



# Program Handbook

Revised 2022



Any questions or queries about this handbook email [aussie.skate@isa.org.au](mailto:aussie.skate@isa.org.au)

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# AUSSIE SKATE™ PROGRAM HANDBOOK

Aussie Skate™ is a national learn to skate program and an initiative of Ice Skating Australia. It is a fun, challenging and rewarding program for all ages and abilities.

This handbook covers:

- Levels
- Testing
- Competition
- Registration
- Aussie Skate App

Aussie Skate™ has been designed to teach the basic fundamentals for ice skating before proceeding to your preferred ice sport. Some people may wish to skate for fun or general fitness. Others may want to join a team and try Ice Hockey or Synchronized Skating. And some skaters might want to pursue an Olympic Dream in Figure Skating or Speed Skating.

One of the goals of the program is to provide a pathway for skaters to start in the sport and become long term active participants. The program has been structured so that skaters can move through the program at a pace that suits them. While the Beginners Program teaches the basic skills, the Bridging Program encourages the skaters to build on their skills and to move into other disciplines, whether that be figure skating, speed skating or ice hockey.

Another goal of the program is to keep skaters interested and engaged. For example skaters who want to play ice hockey may not want to learn skills that are specific to figure skaters. The program is structured so they can move through the program while learning the skills that enable them to become skilled skaters which is crucial for becoming a good hockey player.

Aussie Skate™ exposes the skaters to a fun, challenging, and rewarding system that encourages skaters to participate in all ice sports disciplines. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals.

The objectives of the Aussie Skate™ Program are to:

- provide a fun and safe skating experience
- teach correct element skating technique
- develop a finer degree of coordination and balance
- promote physical fitness
- have fun

To be part of the Aussie Skate™ program, the skater needs to register via the online registration portal which is on the Aussie Skate website. Once skaters have registered they will receive a registration number. The registration number is their key to take tests and progress through the relevant Aussie Skate™ levels. When skaters are ready to participate in Aussie Skate™ competitions they should contact the local Club.

Basic skills, including all the basic fundamentals for ice skating, are taught in the **Aussie Skate™ Introduction to Skating**. The **Aussie Skate™ - Bridge Program** introduces the Figure Skating disciplines - Singles, Pair Skating, Ice Dancing and Synchronized Skating and provides a pathway to Ice Hockey and Short Track Speed Skating.

There is also an Adult pathway which rinks may incorporate into their regular programs.

## Testing

The Aussie Skate™ Introduction to Skating tests are to be evaluated by a designated testing person/s appointed by each association/rink/club. The Introduction to Skating levels are competency based.

The Aussie Skate™ Program is made available to those participants who have registered with Aussie Skate™. Participants will be assessed and placed into the appropriate level upon commencing the Aussie Skate™ Program.

The Aussie Skate™ - Bridge Program tests are to be evaluated by an approved Aussie Skate™ testing official appointed by each association/rink/club. The tests should not be evaluated by a coach conducting the class.

Aussie Skate™ badges are available from your rink upon completion of each level.

## Aussie Skate™ Registration

All skaters participating in the program at a rink must register with the Program. This is done via a registration portal. The link is at [www.isa.org.au/aussie-skate-tm](http://www.isa.org.au/aussie-skate-tm).

Registration is yearly. New registration is \$30 and renewal is \$17. When you renew your membership you will need to provide the skater's details so they match the previous registration.

The registration provides insurance for the program which covers for lessons and any other activities run as part of Aussie Skate™ that skaters may participate in for their time in the program.

For those joining a state figure skating association to participate in competitions, this will also provide insurance coverage during those events.

## Aussie Skate™ App

All skaters who register with the program have access to the Aussie Skate™ App. The App covers the Aussie Skate™ Curriculum, outlining the levels and providing descriptions of the elements, demonstration videos, competition information and resources as well as other activities and videos.

The Aussie Skate™ App is also available for download from both Apple and Android Stores. The App is available to registered members of the program. Registration is available via the Ice Skating Australia website.

When you register, you will be sent a promocode that you can then use to access the App. This will last for the calendar year. To continue use of the app for the next year you will need to renew your Aussie Skate™ Membership.

## Competitions

Skaters participating in the program have the opportunity to compete. All levels have a competition division.

For Tots 2 to Aussie Skate 10, elements must be skated in the order as listed. There are optional patterns for competitors to use to assist with planning the program. Other divisions will have prescribed elements. Details of the patterns are available on the Aussie Skate™ App and Aussie Skate website. The list of elements is available on the Aussie Skate™ website.

# AUSSIE SKATE™ PROGRAM

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## INTRODUCTION TO SKATING

AGES 3-5 YRS

TOTS 1

TOTS 2

TOTS 3

Skaters who have completed Tots 3 move to Aussie Skate 2

AGES 6 YRS  
AND ABOVE

Aussie Skate 1

Aussie Skate 2

Aussie Skate 3

Aussie Skate 4

Aussie Skate 5

Aussie Skate 6

HOCKEY 1

HOCKEY 2

**SHORT TRACK  
ICE RACING**

Ice Racing Australia  
(Winning Edge Program)

Aussie Skate 7

Aussie Skate 8

Aussie Skate 9

Aussie Skate 10

Skaters who have reached Aussie Skate 7 may move into Ice Hockey or Short Track Ice Racing.

# AUSSIE SKATE™ PROGRAM

ICE SKATING AUSTRALIA INC.

## BRIDGE PROGRAM

Free Skate Levels are split into two parts  
Part A focuses on skating skills and moves  
Part B focuses on spins and jumps

FREE SKATE 1A

FREE SKATE 1B

FREE SKATE 2A

FREE SKATE 2B

FREE SKATE 3A

FREE SKATE 3B

FREE SKATE 4A

FREE SKATE 4B

DANCE 1

SYNCH 1

PAIR 1

DANCE 2

SYNCH 2

PAIR 2

DANCE 3

SYNCH 3

PAIR 3

DANCE 4

SYNCH 4

PAIR 4

STEPS AND TURNS 1

STEPS AND TURNS 1

STEPS AND TURNS 1

STEPS AND TURNS 1

## ADULT SKATING PATHWAYS

### AUSSIE SKATE

ADULT 1

ADULT 2

ADULT 3

On completion of Aussie Skate, Adults can either continue to skate in Single divisions under Ice Skating Australia's competitive structure, undertake further testing or participate in other divisions. These include:

- Pairs
- Ice Dance
- Synchronized Skating
- Theatre on Ice

Ask at your rink about these other programs.

### ADULT BRIDGING PROGRAM

Adult Edges 1

Adult Free Skating 1

Adult Edges 2

Adult Free Skating 2

### ISA ADULT SINGLES

ADULT COPPER – Does not require Preliminary Test

ADULT BRONZE – Requires ISA Preliminary Test

ADULT SILVER – Requires ISA Elementary Test

ADULT GOLD – Requires ISA Basic Novice Test

## AFTER AUSSIE SKATE™

### SINGLES SKATING

After completing the Aussie Skate™ Program skaters can move into their choice of disciplines or other ice sports.

### PAIRS SKATING

In Singles, Pairs, Ice Dance and Synchronized Skating there are competition streams whose rules and guidelines are laid out by the International Skating Union (ISU).

### ICE DANCING

While some skaters may choose to be competitors, skaters can also undertake testing to have their skill development evaluated.

### SYNCHRONIZED SKATING

### ADULT SKATING

For some skaters, they may choose to skate recreationally or participate as competitors in the more artistic aspects of the sport such as Theatre on Ice or performing a more theatrical program in artistic skating.

### THEATRE ON ICE

A discipline such as Ice Dancing is also a great social form of skating. Some rinks or skating clubs may run recreational ice dance sessions.

### ARTISTIC SKATING

### ICE HOCKEY

Other ice sports that the Aussie Skate Program can lead to is Ice Hockey or Speed Skating (also known as Ice Racing). Aussie Skate is important for providing good basic skills for both these sports.

### SPEED SKATING



# Requirements for the Aussie Skate™ Program

## INTRODUCTION TO ICE SKATING

Tiny Tots levels are for children who are 5 years and under. Skaters who are 6 years and over proceed to Basic 1. In keeping with the philosophy of children learning together, Tots 3 allows children to learn whilst building friendships.

### **TOTS 1 (Formerly Tiny Tots 1)**

#### **GOAL:**

The primary goal of this level is to make a skater 'safe'. The second goal of this level is to eliminate any fear on the ice. It encourages skaters to feel comfortable on the ice.

#### **A. Stand Unassisted for 5 seconds**

The skater shall stand still for 5 seconds. This is to demonstrate the skater can show basic balance and promotes confidence and teach balance over the blades.

#### **B. Dip in Place**

The skater must bend knees to a squat position (approximately 90 degrees) with arms stretched forward.

#### **C. Correct way to fall and stand up on ice**

Skater shall perform a dip position then bring the arms into the chest. They then fall to the ice on either side of the bottom. Arms shall remain in position during fall. To get up, the skater shall roll onto the knees and hands. As they rise, one foot is to be placed between the hands on the ice, followed by the other foot being placed between the hands with the blades flat to the ice. No toe picks should be used. The skater is then ready to stand up.

#### **D. March Forward across the ice (8-10 steps)**

The skater must walk unaided for 8-10 steps. Each foot must be picked up off the ice while walking.

#### **E. March then glide on 2 feet (1 metre)**

The skater marches forward for 3-5 steps and then glides on two feet. The length of glide is for a distance of approximately 1 metre. The feet shall be no further apart than one blade length of the skater.

#### **F. Backward Wiggles (6 in a row)**

The skater must wiggle backward to a distance of approximately 1 metre (6 in a row) in zigzag movements. Upper-body twist is encouraged whilst the head and arms are to remain in place.

#### **G. Balance on 1 foot on spot for 1 second (both left and right feet)**

The skater's arms should be held out from the body and slightly forward of the shoulders with both feet straight. The body weight should be transferred over the skate they are going to stand on prior to lifting the other foot. The free foot should be placed next to the skating leg at a height above the top of the skate.

### **TOTS 2 (Formerly Tiny Tots 2)**

#### **GOAL:**

The primary goal of this level is to initiate movement by introducing basic skating concepts. The skater should have already established an ease of movement on the ice in the previous level. The concept of lean is introduced at this level.

#### **A. Dip while moving**

The skater shall take 3-5 steps, glide on two feet, and then bend the knees to a squat position (approximately 90 degrees). The arms should be outstretched. The length of the glide shall be a distance of approximately 1 metre.



### **B. Rocking Horse**

This action is to teach the skater to turn out both feet simultaneously rolling forward so that the toes come together and then rolling backwards so the heels of the skaters' feet touch. The skater is required to do one forward and one backward movement.

### **C. Forward Swizzles (3-5 in a row)**

This move is similar to the Rocking Horse however the skater will only move forward. The skater must perform 3-5 in and out movements with their feet for a distance of approximately 1 metre or more. 3-5 forward steps may be performed prior to this manoeuvre.

### **D. 2-foot Hop in place / Jump on the spot**

The skater must hop/jump on the ice. The skater stands still, bends their knees and lift their body off the ice. Once they land back on the ice, the arms should be outstretched to the side and slightly forward.

### **E. Forward 2-foot Glide on a Curve (R & L)**

Skaters shall perform a curve by leaning into the circle. The feet shall be no further apart than one blade length. The length of glide is to be the distance of approximately 1 metre. Skaters may use swizzle pushes or 3-5 steps to gain speed before the glide. If there is a circle marked on the ice the skater may follow the line. Both clockwise and anti-clockwise directions are required i.e. lean to the right and lean to the left.

## **TOTS 3 (Formerly Tiny Tots 3)**

### **GOAL:**

The goal of this level is to introduce the skater to new skills. It focuses on encouraging proper use of the blade and knee bend to gain motion across the ice. The use of the upper body in performing an element is also introduced and confidence and self-esteem are improved.

### **A. T Position and Push (R & L)**

The skater stands on a spot and places their feet into a T position with the front foot pointed in the direction of travel. From this position the skater pushes with the back foot to move forward on the front foot. The free leg should be extended back after the push. The skater should move forward for approximately 1 metre. Pushes are required on both feet.

### **B. Forward 1-foot Glide (R & L)**

The skater shall glide forward on one foot with the free foot carried next to the skating leg (preferably on the inside of the knee) with the toe pointing down. The skater should glide for 3-4 seconds (count to 3 or 4). This is to be performed on both feet and held in a straight line. The skater can choose how they enter the glide.

### **C. Forward Swizzles (6-8 in a row)**

This move is the same as Tots 2 however 6-8 in and out movements must be performed during which the skater's heel's and toes meet. 3-5 steps may be taken to allow the skater to gain some speed prior to beginning the movement. The knees need to be slightly bent and raised throughout the swizzle. Arms remain at 90 degrees to the body.

### **D. Backward Swizzles (6-8 in a row)**

The skater must perform 6-8 in and out backward movements with both feet simultaneously, whilst the skater glides across the ice. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

### **E. Snow Plow Stop with skid standing still**

A complete stop must be made using both feet in a skidding stopping action. The skater is encouraged to press the heels of their skates outwards, slightly bend their knees with arms held out to the side and slightly forward for greater stability prior to commencing the stop.

### **F. Backward Marching (8-10 steps)**

The skater commences by lifting the knees and transferring their weight from one foot to the other. Toes should be turned in and heels out. The skating foot should step down under the line of the skating hip and not step back behind their body line. A series of 8 to 10 steps is

required. (It should be noted that as the skater gains some momentum a gliding action will naturally occur as the foot leaves the ice and this will form the basis for backward stroking).

#### **G. Marching in a circle on the spot**

This skill is to introduce the basic concept of a 2 foot spin. 8 to 10 steps must be performed with the arms out and slightly in front. Each step should be directly underneath the skating hip (not forward, backward or side to side). The chin should be slightly raised to ensure the skater is not looking down to the ice. (Coaches may wish to have the skater keep both feet on the ice and bring the arms in at the conclusion of the required 8 to 10 steps to commence further development of the 2 foot spin but this is not a requirement).

### **Aussie Skate 1 (formerly Basic 1)**

#### **GOAL:**

This level is for skaters 6 years and over. The primary goal of this level is to make a skater 'safe'. The second goal of this level is to eliminate any fear on the ice. It encourages skaters to feel comfortable on the ice.

