



# AUSTRALIA TECHNICAL PATTERN SKILLS

## Definitions

- 1. Bilateral:** Having or relating to two sides.
- 2. Bilateral Symmetry:** The ability to execute movements on both sides, clockwise and counterclockwise, forward and backward.
- 3. Cadence:** Balanced, rhythmic flow.
- 4. Choctaw (Cho):** A turn from forward to backward (or backward to forward) from one foot to the other in which the curve of the exit edge is in the opposite direction to the curve of the entry edge.
- 5. Closed Choctaw (clCho):** A Choctaw in which the outside of the free foot is held of the skating foot, with the free foot instep to the skating foot heel. Following weight transfer, the position of the new free foot is in front of the skating foot.
- 6. Continuous Axis:** An imaginary continuous line running around the rink. Ordinarily, the continuous axis includes two straight line portions extending longitudinally of the rink, each of which is parallel to a side barrier and approximately midway between such barrier and the midline of the rink, which are connected by semicircles at both ends of the rink; such semicircles in a few cases may be somewhat flattened parallel to the end barriers of the rink.
- 7. Cross Strokes (XS):** A forward or backward step started with the skating foot crossing in front or behind, respectively, the previous skating foot so that the legs cross above the knee and with impetus being gained from the outer edge of the foot which is becoming the free foot - also known as a cross roll.
- 8. ccw (counterclockwise):** The opposite direction to the rotation of the hands of a clock.
- 9. cw (clockwise):** The direction in which the hands of a clock rotate.
- 10. Flow:** The skater's ability to maintain a consistent and undisturbed running edge across the ice also referred to as "continuous flow". Move steadily, continuous.
- 11. Lobes:** Rounded curve
- 12. Long Axis:** An imaginary line bisecting the rink longitudinally. Midline of rink.
- 13. Open Choctaw (opCho):** A Choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer, the immediate position of the new free foot is behind the heel of the skating foot.
- 14. opS (Open Stroke):** A step started beside the skating foot and not crossed forward or behind.



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15. **Rhythmic:** Relating to, or having rhythm; recurring with measured regularity as in continuous rhythmic knee action.
16. **Roll:** A long or short, forward or backward, outside or inside edge which is begun with an open stroke and is in the form of a lobe with the curve in the opposite direction to the preceding edge or lobe. A rolling movement is thus achieved which gives the step its name.  
(FI Roll - optional = free leg can swing forward).
17. **Sub Curve:** Deviation from true curve of circle or arc.
18. **Sustained Extensions:** To hold the final extended position in a controlled manner and should achieve the maximum length of all body lines.
19. **Swing Counter (swCtr):** A counter in which the free leg is swung past the skating foot before the turn is executed, and after the turn, is either swung forward past the skating foot and held over the tracing or is held behind the skating foot in line with the tracing.
20. **Swing Rocker (swRk):** A rocker in which the free leg is swung past the skating foot before the turn is executed, and after the turn, is either swung forward past the skating foot and held over the tracing or is held behind the skating foot in line with the tracing.
21. **Twizzle (Tw):** A turn on one foot of one or more complete rotations which are executed very quickly almost on the same spot. The turn may be in either a clockwise or counter clockwise direction. The weight remains on the skating foot with the free foot close beside it ready to skate the exit edge. The free leg may be swung past the skating foot before the turn is executed, as long as it is brought back to the skating foot for the turn.
22. **XB (cross behind):** A step in which the free foot is placed on the ice along the outer edge side of the skating foot with the shin of the free leg crossed behind the calf of the skating leg. No impetus is gained from this stroke.
23. **XF (cross step forward):** A step in which the free foot is placed on the ice along the outer edge side of the skating foot with the calf of the free leg crossed in front of the shin of the skating leg. No impetus is gained from this stroke.
24. **XS (cross stroke):** A forward or backward step started with the skating foot crossing in front or behind, respectively, the previous skating foot so that the legs cross above the knee and with impetus being gained from the outer edge of the foot which is becoming the free foot - - also known as a cross roll.