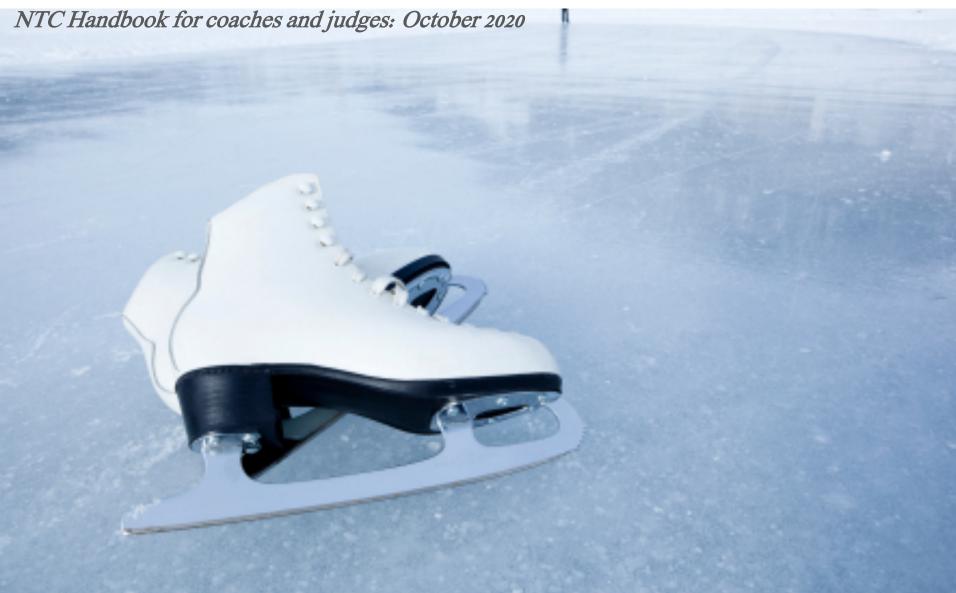
SAFSA REVISED SKATING SKILLS TESTS LEVEL 3





Abbreviations



Abbreviation	Meaning
S O	Start
Х	Cross over
МН	Mo-Hawk
3	3 Turn
CE	Change of edge
LFO	Left Forward outside
LFI	Left Forward inside
RFO	Right Forward outside
RFI	Right Forward inside
LBO	Left Back outside
LBI	Left Back inside
RBO	Right Back outside
RBI	Right Back inside
Sp	Spiral
F	Finish
\otimes	2 Foot spin