#### **A. Stand Unassisted for 5 seconds**

The skater shall stand still for 5 seconds. This is to demonstrate the skater can show basic balance and promotes confidence and teach balance over the blades.

#### **B. Dip in place**

The skater must bend knees to a squat position (approximately 90 degrees) with arms stretched forward.

#### **C. Correct way to fall and stand up on ice**

Skater shall perform a dip position then bring the arms into the chest. They then fall to the ice on either side of the bottom. Arms shall remain in position during fall. To get up, the skater shall roll onto the knees and hands. As they rise, one foot is to be placed between the hands on the ice, followed by the other foot being placed between the hands with the blades flat to the ice. No toe picks should be used. The skater is then ready to stand up.

#### **D. March Forward across the ice (8-10 steps)**

The skater must walk unaided for 8-10 steps. Each foot must be picked up off the ice while walking.

#### **E. Forward 2-foot Glide (1 metre)**

The length of glide is to be the distance of approximately 1 metre. Feet shall be no further apart than one blade length of the skater. A 3-5 step entrance is permitted.

#### **F. Forward Swizzles (6-8 in a row)**

6-8 in and out movements must be performed during which the skater's heel's and toes meet as they move forward. 3-5 steps may be taken to allow the skater to gain some speed prior to beginning the movement. The knees need to be slightly bent and raised throughout the swizzle. Arms remain at 90 degrees to the body.

#### **G. Backward Wiggles (6-8 in a row)**

The skater must wiggle backward to a distance of approximately 1 metre (6 in a row) in zigzag movements. Upper-body twist is encouraged whilst the head and arms are to remain in place.

#### **H. Rocking Horse (3 in a row)**

This action is to teach the skater to turn out both feet simultaneously rolling forward so that the toes come together and then rolling backwards so the heels of the skaters' feet touch. The skater is required to do three consecutive forward and backward movements.

#### **I. Snow Plow Stop standing still**

A complete stop must be made using both feet in a skidding stopping action. The skater is encouraged to press the heels of their skates outwards, slightly bend their knees with arms held out to the side and slightly forward for greater stability prior to commencing the stop.

#### **J. Forward 1-foot Glide (R & L)**

The skater shall glide forward on one foot for 2 seconds. The free foot is carried next to the skating leg (preferably on the inside of the knee) with the toe pointing down. This is to be performed on both feet and held in a straight line.

#### **K. Optional Element - Forward Dip whilst moving**

The skater shall take 3-5 steps and glide, bend the knees to a squat position (approximately 90 degrees) with arms outstretched forward. The length of the glide shall be a distance of approximately 1 metre.

### **Aussie Skate 2 (formerly Basic 2)**

#### **GOAL:**

The primary goal of this level is to initiate movement by introducing basic skating concepts. The skater should have already established an ease of movement on the ice in the previous level in both a forward and backward direction. The concept of lean is introduced at this level.

Skaters who have completed Tots 3 will move to Basic 2. As moves in this level are repeated from the previous level, it is expected the skater will demonstrate a higher level of competency and quality during classes.

#### **A. Dip while Moving**

The skater shall take 3-5 steps and glide, bend the knees to a squat position (approximately 90 degrees) with arms outstretched forward. The length of the glide shall be a distance of approximately 1 metre.

#### **B. Backward Swizzles (6-8 in a row)**

The skater must perform 6-8 in and out backward movements with both feet simultaneously whilst the skater glides across the ice. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

#### **C. Forward 2-foot Glide on a Curve (R & L)**

The skater shall take 3-5 steps and glide on 2 feet a distance of approximately 2 metres or greater. Feet shall be no further apart than one blade length of the skater. The curve is obtained by teaching the skaters to lean into the circle.

#### **D. Moving Snow Plow Stop**

A complete stop must be made using both feet in a skidding stopping action. To perform the stop the skater should press their heels outwards and slightly bend their knees. The arms should be held to the side and slightly in front to assist with stability prior to commencing the stop. The skater may use 3-5 steps prior to commencing the stopping action.

#### **E. Forward Alternating ½ Swizzle Pumps in a Straight Line (R & L)**

Three steps may be performed before commencing the element. Both arms are held in front before initiating a left swizzle action while right foot remains on flat of blade. The feet are brought back together, finishing in 2-foot glide position. The action is then repeated with the right foot performing a swizzle action while the left foot remains on flat of blade. 6-8 swizzle pumps required.

#### **F. 2-foot Turn - Forward to Backward while Standing Still (R & L)**

The skater should stand still with both feet in a forward direction. The skater then turns on both feet to backward while remaining in same place on the ice. The opposite arm to the turning direction should be in front as the skater turns. A checking motion should occur at the completion of the turn. The turns are to be completed in both directions (R & L).

#### **G. 2-foot Hop in Place / Jump on the Spot**

The skater must hop/jump on the ice. The skater stands still, bends their knees and lift their body off the ice. Once they land back on the ice, the arms should be outstretched to the side and slightly forward.

#### **H. Marching in a circle on the spot**

This skill is to introduce the basic concept of a 2 foot spin. 8 to 10 steps must be performed with the arms out and slightly in front. Each step should be directly underneath the skating

hip (not forward, backward or side to side). The chin should be slightly raised to ensure the skater is not looking down to the ice. (Coaches may wish to have the skater keep both feet on the ice and bring the arms in at the conclusion of the required 8 to 10 steps to commence further development of the 2 foot spin but this is not a requirement).

#### **I. Backward Marching (8-10 steps)**

Toes should be turned in and heels out. The skater commences by lifting the knees and transferring their weight from one foot to the other. The skating foot should step down under the line of the skating hip and not step back behind their body line. A series of 8 to 10 steps is required. (It should be noted that as the skater gains some momentum a gliding action will naturally occur as the foot leaves the ice and this will form the basis for backward stroking).

#### **Optional Skill - 2-foot Hop Moving Forward**

The skater may take 3-5 steps before bringing the feet back together and bending their knees to prepare for the hop/jump. As they bend their knees, the arms should swing back and then passing and swing forward as they jump. Once the skater lands back on the ice, they should moving the arms from in front to correct landing arm position.

#### **Optional Skill - 2-foot Spin (1 rev)**

Both feet must remain on the ice for 1 revolution. The skates must remain together. Correct use of the arms and upper body to create rotation is encouraged.

### **Aussie Skate 3 (formerly Novice 1)**

#### **GOAL:**

The primary goal of Aussie Skate 3 is to introduce the concept of extended gliding on 1 foot and the ability to initiate momentum using pressure of the edge against the ice. In this level the concept of skating backwards is introduced. The skater should feel comfortable going both directions, forward and backwards.

#### **A. Forward Slalom**

The skater shall skate short semi-circular forward curves on two feet, similar to skiing. The emphasis is on the outside edge pressure for the push. Both knees should be bent during the curves and should rise at the change of curve. Feet should be close together at all times. 6-8 curves are required.

#### **B. Forward 1-foot Glide (R & L)**

The skater shall glide forward on one foot with the free foot carried next to the skating leg (preferably on the inside of the knee) with the toe pointing down. The skater should glide for 3-4 seconds (count to 3 or 4). This is to be performed on both feet and held in a straight line. The skater can choose how they enter the glide.

#### **C. Forward ½ Swizzle Pumps on a Circle CW & ACW (6-8 in a row)**

The skater glides on a circle in a forward direction. The outer skating leg performs the swizzle (6-8 recommended) whilst the other foot remains on the circle. This is performed in both a clockwise and an anti-clockwise direction. Correct upper body position and arm positions are encouraged.

#### **Optional Skill - Commence Forward Stroking**

Forward stroking can be commenced from a T-push for the initial push from stand still followed by a series of 'V' type pushes. Exercises should be used to develop the basic concept of correct knee action, bending at the ankle, posture and pushing from the inside edge of the blade. There must not be any toe pushing.

## **Aussie Skate 4 (formerly Novice 1)**

### **GOAL:**

The primary goal of Aussie Skate 4 is to introduce the concept of extended gliding on 1 foot on a circle in preparation for forward crossovers and the ability to initiate momentum, using pressure of the edge against the ice. In this level the concept of skating backwards is introduced, the skater should feel comfortable going both directions, forward and backwards.

### **A. Backward 1-foot Glides (R & L)**

The skater shall glide backward on one foot for a distance of approximately 1 metre in a straight line. The free foot is carried next to the skating leg (preferably on the inside of the knee) with the toe pointing down. This move is to be performed on both left and right feet. Skaters can begin the element with swizzles or slalom pushes.

### **B. Forward Stroking, showing correct use of blade**

The skater begins in the T-position to begin the push from the inside edge. Each push is made with the inside edge of the pushing foot and then brought back to the other foot before the next push is made. Each stroke must be held a distance equal to the skater's height with the free leg extended and turned out. A minimum of 6 strokes must be skated. Correct posture and line are encouraged. Skaters must not toe push and should not stand on two feet between each push.

### **C. Backward Alternating ½ Swizzle pumps in a straight line**

This element is performed in a straight line with both knees bent in semi-dip position. Both arms are held in front. A swizzle action is initiated on left foot while right foot remains on flat of blade. The left foot comes back to the right foot and the move is finished in 2-foot glide position. It is then repeated on the right foot swizzle action while left foot remains on flat of blade. 6-8 swizzle pumps are required. A three step entrance is permitted. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

### **D. 2-foot Spin (2 rev)**

Both feet must remain on the ice for a minimum of 2 revolutions. The skates must remain together. Correct use of the arms and upper body to create rotation is encouraged.

### **Optional Skill – Forward Chasses on a Circle (R&L)**

The chasse is introduced as an introductory exercise to forward crossovers. Emphasis should be placed on bringing the feet back together, correct weight transfer from one foot to the other and good knee bend. Posture and correct placement of the arms over the circle are also important. When lifting the foot for the chasse the free foot should be placed next to the ankle of the skating foot with the blade parallel to the ice and not with the toe pointing down.

## **Aussie Skate 5 (formerly Novice 2)**

### **GOAL:**

The primary goal of Aussie Skate 5 is to introduce the skater to crossovers. The skater at this level should also be able to glide on both edges on a small curve in both directions.

### **A. Forward Outside Edge on a semi-circle (R & L)**

The skater performs a circle on the forward outside edge. 2-3 crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of the circumference of the circle. The skating side leads with that position, maintained for the length of the edge. The free leg is not to move in front of the skating leg and is positioned at the heel of the skating foot. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

### **B. Forward Inside Edge on a semi-circle (R & L)**

The skater performs a circle on the forward inside edge. 2-3 crossovers or pumps may be used to gain speed needed to correctly hold the edge of the circle for 1/3 to 1/2 of the circumference of the circle. The skating side will lead with that position and maintained for the length of the edge. The free leg is not to move in front of the skating leg and is positioned at

the heel of the skating foot. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

#### **C. Forward Crossovers CW & ACW**

The stroke must be made from the inside of the blade without toe pick pushes. The leg on the outside of the circle must cross in front and the push from each foot must be the outside of the circle. The outer arm must be held forward and the inner arm held back. Ten crossovers must be performed on a circle in both CW and ACW directions. Skaters must not toe push and should not stand on two feet between each push.

#### **D. 2-foot Turn from Forward to Backward CW and ACW**

The skater shall glide forward, turn on both feet to backward, and then glide again. The length of the glide before and after the turn is approximately 1 metre. The opposite arm to the turning direction should be in front as the skater turns and a checking motion should occur at the completion of the turn. The turns are to be completed on a curve.

### **Aussie Skate 6 (formerly Novice 2)**

#### **GOAL:**

The primary goal of Aussie Skate 6 is to make the skater more comfortable skating backwards and to prepare them for backward crossovers. Correct knee action and posture should continue to be emphasised.

#### **A. Backward Stroking**

The skater begins by pushing with the inside edge of the blade without using the toe pick. The free foot is carried to the front of the skating foot over the tracing. Each stroke must be held 2-3 seconds before another push is taken. This is done to propel the skater backwards across the ice for a minimum of 10 strokes.

#### **B. Backward Slalom**

The skater executes a minimum of 6 semi-circular backward curves on two feet. Emphasis is to be made on knee bend, lean and posture.

#### **C. Backward ½ Swizzle Pumps on a Circle CW & ACW (6-8 in a row)**

The skater glides on a circle in a backwards direction. The outer skating leg performs the swizzle whilst the other foot remains on the circle. This is performed in both clockwise and anti-clockwise directions. Correct upper body position and arm positions are encouraged. 6-8 swizzles are to be performed.

#### **D. 2-foot Turn from Backward to Forward (CW & ACW)**

The skater shall glide backward on two feet and turn from backward to forward. Once the skater's feet have turned forward the skater glides for a distance of approximately 1 metre. Turns are to be completed in both a clockwise and an anti-clockwise direction on a curve.

#### **Revision Skill - Forward Crossovers (CW & ACW)**

This revision skill is included to ensure skaters continue to improve on their forward crossovers in preparation for later levels. Correct technique should be emphasised and no toe pushing.

### **Aussie Skate 7 (formerly Intermediate 1)**

#### **GOAL:**

The primary goal of Aussie Skate 7 is to introduce the backward crossover. The skater also needs to master holding a backward edge on a curve. The 3-turn is also introduced to link forward skating to backward skating. The skater needs to be comfortable with ice skating concepts. At this level correct posture is again reinforced.

#### **A. Backward Outside Edge on a circle (R & L)**

The skater performs a semi-circle on the backward outside edge. 2-3 Crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of

the circumference of the circle. The skating side will lead with that position, maintained for the length of the edge. The free leg is in front of the skating leg, over the tracing. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

#### **B. Backward Inside Edge on a circle (R & L)**

The skater performs a semi-circle on the backward inside edge. 2-3 Crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of the circumference of the circle. The skating side will lead with that position, maintained for the length of the edge. The free leg is in front of the skating leg, over the tracing. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

#### **C. Backward Crossovers (CW & ACW)**

The stroke must be made from the inside of the blade without use of the toe picks. The leg on the outside of the circle must cross in front and the push from each foot must be to the outside of the circle. The outer arm must be held forward, the inner arm back. A minimum of ten crossovers must be completed in a clockwise and anti-clockwise direction. The crossing foot must remain on the ice at all times. (A useful teaching transition method would allow the skater to lift the crossing foot over the skating foot to create the correct momentum.)

