice and be held in a "heel to toe" position in front of the skating foot 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 back of the skating foot in a "toe to heel" position. This transition should be performed with a stable core and in a controlled manner. The upper body may need to rotate as well moving the arms and head separately to encourage balance and control.</p> <p>Once the skater has completed the 1<sup>st</sup> circle on one foot/edge, they will then perform another "C" push to complete a 2<sup>nd</sup> circle approximately the same size and pattern as the 1<sup>st</sup> circle, thus creating a "circle on circle" exercise.</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% +</li> <li>- *Pushes from the blade</li> <li>- Reasonable control, balance, form and agility</li> </ul> <p>Skater must draw for direction.</p>
Forward change of edges	<p>Starting from a standstill or small glide, the skater steps onto a FO edge at a line to create a lobe, as the skater approaches the line again, they will prepare to change their edge and lobe at that axis by ensuring the free foot is in front of the skating foot and the skating side arm is leading. At the axis (line), the skater will shift their lean to the new lobe while moving their free foot behind their skating foot. The new edge will match the symmetry of the 1<sup>st</sup> edge, and be held until the axis (line). At the line, the skater will push onto the other foot to create a FI edge and prepare for the change by bringing the free foot in front of the skating foot, lead with the free arm and repeat the technique above to perform another change of edge. The skater will then stop and repeat the exercise on the opposite foot on the way back, demonstrating "figure form" throughout.</p> <p>The change of edge should be executed in a manner that sees the skater progressively travel down the ice without "back tracking" or performing an "S" change. There should be clear edges entering and exiting the change of edge to ensure that the change is not diagonal.</p>	<p>All 4 forward change of edges must be performed</p> <p>Reasonable:</p> <ul style="list-style-type: none"> <li>- *Solid body lean on 50% +</li> <li>- *Pushes from the blade</li> <li>- Reasonable control, balance, form and agility</li> </ul>