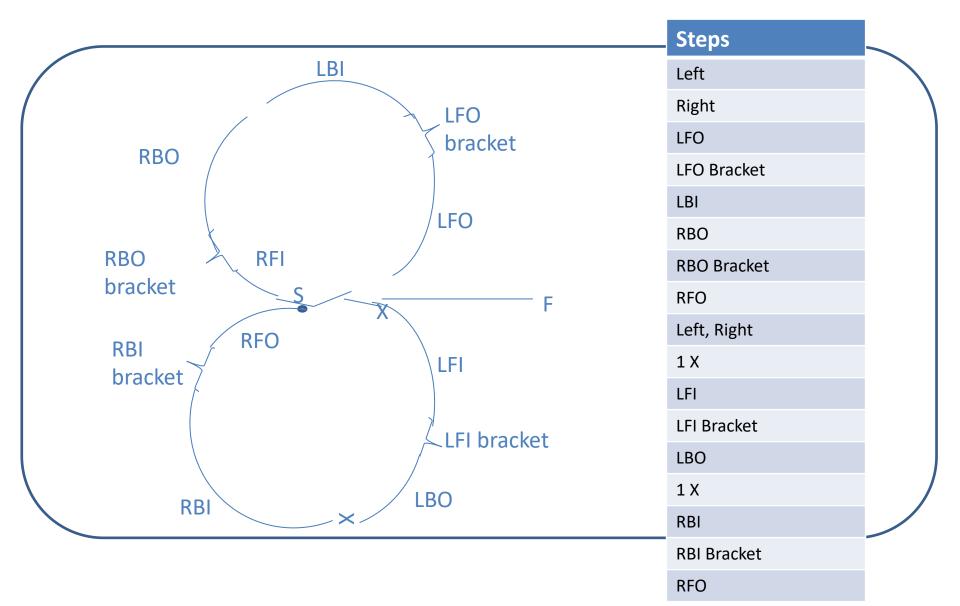
LEVEL 3. Exercise 3a



- Exercise Name: Forward and backward brackets in figure 8
- Exercise Description: The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of clean brackets ,strong outside and inside edges. The circle sizes should be in proportion to the skaters height. Skaters are NOT to use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Body lean, Rhythmic knee action, posture, edge quality, clean brackets.
- Common Errors: Flat edges, lack of control, weak edges and toe pushing, incorrect
 patterns, weak upper body posture, change of edges before and after the brackets.
- 2 Figures of 8 must be completed.
- The pattern repeats itself for the inside and outside edges. 2 figures of 8 must be completed for the outside and inside brackets.

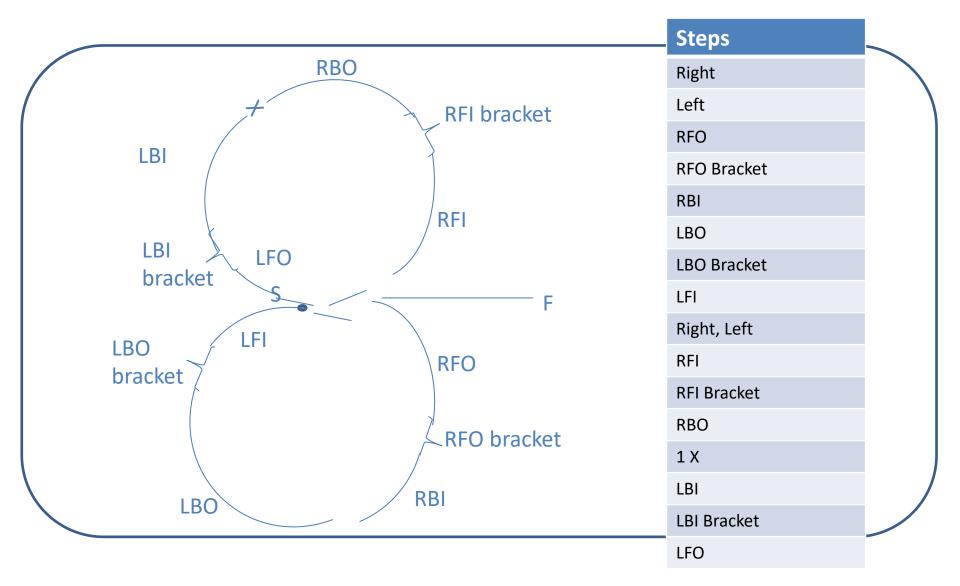
LEVEL 3. Exercise 3a.1 Brackets, forward and backward, inside and outside.





LEVEL 3. Exercise 3a.2 Brackets, forward and backward, inside and outside.





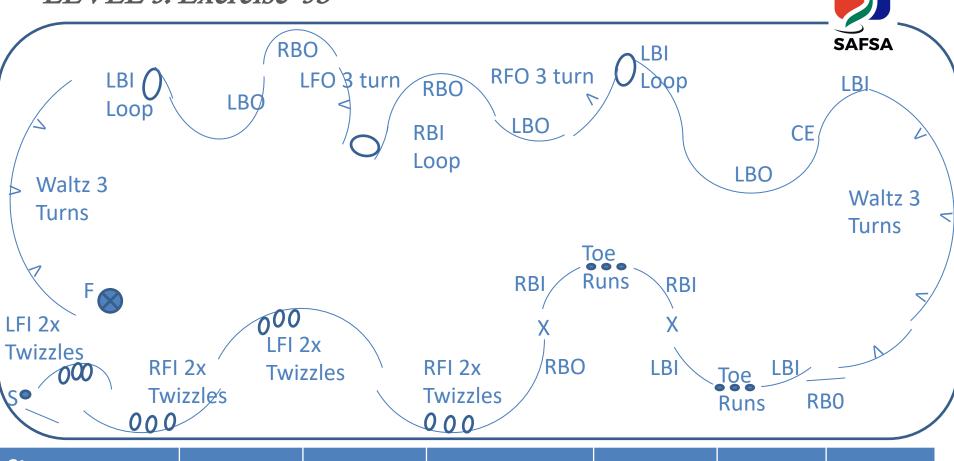
LEVEL 3. Exercise 3b



- Exercise Name: Twizzle, toe runs and Loop exercise
- Exercise Description: The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of consecutive three turns, (Generating power) power pulls and change of edges as well as loops and toe runs. The Start and finish (With a Snow plow or show stop) is part of the exercise.
- The second part of the exercise may be repeated to include 4 sets of loops and power pulls if required by the skater to cover the ice.
- Key Focus Areas: Clean turns, power generation with change of edges,
 acceptable size loops, clean twizzle execution upper body control on toe runs.