#### **D. Forward Outside 3-turn on a semi-circle**

The diameter of the circle is approximately 2 metres. The turn is made halfway through the circle and equal distance of the entry edge and the exit edge must be performed on right and left feet.

#### **Optional Skill - 2-foot spin (correct entry and exit; 3 rev)**

The spin is performed, not from a standstill, but from 2-3 backward crossovers. The spin is performed with both feet on the ice for a minimum of 3 consecutive non-stop revolutions. The skaters must not travel more than three blade lengths from the starting point of the first revolution. The skater is to exit on a BO edge with the free leg extended.

### **Aussie Skate 8 (formerly Intermediate 1)**

#### **GOAL:**

The primary goal of Aussie Skate 8 is to introduce 3-turns and mohawks. This links forward skating to backward skating. The skater needs to be comfortable with ice skating concepts. At this level correct posture is again reinforced.

#### **A. Forward Inside 3-turn on a semi-circle**

The diameter of the circle is approximately 2 metres. The turn is made halfway through the circle and equal distance of the entry edge and the exit edge must be performed on right and left feet.

#### **B. Forward Inside Open Mohawk (R to L & L to R)**

This element to be performed on a semi-circle from a standing-still T-position. The skater commences on FI edge with the skating arm leading, shoulders over circle; places the free leg inside the circle at instep of skating foot (right angle) and transfers weight to free foot on BI edge. Shoulders should remain on circle at all times.

#### **Revision Skill - Forward Crossovers (CW & ACW)**

This revision skill is included to ensure skaters continue to improve on their forward crossovers in preparation for the next level. Correct technique should be emphasised and no toe pushing.

### **Aussie Skate 9 (formerly Intermediate 2)**

#### **GOAL:**

The primary goal Aussie Skate 9 is to allow the skater to flow comfortably from forward to backward and backward to forward. These linking steps of 3 turns and Mohawks on both feet



in both directions form the basis of continuous free skating. The skater needs to be proficient with gliding on the ice with ease. Basic jumps and pivots in both directions are introduced also at this level and should be mastered with correct technique.

#### **A. Forward Outside circle stroking (CW & ACW)**

The skater shall complete three forward crossovers followed by a forward outside three tum. The skater then places the other foot on the ice on an outside edge and completes three backward crossovers. The skater then glides on the back outside edge, rotates the body to the outside of the circle and steps on the forward outside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti-clockwise directions.

#### **B. Forward Inside circle stroking (CW & ACW)**

The skater shall complete three forward crossovers followed by a forward inside Mohawk. The skater then changes to the back outside edge of the other foot and completes three backward crossovers. The skater then glides on a back inside edge, rotates the body to the inside of the circle and steps on to the forward inside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti-clockwise directions.

#### **C. T-Stop (R & L)**

A complete stop must be made with good form/posture of the upper body. The outside edge of the stopping blade (i.e. the outside edge of the blade of the back foot) is used to perform the stop. This is done by placing the free foot in a T position behind the skating foot and then providing appropriate pressure in a downward action by the stopping foot to the ice.

#### **Revision Skill - Forward Stroking showing correct use of blade**

Basic skating skills form the fundamentals of figure skating. Revision of forward stroking to ensure skaters continue to improve correct pushing/stroking technique.

The skater begins in the T-position, this allows the push to begin from the inside edge with the following pushes using a 'V' style push. The toe pick is NOT to be used, i.e. NO TOE PUSHING. Each push is made with the inside edge and then brought back to the other foot before the next push is made. Each stroke must be held a distance equal to the skater's height with the free leg extended and turned out. A minimum of 6 strokes must be skated, preferably the width of the rink. Correct Posture and Line are encouraged.

### **Aussie Skate 10 (formerly Intermediate 2)**

#### **GOAL:**

The primary goal of Aussie Skate 10 is to allow the skater to flow comfortably from forward to backward and backward to forward. These linking steps of 3 turns and Mohawks on both feet in both directions form the basis of continuous free skating. The skater needs to be proficient with gliding on the ice with ease. Basic jumps and pivots in both directions are introduced also at this level and should be mastered with correct technique.

#### **A. Forward Inside Pivots (R & L)**

The toe point/pick of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for 1-2 revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and Left foot pivots are required. Exit from the pivot is required.

#### **B. Tap Toe Jump (R & L)**

The toe to toe jump is to be performed with the body and feet facing backwards at takeoff, not forwards. Correct weight transfer is encouraged from the beginning. The takeoff must be from the back edge of one foot and the toe of the other foot. A half tum in the air must be made in the direction of the toe used, i.e. if the left toe is used, the rotation is to the left. The landing must be made on the opposite toe to that which was used in the takeoff with an immediate push off to the other foot. Takeoff and landing are to be on the same edge. Right and left foot jumps are required; however, the skater must choose the edge.

#### **C. Bunny Hop (R & L)**

While gliding forward on one foot, the skater must leap forward, landing on the toe of the other foot and immediately returning to a forward glide on the takeoff foot. Right and left foot hops are required.

#### **Revision Skill - Forward Stroking showing correct use of blade**

Basic skating skills form the fundamentals of figure skating. Revision of forward stroking to ensure skaters continue to improve correct pushing/stroking technique.

The skater begins in the T-position, this allows the push to begin from the inside edge with the following pushes using a 'V' style push. The toe pick is NOT to be used, i.e. NO TOE PUSHING. Each push is made with the inside edge and then brought back to the other foot before the next push is made. Each stroke must be held a distance equal to the skater's height with the free leg extended and turned out. A minimum of 6 strokes must be skated, preferably the width of the rink. Correct Posture and Line are encouraged.

## **Requirements for the Aussie Skate™ Program**

### **BRIDGE PROGRAM**

The Aussie Skate Bridge Program provides a number of options for skaters to choose. It aims to increase skills and experience. The Steps and Turns classes are a great addition to the program. The skills learnt in these levels can be applied to all other levels and improve basic skills as skaters work their way towards other divisions within the ice sports. For example Ice Dance and Pairs Skating work hand in hand with Synchronised Skating or Theatre on Ice.

Please note: Classes offered by rinks may be dependent on numbers and coaching availability. Please check with your rink what classes they are offering.

#### **Warm Ups and Cool Downs**

As skaters move into the more advanced levels, it is important as with any athlete, that skaters warm up before skating and cool down afterwards. This goes for all types of skating. This helps prepare for performance as well as prevent injuries. Below is a suggested range of exercises. Coaches can provide valuable guidance in this area.

#### **Off-Ice Warm Up**

A series of off-ice warm ups (5-10 minutes) to be introduced at this level so that this becomes an integral part of the skaters training. The warm up should include activities with same movement patterns as skating starting low intensity and gradually increasing to the level required in skating.

Static stretching is holding one angle for 10-15 seconds. Dynamic stretching is moving slowly through a full stretch.

Suggested exercises and order would be:

- 3-5 minutes of low intensity activity, e.g. jogging, skipping, step jogging, bench stepping
- Static stretches, e.g. calf, quad, hamstring, hip flexor, arm
- Dynamic stretches, e.g. arm swings, torso rotations, leg kicks/lifts, agility/plyometric jump drills, rotations.

#### **Off-ice Cool Down**

The concept of a cool down (5-10 minutes) at the end of every session is introduced. The cool down should include low intensity activity gradually decreasing heart rate and total body flexibility stretches.

Static stretching is holding one angle for 10-15 seconds. Dynamic stretching is moving slowly through a full stretch.

Suggested exercises and order would be:

- 2-3 minutes of low intensity activity, e.g. stroking, on ice, easy jogging
- 5 minutes of gentle, total body dynamic and static stretching exercises e.g. calf, hamstring, quads, hip flexor, splits, gluts, lower back.

## FREE SKATING

The Aussie Skate™ Bridge Program is for those skaters who wish to learn skills needed for furthering their skating knowledge while remaining in the group lesson environment.

Each level has two parts.

- Part A focuses on skating skills and moves. These skills develop skating competency and quality.
- Part B focuses on skating elements including jumps and spins

Skaters may do both parts of a level at the same time. However a skater cannot do Part B without doing Part A of that level.

**Testing** - Skaters can earn individual badges for each part of that level. To progress through the levels skaters can just complete Part A for each level. They can complete Part B at a later date.

**Competition** – For figure skaters, in order to compete in Free Skating divisions, skaters must have completed and passed the tests for both Parts A and B of each level. In the event that a skater has completed a further test in Part A of a level, they can compete if they have completed Part A of the next level but cannot compete if they have completed Part A of two levels above. Clarification of completed tests for competition is below.

Competition Level	Tests Clarification
Free Skate 1	Must have completed both Part A and B of FS1 Can compete if they have completed Part A of FS2
Free Skate 2	Must have completed both Part A and B of FS2 Can compete if they have completed Part A of FS3
Free Skate 3	Must have completed both Part A and B of FS4 Can compete if they have completed Part A of FS4
Free Skate 4	Must have completed both Part A and B of FS4

## FREE SKATE 1A

### GOAL:

The skater should now be competent at holding edges and understand the techniques required to achieve the desired edge. The skater at this level is proficient in basic spins, jumps and field moves and the links between each element is free flowing, posture is correct and the skating skills are advanced. The important concept of warm-up and warm-down are also introduced.

### A. Rink Stroking (a combination of forward stroking and crossovers)

The skater shall do forward crossovers around each end of the rink interspersed with at least 4-6 strongly held edges down each side. Special attention must be paid to speed, glide and posture. The skater must complete 2 laps on the rink in both the CW and ACW directions.

### B. Lunge (R & L)

The skater must glide forward on one foot with the other foot following in a drag position for a minimum distance of approximately 2 metres. The hip shall be no higher than the knee (approximately 90 degrees) of the forward leg with the dragging leg extended and turned out blade will be off the ice. The skater's back remains upright. Lunges are required on both feet.

### C. Forward Attitude (R & L)

The skater shall glide forward on one foot with the free leg held behind in an attitude position. The free foot shall be held slightly lower than the knee behind the skating hip with the toe pointed. The free hip should be held in an open position. One arm is to be carried over the head and one arm is extended to the side. A minimum of 3 seconds is required on each of the right and left foot attitudes.

### D. Forward Outside Spirals (R & L)

The spiral must be approached with a minimum of four forward skating strokes or crossovers and the position must be held for 3 seconds on the outside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

#### **E. Basic Forward Outside Consecutive Edges**

A series of semi circles must be performed on the FO edge with the skater alternating feet within the series. As per Ice Skating Australia Preliminary Test Pattern (see Appendix B). Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately 2 metres. The skater must NOT toe-push throughout the series.

#### **F. Basic Forward Inside Consecutive Edges**

A series of semi circles must be performed on the FI edge with the skater alternating feet within the series. As per Ice Skating Australia Preliminary Test Pattern (see Appendix B). Each series of semi-circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately 2 metres. The skater MUST NOT toe push throughout the series.

### **FREE SKATE 1B**

#### **GOAL:**

The skater should now be competent at holding edges and understand the techniques required to achieve the desired edge. The skater at this level is proficient in basic spins, jumps and field moves and the links between each element is free flowing, posture is correct and the skating skills are advanced. The important concept of warm-up and warm-down are also introduced.

#### **A. 1-Foot Spin (correct entry and exit; 3 rotations)**

This spin must be executed in an upright position with the free leg next to the skating leg, preferably the free foot placed on the side of the knee. This allows the knee to be lifted and the free foot never to fall behind the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required. The spin must be performed from 2-3 backward crossovers, correct exit is also expected. Correct posture is very important at this level. One direction only is required.

#### **B. Waltz Jump**

While gliding forward on the outside edge of one foot, the skater must jump forward, making a half rotation in the air in the direction of the take-off foot and landing on the backward outside on the other foot. This is to be performed while moving. An example is the skater may do 2-3 backward crossovers followed by a mohawk and then push back stepping onto the take-off foot to jump.

#### **C. Ballet Jump (R or L)**

The skater performs a backward outside edge with the free leg placed behind the skating leg. The skater's torso is turned to the outside of the circle. The free leg places the toe into the ice and the body weight is transferred over that toe, you then hop onto that toe again with the free leg facing outside the circle places forwards onto the ice and glides prior to performing an inside three turn for completion.

#### **D. Mazurka (R or L)**

The skater performs a backward outside edge with the free leg placed behind the skating leg. The skater's torso is turned to the outside of the circle. The free leg places the toe into the ice and the body weight is transferred over the toe, the skating foot crosses in front of the toe and into the ice. The skater glides out forward on the free skate leg.

## **FREESKATE 2A**

### **GOAL:**

The goal of this test is to combine many of the basic skills and terminology which needs to be mastered by this point in a skater's career. The Skater at this level now has an understanding of the vast array of skills from Ballet, Jump, Spin, Edge and Dance. By combining these 5 disciplines of skating together the students are exposed to the variety of skills needed to compete successfully with the full understanding of their chosen style of skating.

### **A. Backward Outside Pivot (R & L)**

This is to be commenced from a FI 3-turn. The toe point/pick of one foot must remain in one place while the other foot moves around it on an outside edge in a backward direction for 1-2 revolutions without stopping or pumping. Right and left foot pivots are required. Exit from the pivot is required.

### **B. Backward Inside Pivot (R & L)**

The toe point/pick of one foot must remain in one place while the other foot moves around it on the inside edge in a backward direction for 1-2 revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and Left foot pivots are required. Exit from the pivot is required.

### **C. Spreadeagle (CW & ACW)**

The skater must glide on a curve for a minimum distance of approximately 1 metre having both feet on the inside edge with toes pointing in the opposite direction and both knees straight. Both directions are required.

### **D. Waltz 3's**

The total length of the glide must be a minimum of approximately 2 metres with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. The free leg must be held behind the skating foot for beats 1 and 2 and then be brought close to the skating foot for the 3 turn on third beat, bending both knees for the push onto back outside edge on opposite foot held for beats 4, 5 and 6 with full extension. This is to be repeated 3 times a strong knee bend and extension is required throughout.

### **E. (FO-FI/LFI-FO)**

A series of two semi circles performed on each foot in sequence. The first semi-circle is on a LFO changing to a LFI edge on the second semi-circle, then repeated on RFO to RFI creating a figure 8 pattern. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter approximately of approximately 2 metres. The skater must NOT toe push throughout the series. Repeat pattern with RFI to RFO and LFI to LFO.

