





# Primary Pattern #2

## EIGHT-STEP MOHAWK SEQUENCE

**DESCRIPTION:** Primary Pattern #2

The pattern begins with the skater performing a mohawk sequence in a figure eight pattern.

**Note:** This pattern may start in either direction.

**Step Order:** Forward crossover into a LFO Mohawk, followed by LBI, RBO, LBI cross forward and RFI. The skater should maintain a march cadence (one beat per step). Between the circles is a left foot transition.

Sequence is repeated in the opposite direction.

Entire figure eight pattern sequence is performed again equalling two full figure eight sequences.

### FOCUS: Quickness/Power

Ability to execute controlled rhythmic movement.

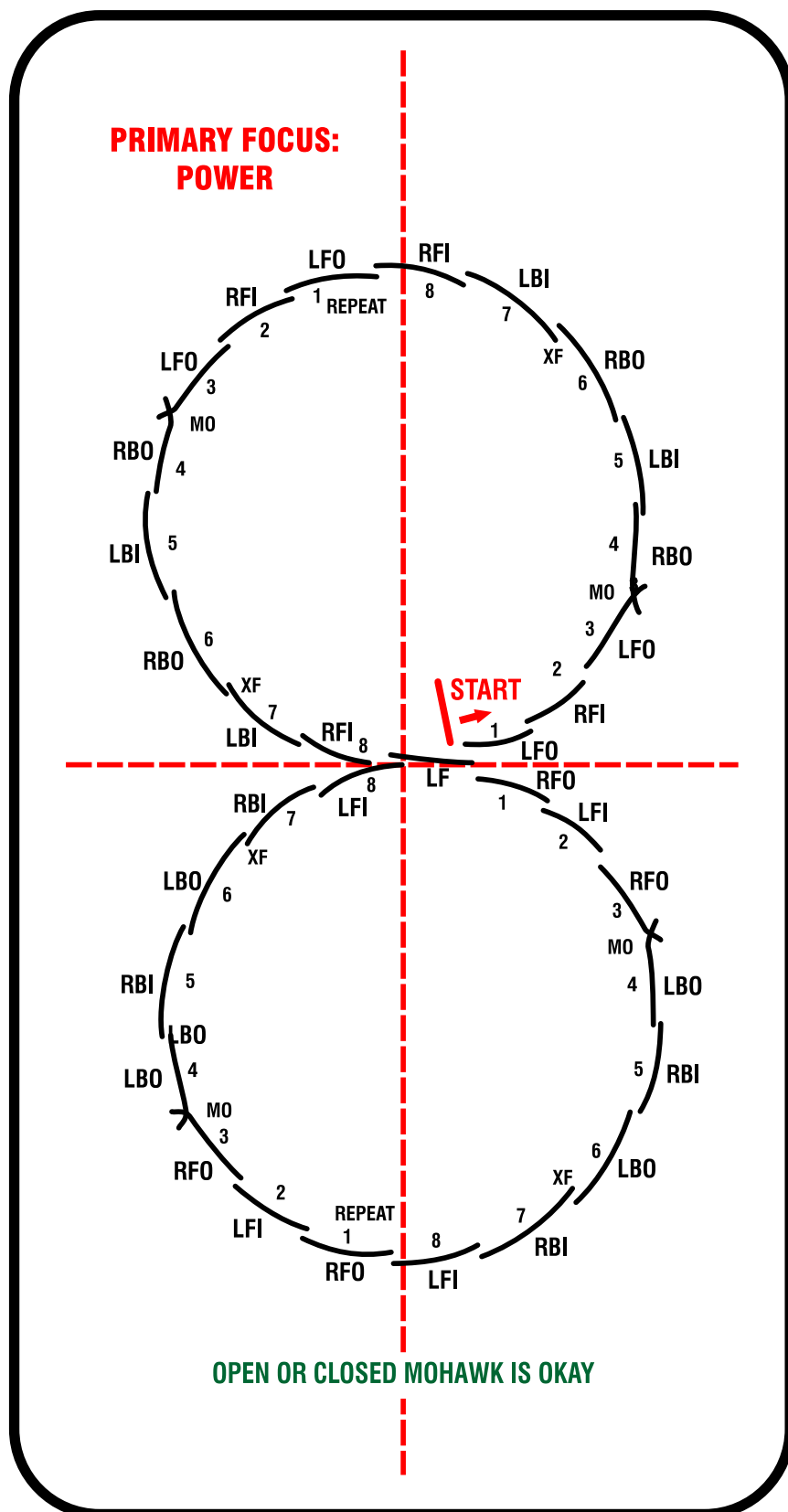
Ability to increase speed with solid control.

### Test Standards/Expectations:

- Fairly neat placement of feet
- Circle shape must be maintained
- Steps 6, 7, 8 must be distinct steps
- Cadence is march and glide action

### Common Errors:

- Circle size too small or irregular circle
- Incorrect edges on Mohawk
- Inability to sustain quick march tempo
- Wide stepping (wider than hips)
- Difficulty in completing a full circle





# Primary Pattern #3

**DESCRIPTION:** Primary Pattern #3

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the arena. Continuing down the remaining length of the arena the skater then will perform two sets of turns (LFO-RBI) with optional steps to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half the length of the arena. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the arena, with an optional step to transition to the RFI edge.

**Note:** This pattern may start on either foot.

### FOCUS: Edge Quality

Increased knee/ankle flexibility and body lean to achieve depth of pattern.