• **Common Errors:** Weak turns, swung change of edges, incorrect loop shapes, 3 turns instead of twizzles, lack of speed generation.

LEVEL 3. Exercise 3b



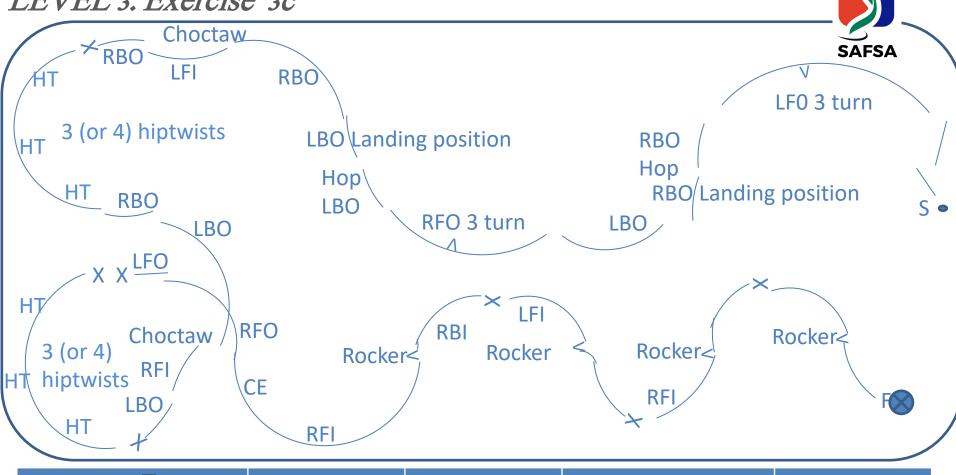
Steps						
RFI	RBO	Cross over	LBI	LBI Loop	CE	LBO
LFI 2 twizzle -RFI 2 twizzle	Cross over	LBI toe runs	CE	RFO 3 turn	RBI Loop	CE
LFI 2 twizzle	RBI toe runs	RBO	LBO	LBO	LFO 3 turn	LBI Loop
RFI 2.5 twizzle	RBI	3 (or 4) waltz 3	CE	RBO	RBO	3 (or 4) Waltz

LEVEL 3. Exercise 3c



- Exercise Name: Landing position and rocker exercise
- Exercise Description: The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of 3 turns, choctaws,hops and rockers. The Start and finish (With a Snow plow or show stop) is part of the exercise
- Key Focus Areas: Clean rockers and Choctaws, good extension on the landing position
- **Common Errors:** Flat edges, incorrect edges, incorrect body position, lack of speed, no leg extension on 3 turns and landing positions.

LEVEL 3. Exercise 3c



Steps				
LFO 3turn	LBO Dip and hop	3 Hip twists	LBO	RFO CE
RBO Dip and hop	RBO	RBO	3 Hip twists	RFI Rocker
LBO	LFI Choctaw	LBO	2 cross overs	LFI Rocker
RFO 3 Turn	RBO	RFI Choctaw	LFO	Repeat rockers to end of ice. Finish