### **F. Forward Inside Spirals (R & L)**

The spiral must be approached with a minimum of four forward skating strokes or crossovers. The position is to be held for 3 seconds on the inside edge. The free leg must be extended behind the skating foot in a turned out position and held at least as high as the skating hip. The spiral must be on a curve.

Forward Inside Spirals are performed on the inside edge of the blade. The skater should complete 3 or 4 steps and then raise the leg that is on the outside of the circle. The raised leg should be as high as the hip with the foot turned out of the circle. The move should be performed for 3 seconds.

## **FREESKATE 2B**

### **GOAL:**

The goal of this test is to combine many of the basic skills and terminology which needs to be mastered by this point in a skater's career. The Skater at this level now has an understanding of the vast array of skills from Ballet, Jump, Spin, Edge and Dance. By combining these 5 disciplines of skating together the students are exposed to the variety of skills needed to compete successfully with the full understanding of their chosen style of skating.

#### **A. Half Flip Jump (Split jump without the split)**

The take-off must be from the back inside edge of one foot and the toe of the other foot. A half rotation in the air to the side opposite the jumping toe must be made, i.e. if the skater used the right toe, rotation must be to the left and the landing must be first onto the left toe before the right foot is placed onto the ice. The skater MUST land on the opposite toe pick foot to the take-off toe pick foot. A forward inside three turn is then performed and the landing position held on a backward outside edge with the free leg extended in landing position.

#### **B. Half Lutz Jump**

The take-off must be from the back outside edge of one foot and the toe of the other foot. A half rotation in the air to the side opposite the jumping toe must be made, i.e. if the skater used the right toe, rotation must be to the left and the landing must be first onto the left toe before the right foot is placed onto the ice. The skater MUST land on the opposite toe pick foot to the take-off toe pick foot. A forward inside three turn is then performed and the landing position held on a backward outside edge with the free leg extended in landing position.

#### **C. Salchow Jump**

The skater turns a forward outside three turn. Emphasis to be placed on the knee bend required to execute a controlled turn and correct checking action after the turn of the arms. One full rotation taking off from a back inside edge and landing on the back outside edge of the opposite leg to the take-off leg.

#### **D. Forward Cross Leg Spin - Upright Scratch Spin (min 3 rev)**

This spin must be executed in an upright position with the free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required. Correct entry and exit are required.

### **FREESKATE 3A**

#### **GOAL:**

The primary goal at this level is to introduce the skater to more difficult skills. The skills that the skater has acquired in the forward direction are now to be executed backwards. The skater also needs to master holding consecutive backward edges on a curve. More difficult jump concepts are also introduced, half and full rotations are also mastered at this level. The skater needs to be confident with ice-skating concepts and have a vast vocabulary of skating field movements, jumps and spins. At this level the use of the body to perform certain jumps and spins is reinforced. The correct technique and appropriate posture is reinforced.

#### **A. Advanced Forward Stroking (forward crossovers in a figure 8 pattern)**

4-6 forward crossovers are performed in each direction in a figure 8 pattern. The skater needs to become familiar with body rotation, correct arm direction and lean. The key to performing this correctly is a smooth transition.

#### **B. Forward Power 3-turns (R & L)**

The skater begins with FO 3 turn on one side of axis, pushing to other side of long axis to BI edge followed by crossover on the same circle as BI edge, then steps forward. The skater is encouraged to gain momentum from pushing from the inside edge of the blade, NOT the toe pick. Three forward outside three turns are to be performed in each direction.

#### **C. Backward Outside 3-turns (R & L)**

The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

#### **D. Backward Inside 3-turns (R & L)**

The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

#### **E. Basic Backward Outside Consecutive Edges**

A series of semi-circle must be performed on the back outside edges with the skater alternating feet within the series. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately two metres. The skater must NOT toe push throughout the series.

#### **F. Basic Backward Inside Consecutive Edges**

A series of semi-circle must be performed on the back inside edges with the skater alternating feet within the series. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately two metres. The skater must NOT toe push throughout the series.

#### **G. Backward Outside Spirals (R & L)**

The spiral must be approached with a minimum of four backward skating strokes or crossovers and the position must be held for 3 seconds on the outside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

### **FREESKATE 3B**

#### **GOAL:**

The primary goal at this level is to introduce the skater to more difficult skills. The skills that the skater has acquired in the forward direction are now to be executed backwards. The skater also needs to master holding consecutive backward edge's on a curve. More difficult jump concepts are also introduced, half and full rotations are also mastered at this level. The skater needs to be confident with ice-skating concepts and have a vast vocabulary of skating field movements, jumps and spins. At this level the use of the body to perform certain jumps and spins is reinforced. The correct technique and appropriate posture is reinforced.

#### **A. Back Spin with free foot in crossed leg position (minimum 3 revolutions)**

This spin must be executed with the free leg crossed over the skating leg and performed on the correct part of the blade. A minimum of 3 revolutions is required with the exit from the spin preferably on a backward outside running edge.

#### **B. Sit Spin (minimum 3 revolutions)**

This spin must be executed in a sitting position with the free leg stretched straight/or slightly bent out in front of the skating leg. As the skater enters full sitting position the spinning foot is bent at least 90 degrees and the skater's free knee joins the skating knee, keeping legs together. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required.

#### **C. Toe Loop Jump**

The takeoff must be from a back outside edge of the one foot and the toe of the other simultaneously to avoid rotating on the toe. The skater must make one rotation in the air in the direction of the takeoff curve and must land on the back outside edge of the take-off foot.

### **FREESKATE 4A**

#### **GOAL:**

By encouraging the skater at this level to perform cross rolls they are learning to gain power by using their whole blade and discouraging them from introducing the toe pick to gain speed. Also by including simple technical skills with advance skating field moves, the skater is competent in all disciplines. By also combining the four disciplines we are increasing the interest to the skater as there are always one or two areas that they may have a difficulty in and they can then concentrate on that area whilst still enjoying the rewarding process of learning.

#### **A. Advanced Backward Stroking (backward crossovers in a figure 8 pattern)**

4-6 backward crossovers are performed in each direction in a figure 8 pattern. The skater needs to become familiar with body rotation, correct arm direction and lean. The key to



performing this correctly is a smooth transition. It is a combination of body rotation and lean that helps concentrate centrifugal and body weight forces onto the skate blades.

**B. Forward Outside Cross Rolls (4-6 consecutive alternating feet)**

The skater performs a left forward outside edge, then places the right free foot on the outside edge onto the ice just in front of the skating foot. At the crossing of the feet it should be pigeon toe like. Both feet will be on the ice before the left foot is lifted off the ice and placed in front of the right foot on an outside edge. This consecutive movement occurs for 4-6 times. No toe pushing is allowed and the skater needs to create momentum by using the outside edge of the blade. Knee bend, posture and body rotation is important to perform the cross roll correctly.

**C. 5 Step Mohawk Pattern (RFI-LBI (Mohawk), RBO, LFO, RFI) all to be done on a curve to be followed immediately using long axis to CW curve, (LFI-RBI (Mohawk), LBO, RFO, LFI)**

The skater begins gliding on a right forward inside edge and performs a mohawk finishing on the left backward inside edge. Skating backwards the skater changes feet and glides backwards on the right foot. The skater then steps forward onto the left foot outside edge and changes feet to the right foot whilst still forward (executed as a slide chasse with the free leg extended sliding forward). This is performed in a large semi-circle. The skate repeats the exercise in the opposite direction.

**D. Ina Bauer (R & L)**

The skater shall glide forward either in a curve or a straight line for a minimum distance of approximately 2 metres having toes pointing in the opposite direction with the front leg in a bent position and the back leg extended and on an inside edge. The back shall remain upright. Right and left foot Ina Bauers are required.

**E. Backward Inside Spirals (R & L)**

The spiral must be approached with a minimum of four backward skating strokes or crossovers. The skater lifts the free leg on the inside of the circle to at least hip height. The free leg is extended behind the skating foot in a turned-out position. The position must be held for 3 seconds. Spirals on a flat are not acceptable.

## **FREESKATE 4A**

**A. Camel Spin (min 3 rev)**

This spin must be executed in a "camel" position. This position has the free leg raised in spiral position. This is achieved by leaving the free leg behind the skating leg on entry and lowering the torso. The free leg should be parallel to the ice. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required.

**B. Change of Foot Upright Spin (min 3 revs on each foot)**

The spin must be executed in an upright position with free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. The transfer to back spin commences by opening arm position with skating arm to front and free arm to back. The free toe should be placed in ice no more than 1 blade length beside skating foot with backward inside pivot motion, lifting free leg to cross position. How the skater exits the move is optional. A minimum of 3 revolutions on each foot is required.

**C. Loop Jump**

The skater takes off from a backward outside edge, and completes one full revolution in the air in an anti-clockwise direction. The jump must land on a clean backward outside edge. The entry into the jump can be from either an inside three turn with the free foot placed in front of the skating foot at the completion of the turn, or from 2-3 backward crossovers, or from a mohawk.

**D. Waltz Jump/Loop Jump Combination**

This is to be performed from a running edge i.e. after a Mohawk push back or after 2-3 backward crossovers. While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the take-off foot and landing on the backward outside on the other foot. The skater lands with the free foot in front of the skating foot so as to prepare

to perform the second jump. The skater takes off from a backward outside edge and completes one full revolution in the air in the direction of the free leg. The jump must land on a clean backward outside edge.

#### **E. Flip Jump or Lutz Jump**

To do the Flip Jump, the skater performs a backward inside edge. The skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge. For the Lutz Jump, the skater performs a backward outside edge. The skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge.

## PAIR SKATING

The Aussie Skate™ Pair Skating Bridge Program is for those skaters who wish to pair skate whilst remaining in a group lesson environment. It is designed to encourage skaters to learn and enjoy skills that will prepare them for pair skating. Skaters must have completed or are undertaking Free Skate classes to learn the techniques to perform the skills required for Pair Skating.

Pair skating is composed of one lady and one man skating together in unison whilst performing lifts, spins and other skating elements. Skaters of the same gender may undertake classes and test. However competition is for a lady/man couple.

The Pair Skating 1 - 4 levels are designed to introduce skaters to the foundational principles of unison in shadow or mirror skating using basic free skating skills learnt in this curriculum.

In this curriculum each pair skating level is divided into sections to include the following:

- Hand holds and positions.
- Moves in the field skills.
- Side by side spin skills, must be executed at the same time.
- Side by side jump skills, must be executed at the same time.
- Pair spin skills.

What we are looking for with skater development with pair skating is:

- Arm and leg positions being of a similar line.
- Skaters staying as close as possible with no more than one arm's-length apart.
- Lifts being practised in a supervised format off the ice before being taught or attempted on the ice.
- Skaters use the edge of the blade to create movement.
- Toe pushing is ***not*** acceptable.

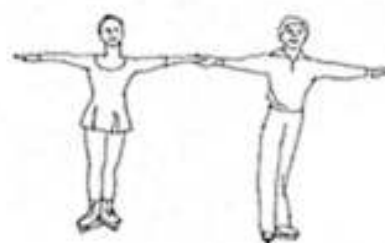
Note: Skills learnt in Pair Skating can also be used for Ice Dance, Synchronised Skating, Artistic Duos and Groups and Theatre on Ice. Skaters are encouraged to participate in additional classes when offered to improve their range of skills as well as having fun while learning. This also helps with pathways into these other figure skating disciplines.

### PAIR 1

**GOAL:** The introduction of partner relationship and unison

#### A. Hand to hand hold in T-position

- Standing side by side, feet in T-position and in open hand to hand position.



**Hand-to-hand Position**

#### B. Hold and position in Killian position

- Partners stand side by side facing the same direction. The lady stands to the right of the man with his right shoulder behind her left. The left arm of the lady extends across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hip bone with her right arm extended forward.



**Killian Position**

#### C. Advanced rink stroking with hand-to-hand open hold Forward and Backwards

- Option of hand-to-hand open position or Killian position.
- The pair skate together forward in hold (1 full length of rink) and backward together in hold (1 full length of rink).
- Option of stroking or swizzles for backward stroking.
- Emphasis on unison, carriage, knee bend and speed.

**D. Advanced forward crossovers in figure 8 with hand-to-hand open hold**

- Skaters start in hand-to-hand open hold position on circle with lady in front of the man to commence crossovers. After completing a **minimum** of 4 crossovers (may be more) skaters change direction and circle and repeat figure 8 pattern twice.
- There must be **no** toe pushing throughout.
- Emphasis on tracking, knee-bend, posture, arm and leg extensions, unison, timing and speed.

**E. Advanced forward crossovers in figure 8 with Killian position**

- As above skaters start in Killian hold for a **minimum** of 4 crossovers (may be more).
- During the Killian hold the female is required to extend her free arm forward.

**F. Bunny hops with hand-to-hand open hold (side by side, R & L)**

- Forward stroking into element and, while gliding on one foot, the skaters must hold hands and leap forward, landing on the toe immediately returning to a forward glide on the take-off foot.
- Right and left foot bunny hops are required.
- Emphasis on unison and timing.

**G. Lunge with hand-to-hand open hold (side-by-side, R & L)**

- Forward stroking in hand-to-hand open hold position before starting lunge in straight line.
- Hold count for 3, perform on both feet.
- Emphasis on unison and timing.

**H. 1-Foot spin (side-by-side)**

- Performed from optional backward crossovers entrance or 3 turn.
- A **minimum** of 2 revolutions is required.
- Unison of spin entry and exit must be evident
- Free leg positions should be the similar throughout.

**I. Forward Spirals with hand-to-hand open hold (side-by-side, R & L)**

- Forward strokes in hand-to-hand open hold position or Killian position before starting spiral in straight line.
- Hold count for 3. Perform on both feet.
- Emphasis on unison, timing, leg and arm lines.

**PAIR 2**

**GOAL:**

Introduction of tracking between the partners to further increase ability to create unison

**A. Advanced backward crossovers in figure 8**

- Skaters start on circle in hand-to-hand open hold position with arms outstretched. After completing a **minimum** of 4 (may be more) backward crossovers skaters change direction and circle and repeat figure 8 pattern twice.
- Male partner is in the lead.
- Emphasis placed on correct tracking, posture, knee bend, unison, timing, arm and leg extensions and speed.

