



Pre-Primary Pattern #1

FORWARD AND BACKWARD POWER CHANGE OF EDGE PULLS

DESCRIPTION: Pre-Primary Pattern #1

The skater will perform consecutive power change of edge pulls - forward inside outside to forward outside inside full length of the arena - followed by backward change of edge pulls full length of arena. The skater will change feet at the centre of the arena.

FOCUS: Power

Ability to push off with equal and even strength from both edges with flexible skating knees.

Test Standards/Expectations:

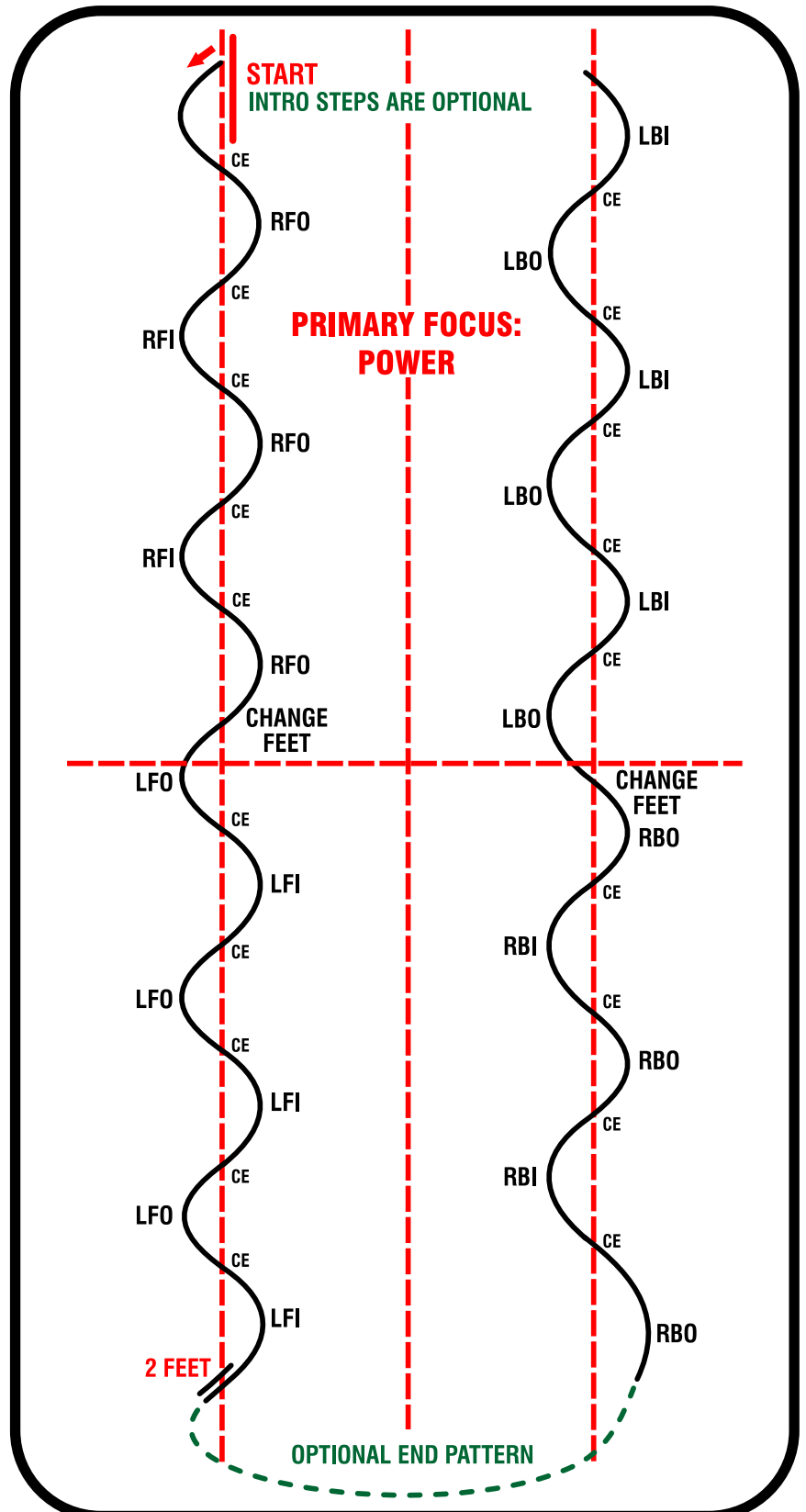
- Hear ripple of edge
- Rhythmic knee action
- Maintain or increase speed

Common Errors:

- Disguising power with intro steps
- Shallow changes
- Too much upper body movement
- Poor posture
- Swinging free leg widely
- Inability to create power
- Incorrect use of skating knee

Note: Three to four power pulls to be skated before changing feet if ice surface is smaller than Olympic size.

***see index for sizing of rinks.*





Pre-Primary Pattern #2

FORWARD DOUBLE THREE TURNS

DESCRIPTION: Pre-Primary Pattern #2

The skater will perform consecutive forward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater.

The sequence begins with forward outside double three-turns covering the first length of the arena followed by the forward inside double three-turns covering the second length of the arena.