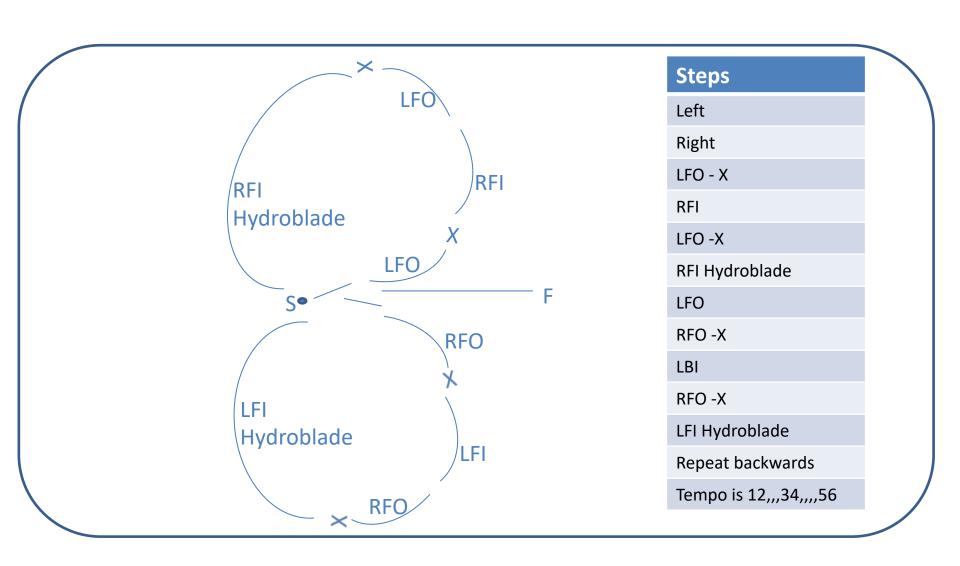
LEVEL 3. Exercise 3d



- Exercise Name: Hydroblading
- Exercise Description: The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, Strong edges and hydroblading. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to NOT use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- Key Focus Areas: Rhythmic knee action, posture, edge quality, cross overs and low hydroblade position with strong edges.
- Correct tempo. (1,2, cross over, 3,4, cross over, 5,6,7,8, hydroblade)
- Common Errors: Lack of control, incorrect patterns, weak upper body posture, no body lean
- 2 Figures of 8 must be completed. (2 forward and 2 backward)

LEVEL 3. Exercise 3d



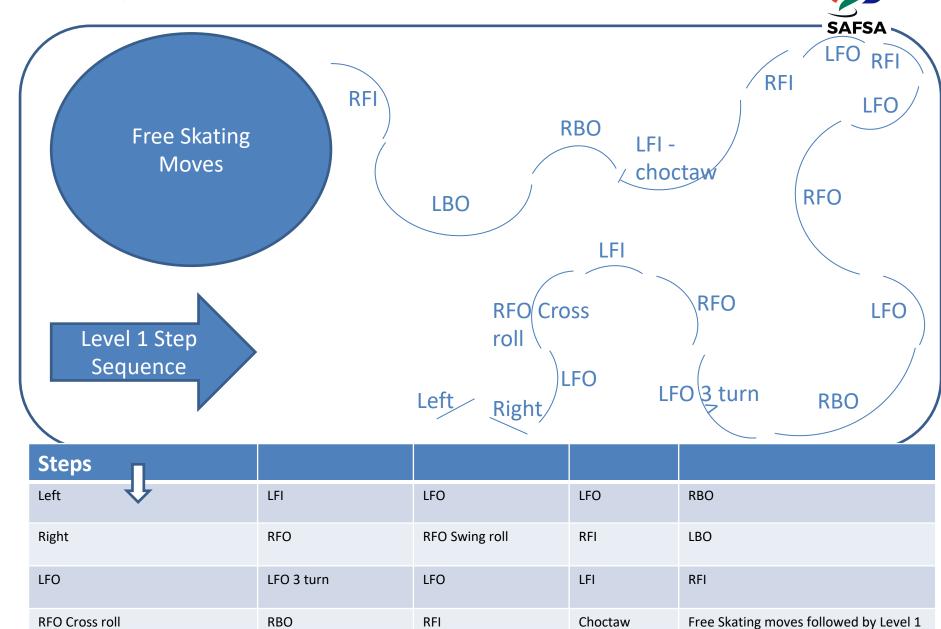


LEVEL 3. Exercise 3e



- Exercise Name: Blues and step sequence
- Exercise Description: The exercise is performed across the whole Ice surface. The exercise consists of half a blues pattern, free skating moves and a level 1 step sequence. The free skating moves must include 2 of the following 6: 1) Spiral with 135 variation. 2) Outside Ina Bauer. 3) Outside Spread Eagle. 4) Biellmann Spiral (Same requirements as those needed to attain Biellmann position as a spin feature) 5.) Russian split jump 6.) Butterfly. It is important to note that the Blues steps performed can be the man or ladies steps, skater can decide. The diagram pattern shows the men's steps however both are acceptable.
- **Key Focus Areas:** Strong edges and pattern, upper body control, clean outside edges on free skating moves.
- Common Errors: Lack of control, incorrect patterns, weak upper body posture, no body lean, weak turns and flat edges.

LEVEL 3. Exercise 3e



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