**B. Cross leg /scratch spin (side-by-side)**

- Unison of spin entry (optional from back crossovers or 3 turn).
- Exit and free leg extension important.
- A **minimum** of 3 revolutions.

**C. Waltz jump / Toe loop jump combination (side-by-side)**

- Unison of entry setup (optional from back crossovers skated hand-to-hand open hold position or forward skating).

- Emphasis on timing and unison of jumps together and landing held and extension important.

#### **D. Salchow jump (side-by-side)**

- Optional entrance from forward skating or backward crossovers.
- Landings held and leg extension same.
- Emphasis on unison and speed on entry and exit.

#### **E. Pair upright circling spin (1-foot spin position)**

- Waist-to-waist or hand-in-hand hold.
- Partners facing opposite directions and may both enter the spin using forward pumps to push.
- The skaters are skating the same direction, on opposite sides of the circle and are on the same feet.

#### **F. Carry lift (E.g.: Fish lift, hip lift)**

- Simple carrying of the lady in a sustained/stabilized position in which the man's hands remain no higher than his shoulder line and performed without rotation.
- Only half rotation by man is allowed on take-off or exit if needed.

#### **G. Backward spirals with hand-to-hand open hold (side-by-side, R & L)**

- Three backward strokes or swizzles in hand-to-hand open hold position, hand-to-wrist or hand-to-elbow position.
- For timing balance on 2 feet before starting spiral position.
- Hold count for 3 and perform on both feet.
- On completion of spirals optional 1 or 2-foot exit position while still holding on to each other.
- Emphasis on same leg height and position, leg extension and unison.

### **PAIR 3**

#### **GOAL:**

Introducing greater speed with acquired unison skills and timing required to achieve this.

#### **A. Armpit Hold Position / ISU Group 1 Lift**

- Optional take off from forwards waltz jump take-off by girl in side-by-side foxtrot position or side by side backwards Lutz jump entrance in foxtrot hold with lady tapping toe-pick in before being lifted to man's shoulder height and to in-front of his chest.
- Male supports female under her armpit and grasping free hand.
- Female supports herself on male's shoulder and by keeping free arm straight.
- Female's head remains up and legs in split position.
- One full revolution must be completed by man and one and half by lady.
- Man bends his arms and legs to lower lady to ice for landing and extends his leg behind after she lands.
- Lady lands on backwards outside edge with leg extended behind.
- Emphasis on control, timing and extensions.

#### **B. Forward Pivot Spiral.**

- Lady forward outside or forward inside spiral position
- Lady free leg with knee higher than the hip level
- Male back outside pivot position starts (not in full down position) for required 1 full revolution once his toe-pick is anchored into ice.
- When male's pivot starts lady must already be in required spiral position.

#### **C. Back cross foot spin (side-by-side)**

- Entrance of spin from forward inside curves.
- **Minimum** of 3 revolutions
- Free leg positions should be the same during spin.
- Unison of spin entry and exit must be evident.

#### **D. Upright pair spin in Kilian position**

- **Optional entry.** Skaters may start:
  - (a) Side-by-side together from standstill in Killian position.  
Skaters side by side and in Killian position, pump to create momentum pushing onto a deep forward outside edge, once spinning begins in upright position each skater bends their own free leg towards their inside calf.
  - or
  - (b) Can be from opposing separate figure eight back crossovers to meet at spin entry.  
Skaters often approach from backward crossovers in the clockwise direction, step forward toward each other on the entrance edge taking hands and male 3 turns into girl and holds her while spinning in Killian hold position.
- **Minimum** 3 revolutions.
- Exit optional from forward or backward push but must be together at same time and matched free legs matched.
- Emphasis on controlled positions of arms, back and legs to assist each other during spin.

#### **E. Loop jump (side-by-side)**

- Entrance optional from backward crossovers or forward.
- Skaters take-off from a backward outside edge at the same time and complete one full revolution and land at the same time on a clean back outside edge.
- Emphasis on unison, timing and speed of entry and exit.

#### **F. Throw Loop Jump**

- Partner assisted jumps in which lady is thrown into the air by the man on take-off and lands without assistance from her partner onto a clean backward outside edge.
- Lady in front of man with optional Killian or hand on wrists while travelling backwards for take-off position.

#### **G. Ina-Bauer or Spread Eagle (side-by-side)**

- Skaters glide forward on a curve or straight line, with the option of inside or outside edges and hand in hand hold or separate but must be no more than 1 arm's-length apart.

### **PAIR 4**

#### **GOAL:**

Build on learnt skills of tracking, timing and speed all within the ultimate goal of maintaining unison while executing the skill.

#### **A. Waist Hold Position (loop lift) / ISU Group 2 Lift**

- The partners glide backwards facing the same direction with the lady in front of the man.
- Draw the lady towards the front of man and he places his hands on the lady's waist and she places her hands on the top of his wrist.
- Just prior to lift emphasis on his 2-foot bent knee squat position for balance and control.
- As the man pushes her upwards the lady bends her knees to jump from ice, she assists him by supporting herself and pushing down on the man's wrists, keeping her arms straight and arching her back/body while being lifted into the air.
- Lift to chest height only.
- Take off optional with 1-foot loop jump take-off or 2 feet by girl.
- Half rotation of lift optional but can be up and down and held for count of 2.
- Landing exits position for lady on 1 foot with leg extended back and for man 2 feet while lady is descending from lift and lands - he matches her leg line position.

#### **B. Backward Pivot Spiral**

- Lady backward outside or inside spiral position, with free leg knee above hip level.
- Male's back outside pivot position starts (not in full down position) for required 1 full revolution once his toe-pick is anchored into ice.
- When male's pivot starts lady must already be in required spiral position.

#### **C. Sit spin (side-by-side)**

- Performed from optional backward crossovers or 3 turn entrance.

- Sitting position by both skaters, the skating knee bent and upper part of the skating leg at least parallel to the ice.
- Free leg positions forward, side or behind and extension to be the same.
- Unison of spin entry and exit.
- **Minimum** 3 revolutions

#### D. Pair camel spin in Killian position

- The skaters may enter the spin using the same entry options as the Upright pair spin in Killian position (Pair 3)
- Camel positions by both skaters to be free leg knee held above hip level.
- Free leg extension important during spin
- **Minimum** 3 revolutions.
- Optional exit from forward or backwards push with free legs matching.
- Emphasis on controlled camel positions during spin, same leg height and assisting each other in spin.

#### E. Flip or Lutz jump (side-by-side)

- Entrance optional for both jumps but must match.
- Take-offs and landings to be performed at same time and clean edges on both.
- Emphasis on timing, unison and speed on take-off and landings.

#### F. Throw Salchow Jump

- Partner assisted jumps in which lady is thrown into the air by the man on take-off and lands without assistance from her partner onto a clean backout side edge.
- Lady in front of man with optional Killian or hand on wrists while travelling backwards for take-off position.

#### G. Step Sequence

- No prescribed pattern but must utilize half ice surface.
- A variety of: Inside and outside 3 turns on both feet and directions, Mohawks on both feet and directions, Unlisted jumps such as tap toe jumps, bunny hops, ballet jumps and waltz jumps and Field movements to connect all together.
- Changes of holding hands, positions, separating and crossing each other while being performed are allowed.



## ICE DANCING

The Aussie Skate™ Bridge Program for Ice Dancing is for those skaters who wish to learning of Ice Dancing while remaining in the group lesson environment.

Ice Dance can be done as a couple or solo. Couples are usually lady/man combination. However for Aussie Skate, they can be lady/lady or man/man. This is to provide opportunities for skaters to participate.

The benefit of these dances in Aussie Skate is they can be performed by a single person, whether testing or in competition. If a skater chooses to continues with ice dance after completing Aussie Skate, they are further options for solo dance as a testing and competitive pathway. These are listed in the Ice Skating Australia By-Laws.

Ice Dancing as a discipline also is beneficial for skaters who choose to undertake Pairs, Synchronised Skating and Theatre on Ice.

Music for the dances below is available on the Aussie Skate App or ISA Test App.

Note: When undertaking tests in Aussie Skate, all holds must be demonstrated in a couple.

### Ice Dance Patterns

All ice dance patterns include a list of the steps the skaters must complete to perform the pattern and a diagram that shows the shape of the pattern and where the steps are to be done. The list of steps shows what steps both partners in the couple must do and the count of timing for each step. Dances in Aussie Skate are Set Pattern dances. This means the pattern must be performed in exactly the same place on the rink for each time the pattern is repeated. In competition the pattern is performed twice which equals one full circuit of the rink. For smaller rinks the pattern can be adjusted to suit the size of the rink.

Refer to Appendix C for description of dance hold positions.

## DANCE 1 - Dutch Waltz

### GOAL:

For the skater to have a good understanding of the basic steps required for the Dutch Waltz-i.e. FO swing rolls, Forward progressives and the Kilian Hold.

### A. Forward Outside Swing Rolls - to a count of 6

A long outside edge held for 6 beats of music during which the free leg swings past the skating foot on the 4th beat, as the skating knee rises up and finishes in front for the last two beats before returning to the ice beside the skating foot. Six swing rolls are required, alternating between left and right foot starts.

### B. Alternating Forward Progressives (also known as Runs) - to a count of 6

A movement in which the free foot during the period of becoming the skating foot passes to the front of the original skating foot, thus bringing the new free foot off the ice trailing the new skating foot. Six progressives are required, alternating between left and right foot starts. The timing for these ones is: 1 2, 1, 1 2 3 i.e., LFO for 2 beats, RFI progressive for 1 beat, LFO for 3 beats as per the Dutch Waltz.

### C. Kilian Hold - Description and Demonstration

Partners stand side by side facing the same direction. The lady stands to the right of the man with his right shoulder behind her left. The left arm of the lady extends across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hip bone with her right arm extended forward.

### D. Corner Steps in Dutch Waltz (LFO/RFI-3 beats each)

This is a progressive with a timing of three beats for each step. The LFO for 3 beats and RFI for 3 beats.



**Kilian Position**

## E. Dutch Waltz Pattern (music optional)

### Dutch Waltz - List of Steps and Description

<u>Hold</u>	<u>Step No</u>	<u>Man and Lady</u>	<u>Beats of Music</u>
Kilian	1	LFO	2
	2	Run RFI	1
	3	LFO	3
	4	Swing Roll RFO	6
	5	Swing Roll LFO	6
	6	RFO	2
	7	Run LFI	1
	8	RFO	3
	9	LFO	3
	10	Progressive RFI	3
	11	LFO	2
	12	Run RFI	1
	13	LFO	3
	14	Swing Roll RFO	6
	15	LFO	3
	16	Progressive RFI	3

Total 48 Beats = 16 Bars per sequence

Music and Tempo: Waltz 3/4 at 46 bars per minute. The Dutch Waltz is a set pattern dance.

Suggested Introductory Steps: Two straight steps, LF of three beats and RF of three beats which are the same for both partners. The lady starts on the man's right. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

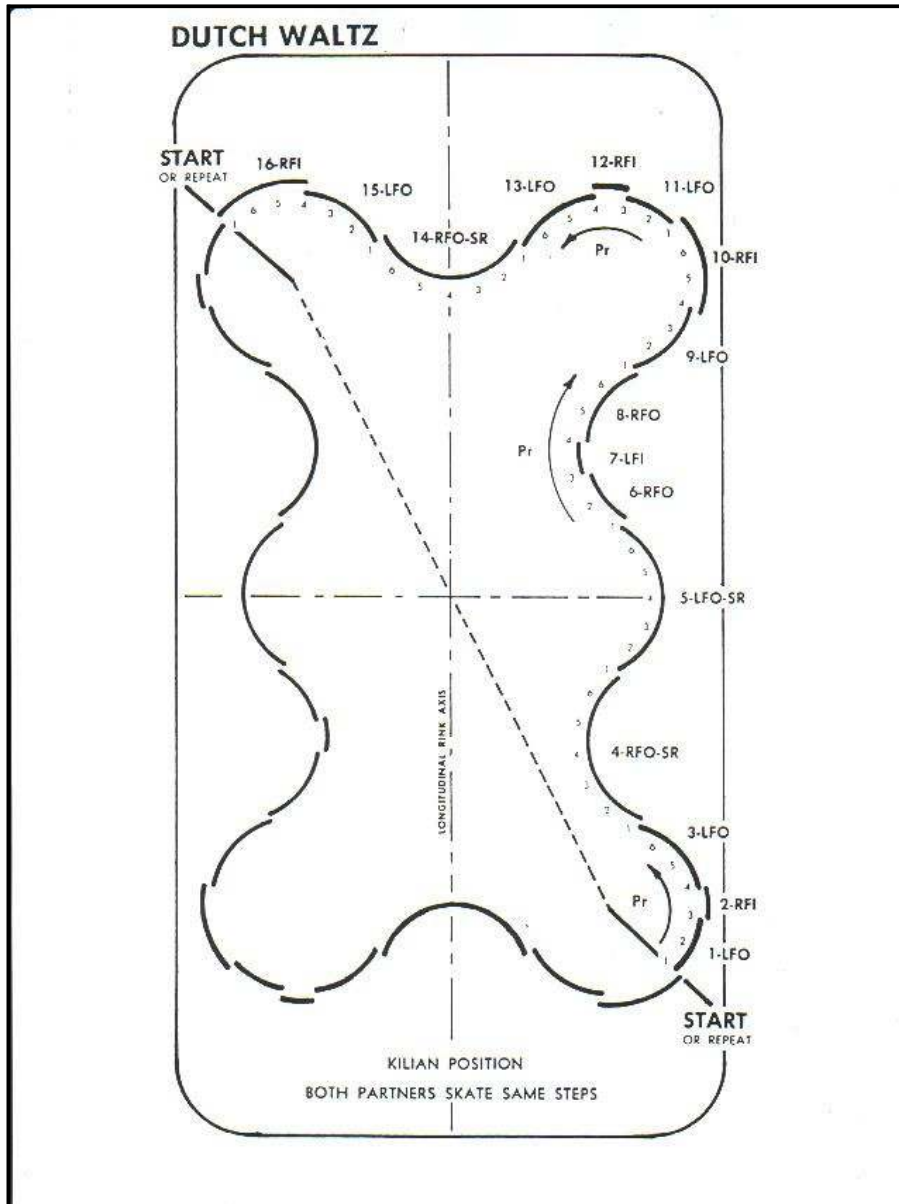
The dance starts in one corner of the rink, progressing down the side and across the end where it repeats down the other side and across the end to the start, thus requiring two sequences of the dance for one round of the rink.