Skater may begin this pattern with either right or left foot.

FOCUS: Edge Quality

Good control and sustained edges, with equal lobes, and no sub curves.

Test Standards/Expectations:

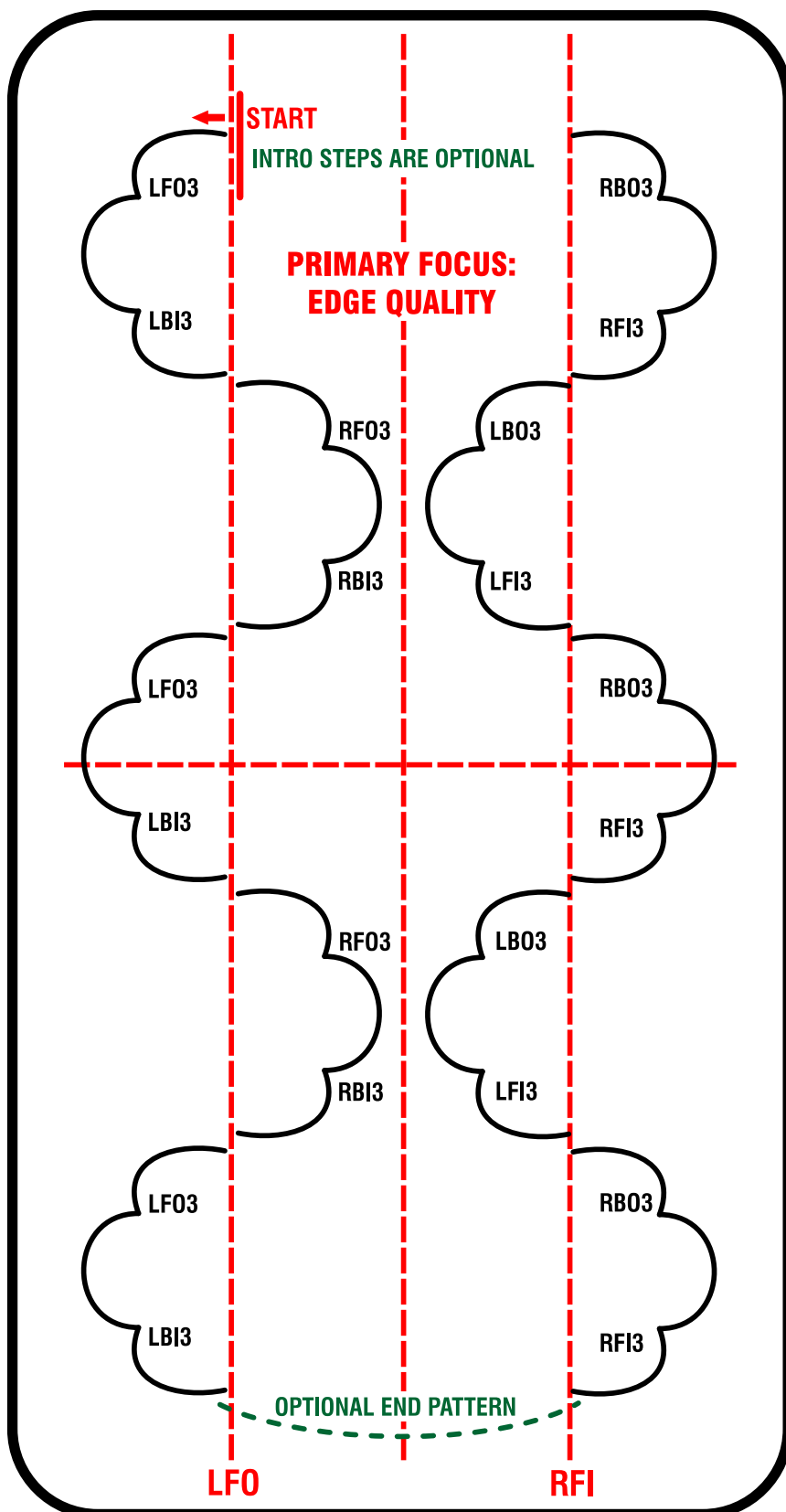
- Control of the arc between the turns
- No wobbles after the turns
- Turns placed at 1/3 and 2/3 of lobe

Common Errors:

- Skated too slowly
- Sub curves between turns
- Lack of control after back 3-turn
- Poor placement of the turns
- Toe pushing
- Weaker forward inside double 3-turns
- Inability to maintain flow throughout

Note: Three to four half circles to be skated if ice surface is smaller than Olympic size.

***see index for sizing of rinks.*





Pre-Primary Pattern #3

BACKWARD DOUBLE THREE TURNS

DESCRIPTION: Pre-Primary Pattern #3

The skater will perform consecutive backward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater.

The sequence begins with backward outside double three-turns covering the first length of the arena followed by the backward inside double three-turns covering the second length of the arena.

FOCUS: Edge Quality

Knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.

