

# ADVANCED NOVICE PATTERN SKILLS TEST

**Candidate:**

**Venue:**

**Date:**

**Number of Judges Required:** Two (2), or One (1) National Senior Test or Championship Singles/Pair or Dance Judge

The following considerations in evaluating the patterns should be used:

Requirements	Pattern	GOE	Comments/Repeats
<p><b>Pattern #1</b></p> <p>Brackets (FO/BI/FI/BO)</p> <p>___ Controlled brackets on proper edges</p> <p>___ Common axis used for pattern</p> <p>___ Even lobes</p> <p>___ Controlled flowing edges</p> <p>___ Body control/carriage</p>			
<p><b>Pattern #2</b></p> <p>Forward &amp; Backward Outside Counters</p> <p>___ Controlled Counters on proper edges</p> <p>___ Stable before/after turn</p> <p>___ Turns point up ice on the axis</p> <p>___ Correct counter body action</p> <p>___ Turn under shoulders</p> <p>___ Knee rhythm and good posture</p> <p>___ Majority of turns all done well</p>			
<p><b>Pattern #3</b></p> <p>Forward &amp; Backward Inside Counters</p> <p>___ Controlled Counters on proper edges</p> <p>___ Stable arc before/after counter turns</p> <p>___ Turns point up ice on the axis</p> <p>___ Correct Counter body action</p> <p>___ Turn under shoulders</p> <p>___ Knee rhythm and good posture</p> <p>___ Majority of turns all done well</p>			
<p><b>Pattern #4</b></p> <p>Backward Rocker Choctaw Sequence</p> <p>___ Controlled, closed Choctaws on precise edges</p> <p>___ Maintain strong flow throughout</p> <p>___ Sustained extension after Choctaws</p> <p>___ Ability to hold extended free leg in front</p>			
<p><b>Pattern #5</b></p> <p>Forward Inside Loop Pattern with Outside Twizzle</p> <p>___ Controlled demonstration of Loop</p> <p>___ Demonstration of correct Twizzle</p> <p>___ Controlled, balanced transitions</p> <p>___ Maintain upper body control</p> <p>___ Demonstrate controlled extension on exit of twizzle</p> <p>___ Maintain flow into and out of Loops</p> <p>___ Demonstration of controlled knee action</p>			



**Repeats:** In the case of a fall in any one of the patterns, the entire pattern or half of the pattern where the fall occurred may be repeated at the Judges' discretion. A maximum of one entire pattern or two half patterns (from any of the patterns skated) may be repeated once at the judges discretion in order for the skater to obtain the minimum overall GOE of Base Value (0) for the respective individual pattern.

**Pass Mark:** Each Technical Pattern is evaluated individually. All patterns must receive a minimum overall GOE of Base Value (0) for the overall test to Pass. Patterns can contain -GOE sections and + GOE sections as long as the final GOE is at least Base Value (0).

Test Result **Pass**  **Fail**

**Judge's Name:** (please print) \_\_\_\_\_ **State:** \_\_\_\_\_

**Judge's Signature:** \_\_\_\_\_

**Probationary Judge Assessment:**  
(Please tick appropriate box) Poor  Fair  Good  Very Good  Excellent

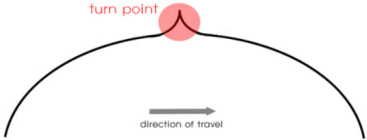
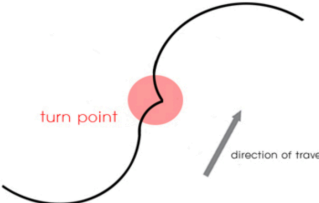
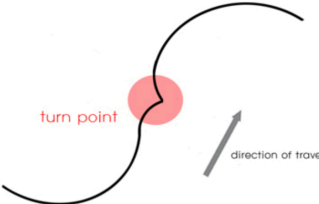
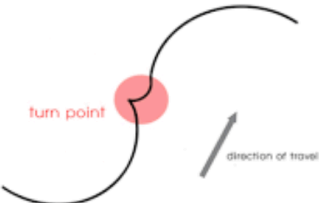
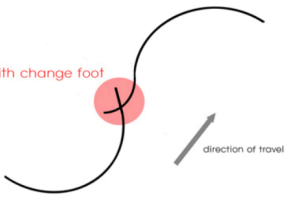
**Test Referee's Signature:** \_\_\_\_\_