The dance is skated to slow, deliberate waltz music and consists mostly of run sequences interspersed with long rolling edges. It thus allows beginners to devote their attention to getting the feel of the music instead of worrying about complicated steps, and allows them to enjoy rhythmical motion in their skating.

Upright position, good carriage, and easy flow without too much effort are desired in the dance. The partners should strive for unison of free leg swings and soft knee action throughout the dance.

Inventor: George Muller. First performed in Colorado Springs, 1948.

## Dutch Waltz - Dance Pattern



## DANCE 2 – Canasta Tango

### GOAL:

For the skater to have a good understanding of the basic steps required for the Canasta Tango - i.e. FO swing rolls, forward progressives, forward chasses and slide chasses, cross rolls and the Reverse Kilian Hold.

### A. Consecutive Forward Progressive Chasse Sequences to count of 4 (ACW & CW)

The progressive is a step or sequence of steps in which the free foot passes the skating foot before it is placed on the ice, thereby bringing the new free foot off the ice trailing the new skating foot.

The chasse is a step in which the free foot is placed on the ice beside the skating foot. The skating foot is then lifted close to the new skating foot with the blade parallel to the ice. The two steps are skated on the same lobe, stepping from outside to inside edge. Be sure to transfer the weight to the skating foot. Do not skate on both feet at the same time.

The start of the Canasta Tango has a sequence of LFO, RFI Progressive, LFO, RFI Chasse. This is the sequence to be performed in a circle. Both directions are to be performed.

### B. Forward Slide Chasse to count of 4 on a circle (ACW & CW, min 4)

As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning close beside the skating foot just in time for a smooth transition to the next edge.

### C. Consecutive Forward Swing Rolls to count of 4

A long outside edge held for 4 beats of music during which the free leg swings past the skating foot on the 3rd beat. The skating knee rises up and finishes in front for the last beat before returning to the ice beside the skating foot. Six swing rolls are required, alternating between left and right foot starts.

### D. Forward Outside Cross Rolls (cross strokes)

To perform a cross roll, a rolling action of the free leg passes the skating foot to an outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement. This is repeated alternating from one cross roll to the other. 6 cross rolls are to be performed.

### E. Description and demonstration of reversed Kilian position

Partners stand side by side facing the same direction. The lady stands to the left of the man with his left shoulder behind her right. The right arm of the lady extends across the front of the man's body to hold his right hand. His left arm crosses behind the lady's back to clasp her left hip bone with her left arm extended forward.



### F. Canasta Tango pattern (music optional)

#### List of Steps

<u>Hold</u>	<u>Step No</u>	<u>Man and Lady</u>	<u>Beats of Music</u>
Reverse Kilian	1	LFO	1
	2	Run RFI	1
	3	LFO	1
	4	Chasse RFI	1
	5	Swing Roll LFO	4
	6	RFO	2
	7	Slide Chasse LFI	2
	8	Swing Roll RFO	4
	9	LFO	2
	10	Slide Chasse RFI	2
	11	LFO	1
	12	Run RFI	1

	13	LFO	2
	14	Swing Roll RFO or Cross Roll RFO	4

### Canasta Tango - List of Steps and Description

Total 28 Beats = 7 Bars per sequence

Music and Tempo: Tango 4/4 at 26 bars per minute

The Canasta Tango is a set pattern dance.

Suggested introductory steps: RFO (2), LFO (2), RFI (4) for both partners, the lady starting on the man's left. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

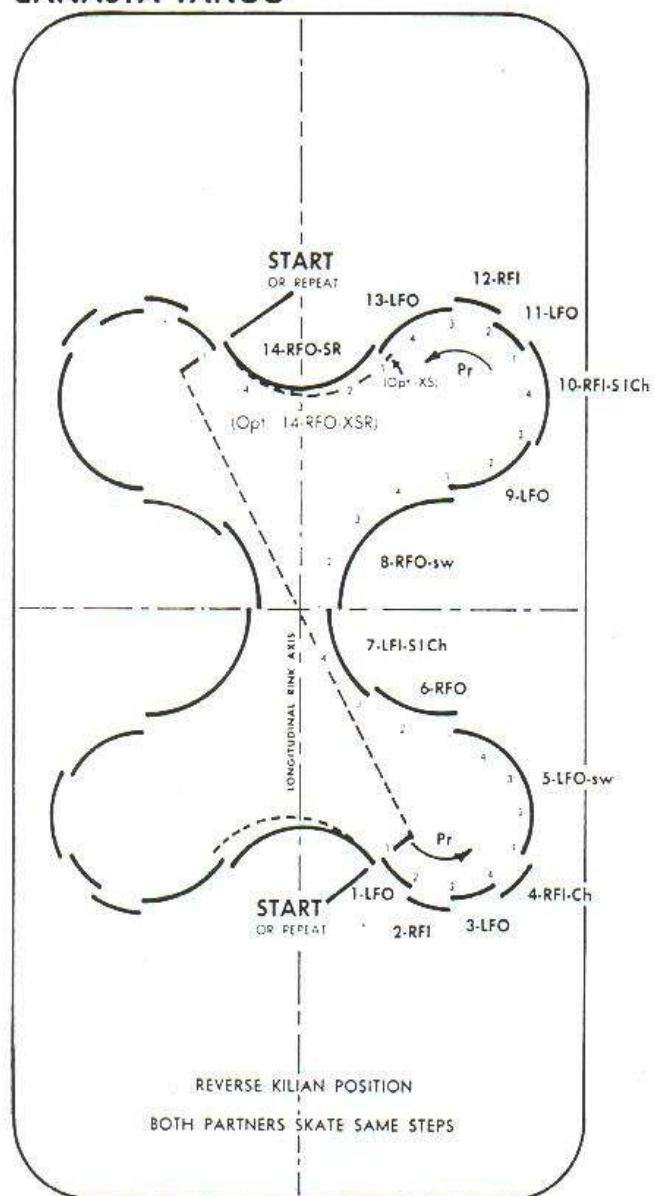
The dance is skated in Reverse Kilian position, that is with the lady on the man's left. It is a very simple dance with a threefold purpose. First, to introduce the tango rhythm to those at the Elementary dance level. Second, to give the skater experience in the large eight-count half circles, giving the skater more speed and confidence in edges. Third, to provide variety for the less-experienced dancers.

If the fundamental rules of skating and dancing are observed, there should be no particular difficulty with this dance. The first chasse (Steps 3 and 4) is done with both feet side by side on count 4. Be sure to transfer the weight to the right foot – do not skate on both feet at the same time. The other chasse is slightly different. They are called slide chasses. As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning close beside the skating foot just in time for a smooth transition to the next edge. Judicious use of knee action on these edges can do a great deal to help the tango expression. This is a good place for the beginner to practice extending the free leg as straight as possible, and pointing the toe down, not up! The skater should watch that steps 9-13 are skated on a good edge so that step 14 RFO can be aimed toward the centre of the rink, and so placed accurately as shown on the diagram.

This step 14 may be started, optionally, with a cross roll in which the right foot crosses in front of the left foot at the end of step 13 and the push onto the RFO is made from the outside of the left foot. An effort should be made to keep the feet fairly close together at the start of the transition, but it is of utmost importance that a toe push be avoided.

### Canasta Tango - Dance Pattern

# CANASTA TANGO



### **Dance 3 - The Swing Dance**

#### **GOAL:**

For the skater to have a good understanding of the basic steps required for the Swing Dance - i.e. FO and BO swing rolls, forward and backward chasses, FI open Mohawk and Waltz (Closed) position.

#### **A. Forward Swing Rolls to count of 4**

A swing roll is held for several beats of music during which the free leg first swings backward, then forward and then back beside to skate the next step. The swing of the leg gives the sense of a "rolling movement".

#### **B. Forward Inside Open Mohawk**

A Mohawk is a step in which the heel of the free foot is placed on the ice at the inner side of the skating foot. The angle between the two feet being optional.

#### **C. Backward Swing Rolls to count of 4**

The backward swing roll is the same type of movement as the forward swing roll however it is performed travelling backwards. When skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. The swing of the leg gives the sense of a "rolling movement".

#### **D. Backward Chasse**

The backward chasse is a similar step to the forward chasse but performed skating backwards. The free foot is placed on the ice beside the skating foot. The skating foot is then lifted with the foot stretched forward (to the front of the skater). The toe of the free leg should be pointed with the blade parallel to the ice. The two steps are skated on the same lobe, stepping from outside to inside edge. Be sure to transfer the weight to the skating foot. Do not skate on both feet at the same time.

#### **E. Demonstrate waltz position (closed position) and hand-in-hand position for partners**

For the waltz hold the partners are directly opposite each other. One partner faces forward while the other partner faces backward. The man's right hand is placed firmly on his partner's back at the shoulder blade with the elbow raised and the arm bent sufficiently to hold the lady close to him. The left hand of the lady is placed on the shoulder of the man so that her arm rests comfortably, elbow to elbow, on his upper arm. The left arm of the man and the right arm of the lady are extended comfortably at shoulder height. Their shoulders should remain parallel.

#### **F. Demonstrate moving to and from waltz position and hand-in-hand position with partner**

After the swing rolls, the skaters move out of the waltz hold into a hand to hand position. The skater that was skating backwards will turn to forwards and hold the left hand of the skater that was skating forward. During the promenade steps (9-10) the skater on the outside of the pattern will be ahead of the inside skater. After the skater on the outside performs the mohawk to move backwards, both skaters will move back into the waltz hold.



## G. Swing Dance Pattern (music optional)

### Swing Dance - List of Steps and Description

Hold	Step No	Man's Steps	Beats	Lady's Steps
Closed	1	LFO	1	RBO
	2	Chasse RFI	1	Chasse LBI
	3	LFO	2	RBO
	4	RFO	1	LBO
	5	Chasse LFI	1	Chasse RBI
	6	RFO	2	LBO
	7	Swing Roll LFO	4	Swing Roll RBO
	8	Swing Roll RFO	4	Swing Roll LBO
Hand in Hand	9	LFO	2	RBO
	10	Progressive RFI	2	LFO
	11	LFO	2	Progressive RFI
	12	Progressive RFI Mohawk	2	LFO
Closed	13	LBI	2	Progressive RFI
	14	RBO	2	LFO
	15	Swing Roll LBO	4	Swing Roll RFO
	16	RBO	1	LFO
	17	Chasse LBI	1	Chasse RFI
	18	RBO	2	LFO
	19	LBO	1	RFO
	20	Chasse RBI	1	Chasse LFI
	21	LBO	2	RFO
	22	Swing Roll RBO	4	Swing Roll LFO
	23	Swing Roll LBO	4	Swing Roll RFO
Hand in Hand	24	RBO	2	LFO
	25	LFO	2	Progressive RFI
	26	Progressive RFI	2	LFO
	27	LFO	2	Progressive RFI Mohawk
Closed	28	Progressive RFI	2	LBI
	29	LFO	2	RBO
	30	Swing Roll RFO	4	Swing Roll LBO

Total 64 beats = 16 Bars per sequence

Music and Tempo: Foxtrot 4/4 at 24 bars per minute. The Swing Dance is a set pattern dance.

Suggested introductory steps: The dance may be started at either of the two points marked START in the diagram, preferably with the man starting at Step 1 (forward chasse), although this is not compulsory. Two sets of introductory steps are suggested for this dance – (A) using a mohawk and (B) using a 3-turn.

A: Man: RFO (2), LFI (2), RFO (4) / Lady: LFI (2), open mohawk to RBI (2), LBO (4)

B: Man: RFO (2), LFI (2), RFO (1), LFI (1), RFO (2) / Lady: RFO (2), LFO (2), RFO3 (2), LBO (2)

This is a dance designed for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two persons to learn to dance or practice it as a couple.

The dance as skated down the length of the rink contains four lobes, and is skated in closed position. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chasse sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. During the second beat, the skaters must begin a strong change of edge in order to stroke smoothly into the next edge and lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteensstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

*Step 9 or 24:* The person skating backward releases the left hand and curves the edge away from the partner in order to be in position to step forward on the next step.

*Step 10 or 25:* Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

*Step 11 or 26:* Both still skate forward. Skater to the right slightly faster than the other partner.

*Step 12 or 27:* Both still skate forward. Skater to the right should now be slightly in advance of skater to the left, and should be ready to skate a RFI Mohawk at the next step. Try to keep facing each other at this time, but don't spoil the relaxed effect.

Any type of forward inside Mohawk is permissible so long as the balance and control is good, and the execution is pleasing to watch.

