

## ELEMENTARY 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 criteria should be skated at a minimum base (0) level:

Requirements	Pattern	GOE	Comments/Repeats
<p><b>Pattern #1</b>            Alternating Forward &amp; Backward Three Turns (inside &amp; outside edges)            ___ Correct entry and entry edges            ___ Ability to maintain correct edges            ___ Ability to maintain control of body            ___ Control into and out of 3-turns            ___ Even lobes            ___ 1 Foot skating throughout            ___ Skate a common, continuous axis</p>			
<p><b>Pattern #2</b>            Forward &amp; Backward perimeter Power Stroking            ___ All crossovers of same quality            ___ Good ice coverage            ___ Solid edge pushing            ___ Stepping close to the axis            ___ Extension step on an inside edge            ___ Correct carriage/Good posture</p>			
<p><b>Pattern #3</b>            Alternating Backward Crossovers to Backward Outside Edges            ___ Good speed and ice coverage            ___ Control during extension            ___ Good body control and posture            ___ Proper use of blade during push            ___ Sense of organization in technical repetition</p>			
<p><b>Pattern #4 – Power</b>            Forward &amp; Backward Cross Strokes            ___ Need to push off an outside edge            ___ Hear ripple of edge            ___ Cross strokes, not cross steps            ___ Control of body            ___ Good carriage</p>			
<p><b>Pattern #5 –</b>            Forward &amp; Backward Power Change of Edge Pulls            ___ Hear ripple of edge            ___ Rhythmic knee action            ___ Maintain or increase speed            ___ Clear demonstration of control, flow, and power</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** \_\_\_\_\_

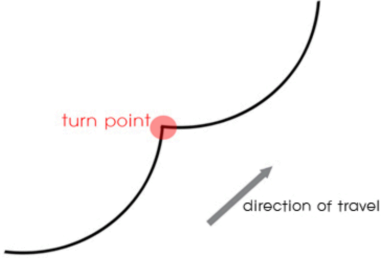
**Probationary Judge Assessment:** (Please tick appropriate box)  
Poor  Fair  Good  Very Good  Excellent

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

## ELEMENTARY PATTERN SKILLS TEST GENERAL TEST STANDARD and COMMON ERRORS

**General Elementary Test Standard:** Demonstration of basic understanding of axis and the ability to execute prescribed bilateral movements with balanced proficiency.

**Posture/Carriage Expectations:** Skater should demonstrate bilateral ability to control upper body while creating power and executing turns and rotational movements.

Common Errors	Turn Diagram	Turn Diagrams/Definitions	Notes
<p><b>Pattern #1</b>            Alternating Forward &amp; Backward Three Turns (inside &amp; outside edges)  <i>X Excessive wobbling off of edges</i>  <i>X Toe pushing</i>  <i>X Early 3-turns</i>  <i>X Lack of control after 3 turns</i>  <i>X Uneven lobes</i>  <i>X Difficulty maintaining flow</i>  <i>X 2-footed skating</i></p>	<p style="text-align: center;">3-TURN</p> 		
<p><b>Pattern #2</b>            Forward &amp; Backward perimeter Power Stroking  <i>X Incomplete second stroke during crossovers</i>  <i>X FI edge lacks power/extension</i>  <i>X Backwards – uneven shift of weight on proper edges</i>  <i>X Stepping diagonally on axis</i>  <i>X Use of toe picks</i></p>			
<p><b>Pattern #3</b>            Alternating Backward Crossovers to Backward Outside Edges  <i>X Poor flow and extension</i>  <i>X Unequal lobes</i>  <i>X Poor posture</i>  <i>X Inability to extend equally on both legs</i>  <i>X Toe pushing</i></p>			
<p><b>Pattern #4 – Power</b>            Forward &amp; Backward Cross Strokes  <i>X Toe pushing</i>  <i>X Weak posture</i>  <i>X Poor use of knees, sloppy free leg</i>  <i>X Inability to create power</i>  <i>X Problems stroking from outside edge</i>  <i>X Shallow edges</i>  <i>X Moving quickly, but not displaying power</i></p>			



<p><u>Pattern #5</u></p> <p>Forward &amp; Backward Power Change of Edge Pulls <i>X Disguising power with intro steps</i> <i>X Shallow edges</i> <i>X Too much upper body movement</i> <i>X Poor posture</i> <i>X Swinging free leg widely</i> <i>X Inability to create power</i> <i>X Incorrect use of skating knee</i></p>			
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