Test Standards/Expectations:

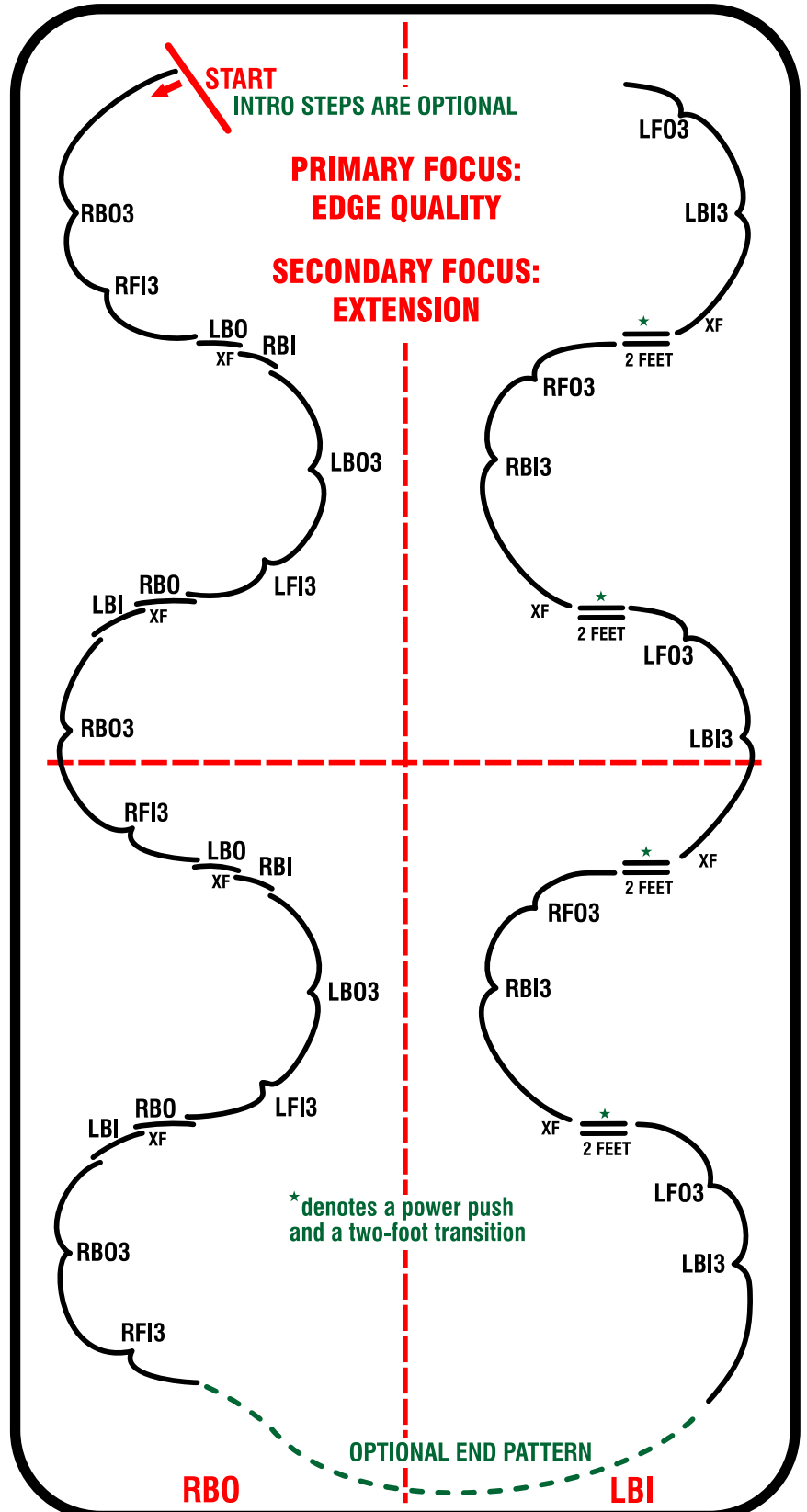
- Control throughout
- Back 3-turn on top of lobe
- Forward 3-turn at 2/3 of lobe
- Controlled gliding edge between turns with nicely extended free leg

Common Errors:

- Turns skated too close together
- Lack of control between turns
- Improper placement of turns
- Inability to maintain flow throughout

Note: Three to four half circles to be skated if ice surface is smaller than Olympic size.

***see index for sizing of rinks.*





Pre-Primary Pattern #4

STROKING: FORWARD POWER CIRCLE

DESCRIPTION: Pre-Primary Pattern #4

Starting from a standing position, the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace (2-3 slow crossovers to fully accelerated crossovers). As the skater accelerates, the circle circumference increases.

Power circles performed both in clockwise and counterclockwise directions. Recommended that no more than 15 crossovers be used in completing this pattern.

Pattern can start in either direction clockwise or counter clockwise.

*Pattern exits on forward outside edge.

FOCUS: Power

Continuous flow, maintaining speed and ability to increase speed effortlessly.

Test Standards/Expectations:

- Increasing acceleration
- Circle size increases with acceleration
- No toe pushing
- No more than 15 crossovers

Common Errors:

- Inability to increase acceleration
- Clockwise direction weaker
- Improper use of edges to stroke
- Poor control of upper body/posture