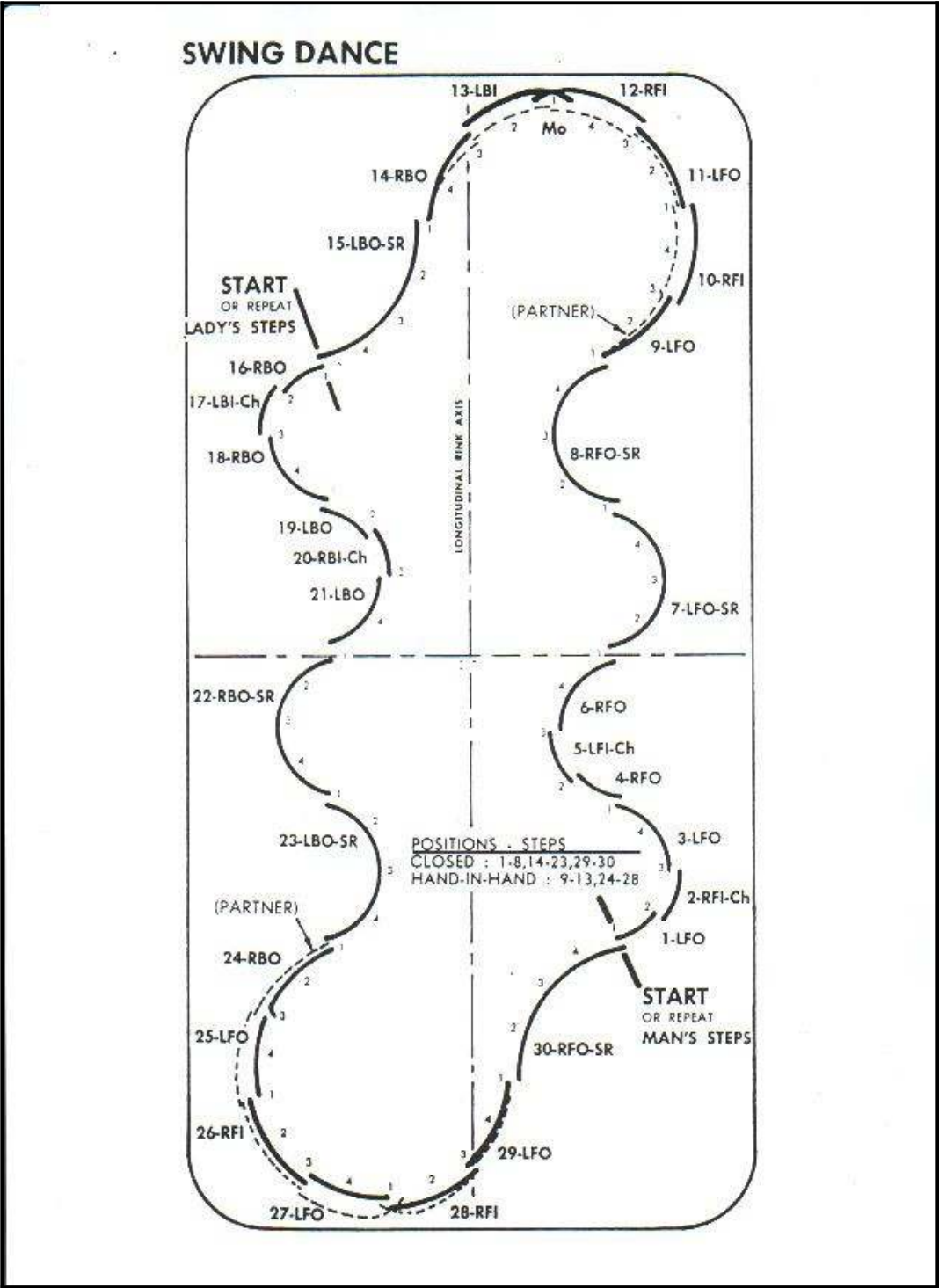
*Step 13 or 28:* The person to the right skates a RFI Mohawk and finishes the Mohawk in front of the partner.

*Step 14 or 29:* Skater who did the Mohawk is now skating backward directly in front of the partner.

*Step 15 or 30:* Change curvature and skate the four beat swing roll in closed position.

The dance position is closed when skating the length of the rink and hand-in-hand at end sequences to allow both skaters to skate forward on steps 10,11,12 or 25,26,27. Separate by at least 60-65cm and hold arms relaxed. Position of arms during end sequences up to step 14 or 29 is left to the discretion of skaters. Assume closed position in time for step 15 or 30.

Inventor: Hubert Sprott.



## **Dance 4 - The Fiesta Tango**

### **GOAL:**

For the skater to have a good understanding of the basic steps required for the Fiesta - i.e. FO swing roll with change of edge, Closed FI Mohawk, back progressives and cross behind inside chasse.

### **A. Swing roll with change of edge in relation to an axis (proper counting: 4-beat FO edge, 2 beat FI edge)**

The skater pushes onto an outside edge for four counts. The free leg will swing through close to the skating foot on the 3<sup>rd</sup> count to the front. At the end of the 4<sup>th</sup> count, the skater will change to an inside edge for 2 counts. As the skater moves from the outside to the inside edge, the free leg will move behind the skater.

### **B. Advanced open mohawk with closed free-foot position on exit**

A mohawk is a step in which the heel of the free foot is placed on the ice at the inner side of the skating foot. The angle between the two feet being optional.

### **C. Cross behind inside chasse**

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg crossed behind the skating leg. (Note – the legs cross below the knees).

### **D. Rounded end pattern step sequence (Steps #10-16)**

The steps to be performed include a right forward inside mohawk, followed by RBO – LBI – RBO each on 2 counts. The free leg will be held to the front of the skater's body during these steps. On the RBO edge, the skater brings the free leg across the skating foot to step onto a LBI edge. This is held for 2 counts. The skater then steps forward onto a RFI edge for two counts.

### **E. Two outside edges**

The skater performs two strokes. The blade of the skating foot should be on the outside edge after the push. These are held for two counts.

### **F. Demonstrate Kilian position and reverse Kilian position and demonstrate changing these positions.**

During the round end pattern step sequence, the Kilian hold is performed with the partners changing sides. Without doing the pattern, the skater needs to demonstrate this move with a partner.

### **G. Fiesta Tango pattern (music optional)**

#### **Fiesta Tango - List of Steps and Description**

<b><u>Hold</u></b>	<b><u>Step No.</u></b>	<b><u>Man and Lady</u></b>	<b><u>Beats of Music</u></b>
Reverse Kilian	1	LFO	2
	2	RFO	2
	3	LFO	1
	4	Run RFI	1
	5	LFO	2
	6	Cross Roll RFO	2
	7	Cross Behind LFI	2
	8	RFO change-of-edge to RFI	4 + 2
	9	LFO	2
	10	RFI open Mohawk	1
Kilian	11	LBI	1
	12	RBO	2
	13	LBI	2
	14	RBO	2
	15	Cross-in-front LBI	2

Reverse Kilian	16	RFI	2
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Total 32 beats = 8 Bars per sequence

Music and Tempo: Tango 4/4 at 27 bars per minute. The Fiesta Tango is a set pattern dance.

Suggested introductory steps: RFO (2), LFO (2), RFI (4) for both partners with the lady starting on the man's left. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

The dance starts in Reverse Kilian position. At *Steps 10 and 11*, partners change to Kilian position while executing the open Mohawk. *Steps 11 to 15* are danced in Kilian position, and as partners change from backward to forward skating at *Step 16*, they take Reverse Kilian position again to start the dance sequence over.

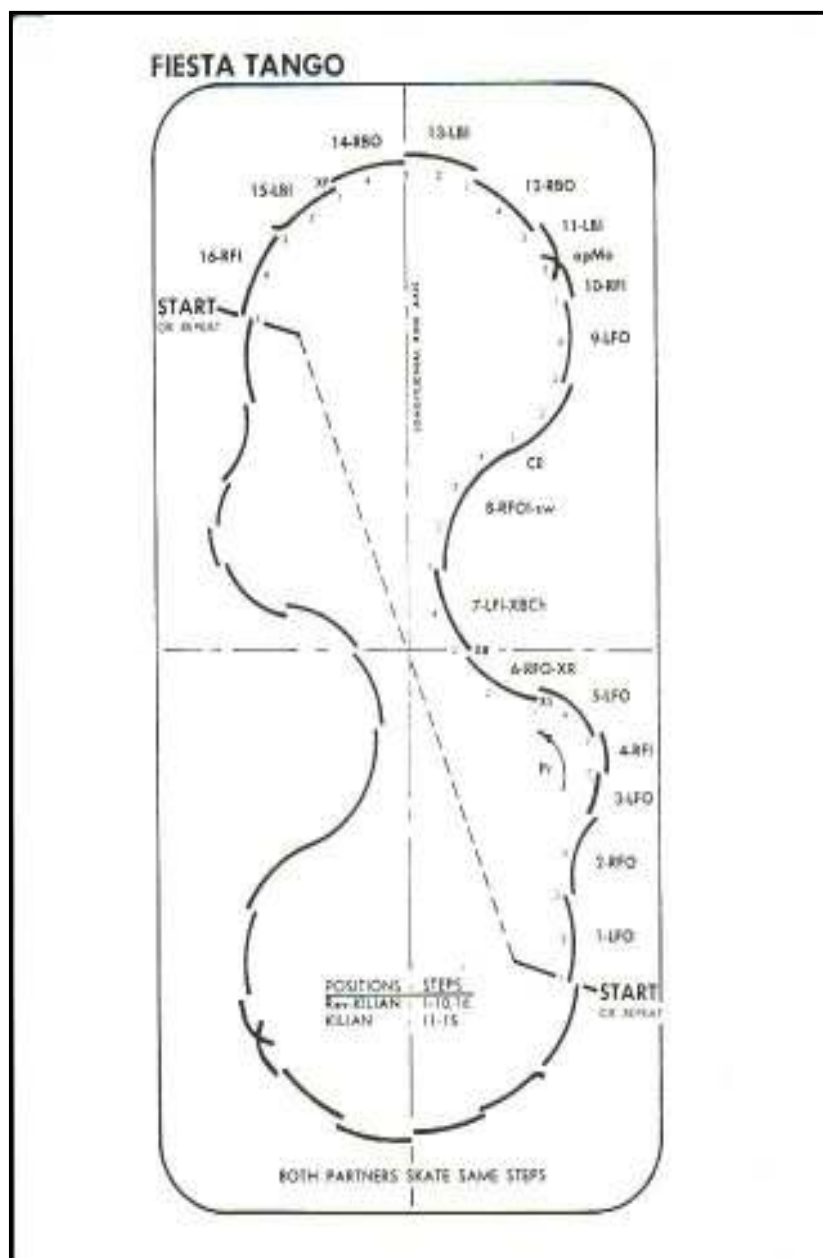
The lady should be a little ahead of the man at the beginning of *Step 9* (LFO) to avoid interference at the open Mohawk.

The tempo of the Fiesta is slow, tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow and smooth leg swings. *Step 8* allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of 3, the free leg swings forward, the change of edge is executed with the full swing of the free leg at the end of count 4, and then the free leg swings back at the count of 1 of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on *Step 8* can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram.

The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Inventor: George Muller. First performed in Colorado Springs, 1948.

## Fiesta Tango – Dance Pattern



## SYNCHRONIZED SKATING

The Aussie Skate™ Bridge Program for Synchronized Skating is for those skaters who wish to further their knowledge for skating in a team.

The hand holds for the elements in each level have been prescribed to allow the skaters to focus primarily on geometrical accuracy and unison. Elements can be taught and assessed using the short axis of the rink, as is the common practice in Aussie Skate™ lessons.

Testing is on an individual pass or fail basis based on the ability to perform the skill in unison with the minimum number of skaters required. Two skaters may be tested simultaneously.

### SYNCHRONIZED 1

#### GOAL:

To introduce forward team skating manoeuvres.

#### (4- 8 skaters)

##### A. Circle (Hand Hold)

Forward using a variety of simple forward steps - e.g. pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction.

##### B. Line (Shoulder Hold)

Forward using a variety of simple forward steps - e.g. stroking, pumps, swizzles and chasses. The line should cover at least the width of the ice or its equivalent in length of ice.

##### C. Block (Shoulder Hold)

Forward closed block for minimum of 8 beats using a variety of simple forward steps - e.g. stroking, pumps, swizzles, chasses and crossovers. No change of axis.

##### D. Wheel (Shoulder Hold)

Forward pivot wheel or 2 spoke using a variety of simple forward steps - e.g. pumps, pushes, chasses and crossovers. 1-2 revolution and for minimum of 8 beats. No change of direction and no variations.

##### E. Intersection (Shoulder Hold or Upper Arm Hold)

Forward V or 2 line intersection with point of intersection on 2 feet.

### SYNCHRONIZED 2

#### GOAL:

To develop forward team skating manoeuvres.

#### (6-12 skaters)

##### A. Circle (Hand Hold)

Forward using a variety of simple forward steps - e.g. pumps, pushes, chasses and crossovers. At least 2 revolutions and for minimum of 8 beats. No change of direction.

##### B. Line (must demonstrate shoulder hold and low v hand to hand hold)

Forward using at least 6 forward steps - e.g. stroking, chasses, russians, progressives, swing or cross rolls and lunges. The line should cover at least the width of the ice or its equivalent in length of ice.

##### C. Block (must demonstrate 2 different handholds)

Forward closed block using at least 6 forward steps - e.g. stroking, chasses, russians, progressives and swing or cross rolls. At least 1 change of axis - e.g. short to long axis or diagonal.

##### D. Wheel (Shoulder Hold)

Any forward wheel with a change of configuration using a variety of simple forward steps - e.g. pumps, pushes, chasses and crossovers. Minimum of 2 revolutions in each configuration.

##### E. Intersection (Shoulder Hold or Upper Arm Hold)

Forward 2 line or backward v intersection with point of intersection on 2 feet.



### **SYNCHRONIZED 3**

#### **GOAL:**

To develop backward team skating manoeuvres.

#### **(6-12 skaters)**

##### **A. Circle (must demonstrate Shoulder Hold and Hand Hold)**

Backward using a variety of simple backward steps - e.g. pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction.

##### **B. Line (must demonstrate 2 different Hand Holds)**

Forward to backward using at least 8 linking steps - e.g. stroking, chasses, russians, lunges, bunny hops, progressives, swing or cross rolls, 3 turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of ice.

##### **C. Block (must demonstrate Shoulder Hold and Muscle Hold)**

Forward to backward using at least 8 linking steps - e.g. stroking, chasses, russians, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis (e.g. short to long axis or diagonal, etc).

##### **D. Wheel (Shoulder Hold)**

Any backward wheel using a variety of simple steps - e.g. pumps, pushes, chasses and crossovers. 1-2 revolutions and for a minimum of 8 beats. Optional change of direction and configuration.

##### **E. Intersection (Shoulder Hold or Upper Arm Hold)**

Any backward intersection with point of intersection on 1 or 2 feet.

### **SYNCHRONIZED 3**

#### **GOAL:**

To develop backward team skating manoeuvres.

#### **(6-12 skaters)**

##### **A. Circle (Shoulder Hold and Hand Hold)**

Forward to backward using at least 8 linking steps – e.g. stroking, chasses, tap toes and basic turns. At least 2 revolution and for minimum of 8 beats. Optional change of direction (with or without stopping) or condensing large circle to small circle. At least half revolution in each direction.

##### **B. Line (must demonstrate 2 different Hand Holds)**

Forward to backward, 2 lines to 1 or 1 line to 2, using at least 8 linking steps – e.g. stroking, chasses, Russians, lunges, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of the ice.

##### **C. Block (must demonstrate Shoulder Hold and Teapot Hold)**

Forward to backward closed block using at least 8 linking steps – e.g. stroking, chasses, Russians, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis – e.g. short to long axis or diagonal and one change of configuration – e.g. pyramid, 3 line block, 4 line block.