### Test Standards/Expectations:

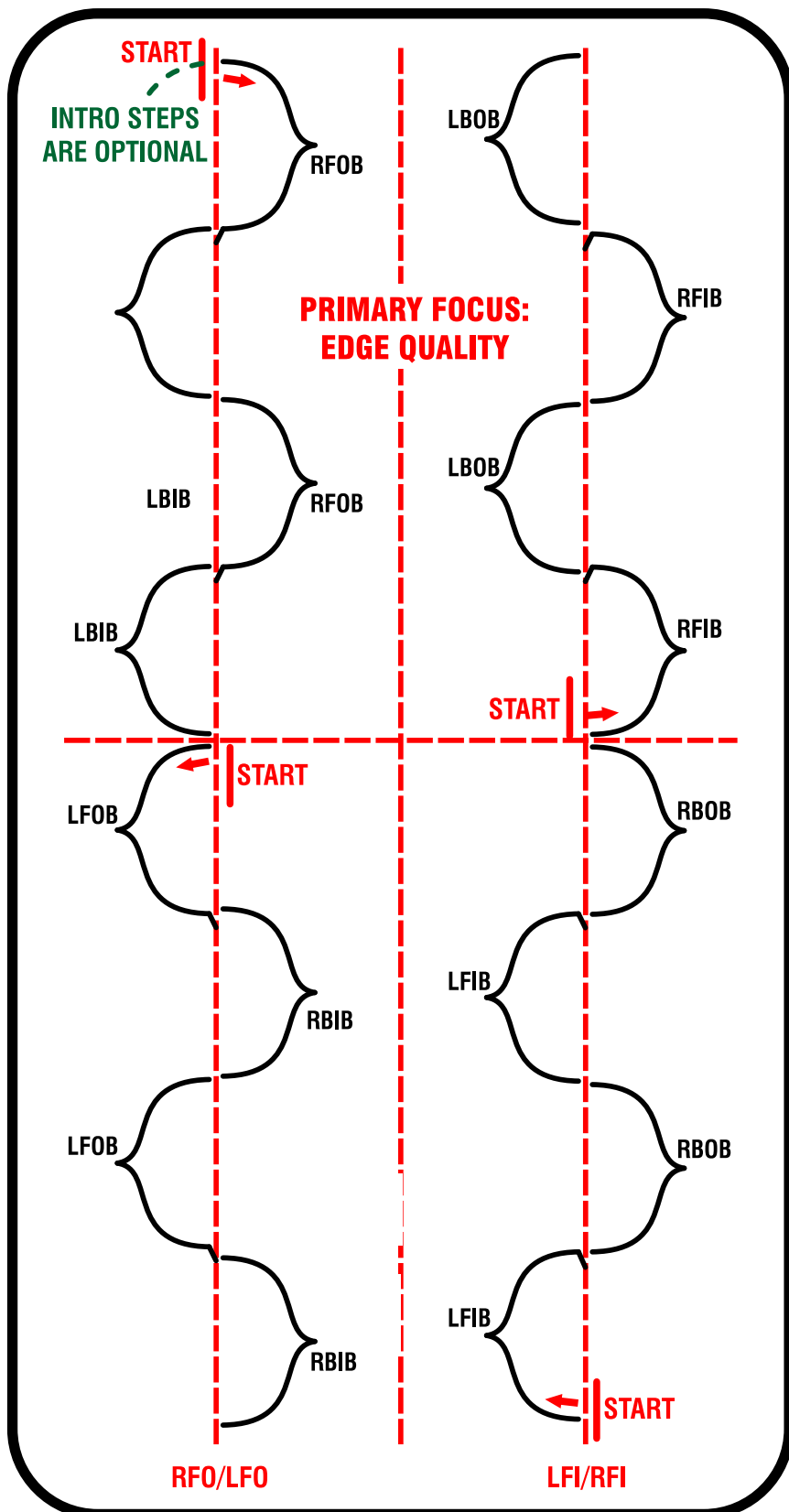
- Controlled brackets on proper edges
- Common axis used for pattern
- Even lobes
- Controlled flowing edges

### Common Errors:

- Toe pushing
- Turning bracket early
- Scraped turns
- 2-footed after pushes

**Note:** \*\*See index for pattern alterations of various rink sizes if smaller than Olympic size.

## BRACKETS IN THE FIELD (FORWARD OUTSIDE-BACK INSIDE) AND (FORWARD INSIDE-BACK OUTSIDE)





# Primary Pattern #4

**DESCRIPTION: Primary Pattern #4**

The skater skates onto a RFI three-turn followed by pushing back onto a LBO edge, skating onto a RFI edge, performing a CLOSED CHOCTAW. The skater then skates onto a LFI three-turn followed by pushing back onto a RBO edge, skating onto a LFI edge, performing a CLOSED CHOCTAW. The skater then skates onto a RFI three-turn followed by pushing back onto a LBO edge, skating onto a RFI edge, performing a CLOSED CHOCTAW. The skater continues the next side of the pattern with the opposite three-turn just finished on first side of pattern and opposite CLOSED CHOCTAW repeating second side of pattern down the length of the ice surface.

**Note:** This pattern may start on the LFI3, followed by starting with the RFI3 on the second side.

**\*\*Three sets of forward inside three-turns to CLOSED CHOCTAWS performed per side of rink.**

## FOCUS: Edge Quality

Increased knee/ankle flexibility and body lean to achieve depth of pattern.

## Test Standards/Expectations:

- Common axis used for pattern
- Even choctaw lobes with 3-turn lobes
- Controlled flowing edges

## Common Errors:

- Toe pushing
- Turning forward 3-turn early
- Wrong forward edge of choctaw

**Note:** 2-3 sets of forward Inside Three-Turns/Closed Choctaws per side can be skated if ice surface is smaller than Olympic size.

**\*\*see index for sizing of rinks.**

## ROTATIONAL CHOCTAW DRILL