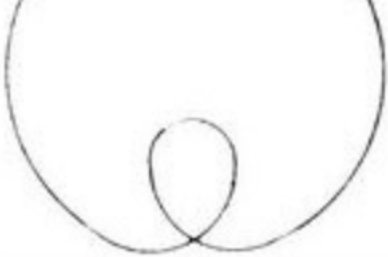
## ADVANCED NOVICE TECHNICAL PATTERN SKILLS TEST

### GENERAL TEST STANDARD and COMMON ERRORS

**General Advanced Novice Test Standard:** Demonstration of consistent ease of performance, with utilization of the full ice surface, a knowledge of rhythmic body movement and an efficiency of energy and body extension.

**Posture/Carriage Expectations:** Skater should demonstrate strong progress toward a total integration of skating carriage and controlled bilateral movement, both fast and slow.

Common Errors	Turn Diagram	Turn Diagrams/Definitions	Notes
<p><b>Pattern #1</b>            Brackets (FO/BI/FI/BO)  <i>X Bracket edge change not happening at top of turn, thus doing 3 turn or counter</i>  <i>X Scraped turns</i>  <i>X Jumped turns</i>  <i>X Turning bracket too early</i>  <i>X Two-footed after pushes</i></p>	<p style="text-align: center;">BRACKET</p>  <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p>		
<p><b>Pattern #2</b>            Forward &amp; Backward Outside Counters  <i>X Clear change of edge before or after Counter turn (thus doing 3-turn/bracket)</i>  <i>X Skated too slowly</i>  <i>X Outside Counters rocking to inside edge</i>  <i>X Lack of control after counters</i>  <i>X Weak cross strokes</i>  <i>X Lack of equal proficiency in back counters</i>  <i>X Scraped turns</i></p>	<p style="text-align: center;">COUNTER</p> 		
<p><b>Pattern #3</b>            Forward &amp; Backward Inside Counters  <i>X Clear change of edge before or after Counter turn (thus doing 3turn/bracket)</i>  <i>X Skated too slowly</i>  <i>X Outside counters rocking to inside edge</i>  <i>X Lack of control after counter</i>  <i>X Weak cross strokes</i>  <i>X Lack of equal proficiency in back counters</i>  <i>X Scraped turns</i></p>	<p style="text-align: center;">COUNTER</p> 		
<p><b>Pattern #4</b>            Backward Rocker Choctaw Sequence  <i>X Inability to maintain or increase power</i>  <i>X Lack of edge quality</i>  <i>X Poor extension and body line</i>  <i>X Problems checking Choctaws or loss of control</i>  <i>X Problem sustaining free leg extension</i>  <i>X Difficulty maintaining or increasing power</i></p>	<p style="text-align: center;">ROCKER</p>  <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p>	<p style="text-align: center;">CHOCTAW</p>  <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p>	

<p><b>Pattern #5</b></p> <p><b>Forward Loop Pattern with Twizzle</b></p> <ul style="list-style-type: none"> <li><i>X Inability to maintain flow and edge quality throughout</i></li> <li><i>X Inability to perform Loop on 1 foot</i></li> <li><i>X Inability to perform correct Loop shape</i></li> <li><i>X Inability to maintain flow throughout</i></li> <li><i>X Loss of upper body control</i></li> <li><i>X Incorrect edges on turns and steps</i></li> <li><i>X Twizzles becoming 3 turns</i></li> <li><i>X Inability to skate both directions of equal quality</i></li> <li><i>X Scratchy</i></li> <li><i>X Diagonal step down at axis</i></li> <li><i>X Change of edge not on continuous axis</i></li> <li><i>X Inability to execute ankle/knee/hip flexion</i></li> </ul>		<p><b><u>Loop:</u></b> Tear dropped shaped turn formed within a circle, on the same edge throughout.</p> <p><b><u>Twizzle:</u></b> A travelling turn on 1 foot with 1 or more rotations, which is quickly rotated with a continuous, uninterrupted, action. The weight remains on the skating foot with the free leg in any position during the turn, and then placed beside the skating foot to skate the next step.</p> <p><b><i>Series of 3 turns not acceptable.</i></b></p>	
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