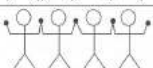

##### **D. Wheel (must demonstrate either Forward or Backward Basket Weave Hold)**

Any backward wheel using a variety of backward steps - e.g. pumps, pushes, chasses and crossovers. 1 simple variation - e.g. change of rotational direction or travel with crossovers or creative modification of a basic wheel configuration. Minimum of 2 revolutions.

##### **E. Intersection (Shoulder Hold or Upper Arm Hold)**

Any forward or backward intersection with a turn at the point of intersection - e.g. mohawk or 3-turn.

### Hand Hold Positions

(a)	Teapot hold (straight arm to bent elbow – in front)	
(b)	Front basketweave hold	
(c)	Back basketweave hold (hands joined behind)	
(d)	Low 'V' hand to hand hold	
(e)	Muscle hold (hand to hand variation)	
(f)	High 'V' hand to hand hold	

## **STEPS AND TURNS**

The Aussie Skate™ Bridge Program has introduced a new program titled Steps and Turns. These classes provide an excellent opportunity to further develop skating skills.

The goal is to teach the basic concepts of difficult turns, correct shoulder positions, rotational direction and understanding of the axis point of the circle.

These classes cater for all disciplines and aim to develop quality steps and turns as skaters move into ISA levels.

These classes can be taken in conjunction to all other classes. Skaters will receive a badge for each level they pass.

### **Steps and Turns 1**

- A. 2 foot rocker slalom exercise on the axis
- B. 2 foot counter exercise on the axis
- C. Forward inside consecutive twizzles (1 rotation)

### **Steps and Turns 2**

- A. Forward inside bauer to backward outside edge (introduction to concept of forward inside closed choctaw)
- B. Backward outside 3 turn off backward crossover
- C. Backward inside 3 turn off backward crossover

### **Steps and Turns 3**

- A. 2 foot bracket exercise
- B. Forward outside double 3 turns
- C. Forward inside double 3 turns

### **Steps and Turns 4**

- A. Forward outside consecutive twizzles (1 rotation)
- B. Backward outside to forward inside open choctaw
- C. Forward outside 2 foot loop

## **HOCKEY**

The Aussie Skate™ Bridge Program for Ice Hockey is for those skaters who wish to further their knowledge of Ice Hockey while remaining in the group lesson environment. Although many of these skills are repeated from earlier levels, they are much more difficult when performed in hockey skates.

### **HOCKEY I**

#### **GOAL:**

The Hockey curriculum has been designed to teach the students the fundamentals of hockey. The skaters will learn to become more agile and to manoeuvre faster.

- A. Forward crossovers on a circle (R & L)
- B. Hockey turns (R & L) - to be done with speed in and out of turn
- C. Backward slalom
- D. Forward stop and starts
- E. Backward V-stop
- F. Lateral marching crossovers (R & L)

### **HOCKEY 2**

#### **GOAL:**

The primary goal at this level is to introduce the usefulness of forward crossovers. Transitioning from forward to backward is introduced, skaters need to be confident performing this in both directions quickly. Holding a forward and backward edge is also taught in this level. The Mohawk is also introduced to link forward skating to backward skating. The skater needs to be comfortable with ice-skating concepts. At this level speed is also introduced

- A. Forward 1-foot pushes in a circle (R & L)
- B. Forward crossover glides - hold free in crossed position for 2 counts
- C. Backward crossovers (CW & ACW)
- D. Alternating backward crossovers in a line
- E. Backward 1-foot glide (R & L) holding for the height of skater
- F. Mohawks (R to L) and (L to R)
- G. Hockey stop



# AUSSIE SKATE™ ADULT CURRICULUM

For Adult Basic, Adult Novice and Adult Intermediate competition required elements are in **BOLD**.

**Descriptions of elements are in the Beginner and Bridge Levels of the curriculum.**

## **Adult 1 (Formerly Adult Basic)**

- A. Correct way to fall and stand up
- B. March forward across the ice
- C. Dip while moving
- D. Forward 2-foot glides (R & L) on a curve**
- E. Forward swizzles (6-8 in a row)**
- F. Backward swizzles (6-8 in a row)**
- G. Backward 2-foot glide (1 metre)**
- H. Moving snowplough stop

## **Adult 2 (Formerly Adult Novice)**

- A. Forward stroking, showing correct use of blade
- B. Forward slalom**
- C. Backward stroking
- D. Backward slalom**
- E. Forward 1-foot glides (R & L)**
- F. Backward 1-foot glides (R & L)
- G. Forward ½ swizzle pumps on a circle (6-8 CW & ACW)**
- H. Backward ½ swizzle pumps on a circle (6-8 CW & ACW)

## **Adult 3 (Formerly Adult Intermediate)**

- A. Forward crossovers (CW & ACW)**
- B. Backward crossovers (CW & ACW)**
- C. FO & FI 3-turn on a circle (R & L)
- D. FI open Mohawk (R to L & L to R)**
- E. BO & BI 3-turn on a circle (R & L)
- F. Tap-toe jump (R & L)**
- G. Bunny hop (R & L)
- H. 2-foot spin (correct entry and exit)**

## Adult Bridging Program

The Adult Bridging Program provides a pathway for adult skaters moving into Adult IJS levels and International Adult Competitions. It aims to develop greater skating competency via Edges classes. These Edges classes also cater for those skaters who decide they want to pursue Synchronised Skating, Ice Dance or Theatre on Ice. For rinks offering adult skating programs, this allows a rink to offer more classes for their customers.

For skaters wanting to compete in free skating divisions, they would need to complete the adjacent Edges class ie Free Skate 1 needs to complete Edges 1. This is so skating skills develop in conjunction with free skating skills.

All lessons should commence with rink stroking in both directions as a warm-up, either around the rink or a figure 8 (depending on numbers and safety considerations).

Level	Class Elements	Elements included in Competition
Adult Edges 1 Focus is on forward skating skills and edges	Chasses on a circle	No competition level
	Basic Forward Outside Consecutive Edges	
	Basic Forward Inside Consecutive Edges	
	Basic forward change of edge (in figure 8)	
	Forward outside rolls (4-6)	
	3 Turn Sequence (frmly Waltz 3's)	
	Forward Change of Edge 3 Turns	
Adult Edges 2 Focus is on backward skating skills and edges	Basic Back Outside Consecutive Edges	No competition level
	Basic back inside executive edges	
	Back outside 3 turns (L & R)	
	Back inside 3 turns (L & R)	
	Forward power 3's (3 each foot)	
	Backward Cross Rolls	
	5 step mohawk pattern	
Free Skating 1 Must have completed Adult Edges 1	Forward Attitude (R & L)	
	Forward Inside Pivot (1-2 revs without stopping)	Yes
	Lunge (L & R)	Yes
	Inside Ina Bauers (CW & ACW)	
	1 foot spin (3 revs, correct entry and exit)	
	Forward cross leg spin (3 revs)	Yes
	Forward Outside Spirals (R & L, approx 3 sec)	Yes
	Forward Inside Spirals (L & R, approx 3 sec)	
	Forward cross leg spin (3 revs)	
	Waltz jump from back crossover entry	Yes
	Salchow Jump	Yes
	Half Flip Jump	Yes
Free Skating 2 Must have completed Adult Edges 2	Half Lutz Jump	
	Back Inside Pivot (1-2 revs without stopping)	Yes
	Back Outside Spiral (L & R, approx 3 sec)	Yes
	Back Inside Spirals (approx 3 sec)	
	Back Spin in Cross Leg Position (3 revs)	Yes
	Camel spin (3 revs)	Choice
	Sit Spin (3 revs)	
	Change of foot upright spin (3 revs each foot - foot crossed on each spin)	Yes
	Waltz Jump/Loop Jump Combination	
	Toe Loop Jump	Yes
	Loop jump	Choice
	Flip jump or Lutz jump	

## **APPENDIX A**

### **ABBREVIATIONS**

Fwd or F	Forward
Bwd or B	Backward
R	Right
L	Left
O	Outside
I	Inside
CW	Clockwise
ACW	Anti-Clockwise
Ft	Foot



## APPENDIX B

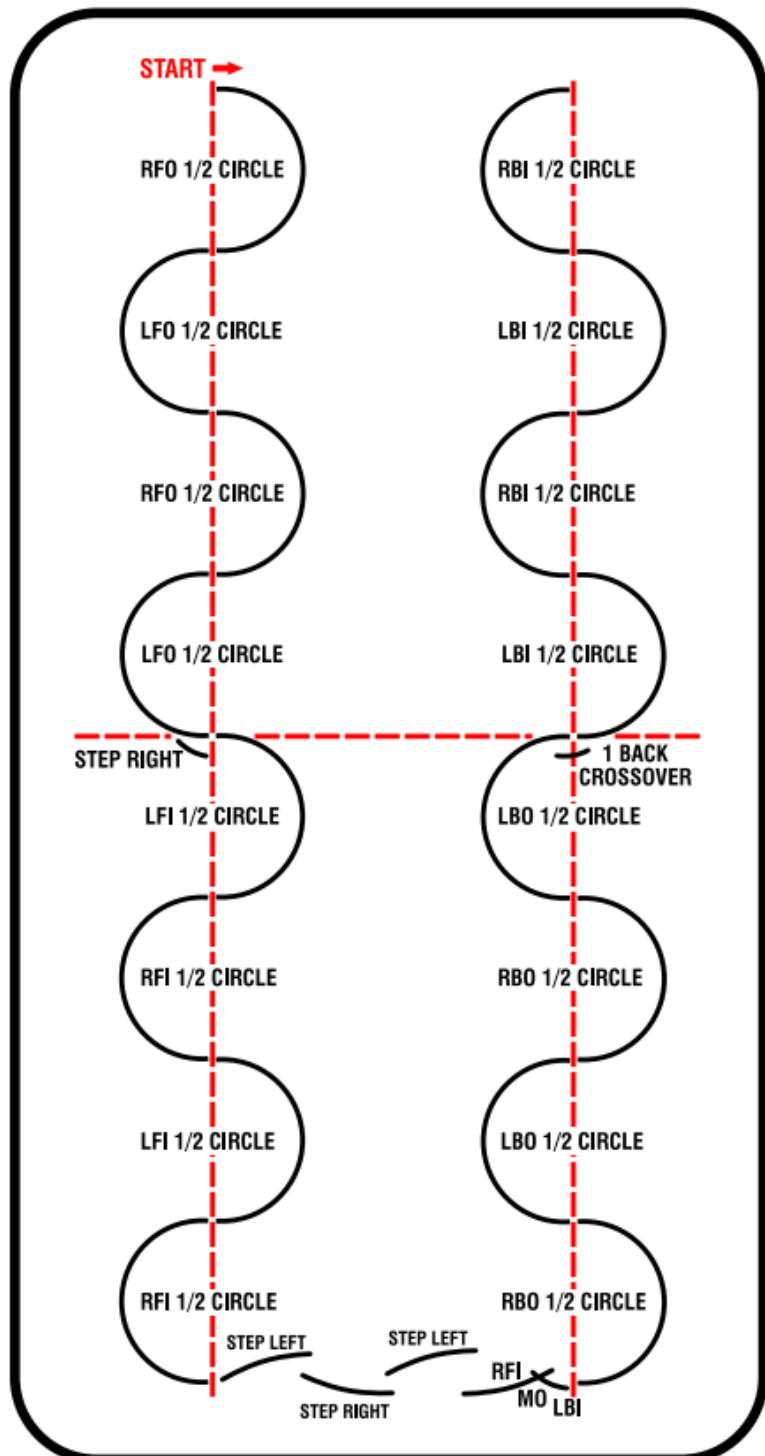
### PRELIMINARY TEST PATTERN – Pattern No #1

The skater will perform a set of figure pattern exercises comprising of a series of half circles of approximately one and half times the height of the skater, skated to and from the short axis and demonstrating on edges with flow and control.

Note: The exercise may commence with introductory pushes and may consist of 1 crossover after the mohawk when changing from forwards to backwards.

Focus: Edges, Control & Flow, Correct Entry and Exit edges are adequate and maintained throughout the curve for identification with proper technique.

- RFO ½ Circle
- LFO ½ Circle
- RFO ½ Circle
- LFO ½ Circle
- Step Right
- RFI ½ Circle
- LFI ½ Circle
- RFI ½ Circle
- LFO ½ Circle
- Step Left
- Step Right
- Step Left
- RFI mohawk to LBI
- 1 Crossover may be performed during this transition after the mohawk to maintain flow. The ½ circle should be skated primarily on the RBO edge
- RBO ½ Circle
- LBO ½ Circle
- RFO ½ Circle
- LBO ½ Circle
- 1 Backward Crossover
- LBI ½ Circle
- RBI ½ Circle
- LFI ½ Circle
- RBI ½ Circle
- Step forward to finish



## **APPENDIX C**

### **Description for Holding Positions in Ice Dance and Pair Skating**

#### **Hand-in-Hand position**

The partners face in the same direction and are side by side with their arms comfortably extended and their hands clasped. The lady is on the right side if not otherwise indicated in the dance description.

#### **Closed or Waltz position**

The partners are directly opposite each other. One partner faces forward while the other partner faces backward. The man's right hand is placed firmly on his partner's back at the shoulder blade with the elbow raised and the arm bent sufficiently to hold the lady close to him. The left hand of the lady is placed on the shoulder of the man so that her arm rests comfortably, elbow to elbow, on his upper arm. The left arm of the man and the right arm of the lady are extended comfortably at shoulder height. Their shoulders should remain parallel.

#### **Kilian position**

The partners face in the same direction with the lady to the right of the man and his right shoulder behind her left. The left arm of the lady is extended across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hand. Both hands rest over the hip bone.

- A: Reversed Kilian Position - This position is similar to the Kilian position but with the lady at the man's left.
- B: b. Crossed Kilian Position - The lady's left arm is extended across the front of the man's body to his left hand, while his right arm is extended across in front of her body with both partners' right hands resting clasped over her hip. This position may also be reversed.

-

#### **Waist lift position**

The partners are facing the same direction with the lady in front of the man. The man places his hands on the lady's waist and she places her hands on top of his. Both partners bend their knees at the same time. As the man lifts the lady upward, the lady pushes down on the man's wrists and arches her back as she is lifted into the air.

### **Disclaimer**

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Ice Skating Australia Incorporated (ISA)

[www.isa.org.au](http://www.isa.org.au)

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