

# JUNIOR TECHNICAL PATTERN SKILLS TEST

Candidate:

Venue:

Date:

Number of Judges Required:

Two (2) Singles/Pair or Dance Judges

The following considerations in evaluating the patterns should be used:

Requirements	Pattern	GOE	Comments/Repeats
<p><b>Pattern #1</b>  <b>Forward &amp; Backward Outside Rockers</b>            ___ Controlled, clean Rockers - true edges            ___ Turns pointed down ice – on axis            ___ Excellent knee rhythm, good posture            ___ Refined performance &amp; strong body positions            ___ Lobes throughout skated on deep edges on tight lobes            ___ Full ice coverage            ___ Effortless execution and presentation</p>			
<p><b>Pattern #2</b>  <b>Forward &amp; Backward Inside Rockers</b>            ___ Controlled, clean Rockers – true edges            ___ Turns pointed down ice – on axis            ___ Excellent knee rhythm, good posture            ___ Forward inside rolls are open strokes            ___ Clean execution of all turns            ___ Refined performance &amp; strong body position            ___ Lobes throughout skated on deep edges on tight lobes            ___ Full ice coverage            ___ Effortless execution and presentation</p>			
<p><b>Pattern #3</b>  <b>Bracket/Back Loop Pattern</b>            ___ Controlled, clean, correct Brackets            ___ Controlled, correctly shaped Loops            ___ Majority of Loops at top of lobe            ___ Demonstrate bi-lateral symmetry            ___ Maintain continuous axis            ___ All lobes of similar size            ___ Refined performance &amp; strong body positions            ___ Full ice coverage            ___ Effortless execution &amp; presentation</p>			
<p><b>Pattern #4</b>  <b>Backward Twizzles</b>            ___ Effortless execution of twizzles            ___ Controlled, balanced transitions            ___ Controlled extension on exit of twizzles            ___ Maintain axis and lobe size            ___ Refined performance &amp; strong body positions            ___ Effortless execution &amp; presentation</p>			
<p><b>Pattern #5</b>  <b>Spiral Sequence – Right</b>            ___ Maintain edge control            ___ Sustained free leg above hip level            ___ Refined presentation            ___ Effortless execution &amp; presentation</p>			

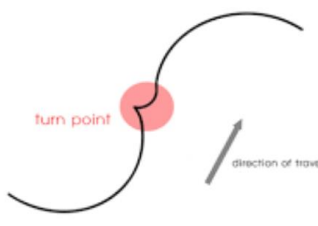
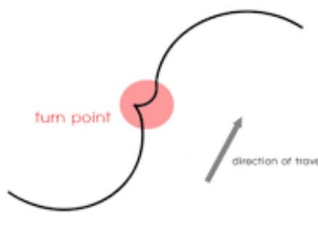
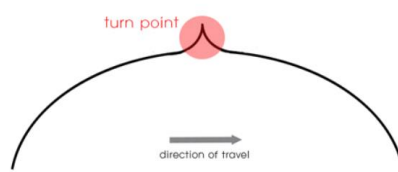
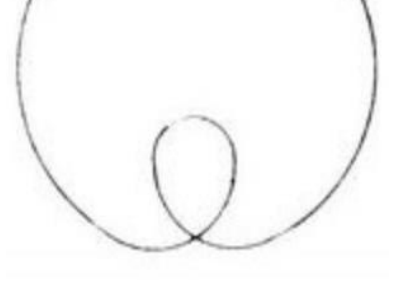


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## GENERAL TEST STANDARD and COMMON ERRORS

**General Junior Test Standard:** Demonstration of an accomplished performance, with sureness of presentation, a mature and consistent maintenance of speed through rhythmic movement, a clarity of body movement and strong flow with the use of the knee and ankle.

**Posture/Carriage Expectations:** Skater should demonstrate an accomplished and undisturbed upper body control regardless of rhythm or movement of the lower body; total integration of skating carriage.

Common Errors	Turn Diagram	Turn Diagrams/Definitions	Notes
<p><b>Pattern #1</b>            Forward &amp; Backward Outside Rockers  <i>X Skated too slowly</i>  <i>X Lack of control after Rocker</i>  <i>X Lack of edge quality on connecting steps</i>  <i>X Obvious change of edge before or after turn (thus doing 3 turn)</i>  <i>X Weak cross strokes or connecting steps</i>  <i>X Problems executing back turns</i>  <i>X Edge after turn not back to axis</i>  <i>X Inability to maintain flow and edge quality throughout</i>  <i>X Inability to skate both directions of equal quality</i></p>	<p style="text-align: center;">ROCKER</p>  <p style="text-align: center;">FIGURE SKATING GALLERY</p>		
<p><b>Pattern #2</b>            Forward &amp; Backward Inside Rockers  <i>X Skated too slowly</i>  <i>X Lack of control after Rocker</i>  <i>X Lack of edge quality for connecting steps</i>  <i>X Obvious change of edge before or after turn (thus doing 3 turn)</i>  <i>X Weak cross strokes or connecting steps</i>  <i>X Problems executing back turns</i>  <i>X Edge after turn not back to axis</i>  <i>X Inability to maintain flow and edge quality throughout</i>  <i>X Inability to skate both directions of equal quality</i></p>	<p style="text-align: center;">ROCKER</p>  <p style="text-align: center;">FIGURE SKATING GALLERY</p>		
<p><b>Pattern #3</b>            Bracket/Back Loop Pattern  <i>X Skated move with too much speed</i>  <i>X Lack of control</i>  <i>X Misshapen Loops</i>  <i>X Change of edge not on continuous axis</i>  <i>X Inability to maintain flow and edge quality throughout</i>  <i>X Inability to skate both directions of equal quality</i></p>	<p style="text-align: center;">BRACKET</p>  <p style="text-align: center;">direction of travel</p>		
<p><b>Pattern #4</b>            Backward Twizzles  <i>X Double three turn action</i>  <i>X BO Twizzles not initiated on BO edge</i>  <i>X Shallow lobes</i>  <i>X Incomplete ice coverage</i>  <i>X Inability to maintain flow and edge quality throughout</i></p>			
<p><b>Pattern #5</b>            Spiral Sequence – Right/Left  <i>X Inability to maintain</i>  <i>X Incorrect pattern</i>  <i>X Inability to skate both directions of equal quality</i>  <i>X Flats or forced edges</i></p>			