

Aussie Skate Program



Instructor's Manual



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AUSSIE SKATE™ PROGRAM

INSTRUCTOR'S MANUAL

Aussie Skate™ is the national learn to skate program and an initiative of Ice Skating Australia. It is a fun, challenging and rewarding program for all ages and abilities.

Aussie Skate™ has been designed to teach all the basic fundamentals for ice skating before proceeding to your preferred ice sport. Some people may wish to skate for fun, or general fitness, others may want to join a team and try Ice Hockey or Synchronized Skating. While others might want to pursue an Olympic Dream in Figure Skating or Speed Skating.

Aussie Skate™ exposes the skaters to a fun, challenging, and rewarding system that encourages skaters to participate in all ice sports disciplines.

The Aussie Skate™ curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals.

Whether your goal is to achieve Olympic glory or simply enjoy the recreational benefits of ice skating, Aussie Skate™ is your first step.

The objectives of the Aussie Skate™ Program are to:

- provide a fun and safe skating experience
- teach correct element skating technique
- develop a finer degree of coordination and balance
- promote physical fitness
- have fun

To be part of the Aussie Skate program, the skater needs to register via the online registration portal. Once skaters have registered they will receive a registration number. The registration number is their key to take tests and progress through the relevant Aussie Skate™ levels. When skaters are ready to participate in Aussie Skate™ competitions they should contact the local Club.

Basic skills, including all the basic fundamentals for ice skating, are taught in the **Aussie Skate™ Introduction to Skating**. The **Aussie Skate™ - Bridge Program** introduces the Figure Skating disciplines - Singles, Pair Skating, Ice Dancing and Synchronized Skating and provides a pathway to Ice Hockey and Short Track Speed Skating.

There is also an Adult pathway which rinks may incorporate into their regular programs.

A combination of a minimum of two tests from the Aussie Skate™ - Bridge Program is a prerequisite for skaters wishing to participate in the official ISA testing system. Skaters are encouraged to complete all of the levels within one or more of the bridge programs.

The Aussie Skate™ Testing Program is as follows:

AUSSIE SKATE™ PROGRAM

ICE SKATING AUSTRALIA INC.

INTRODUCTION TO SKATING

AGES 3-5 YRS

TINY TOTS 1

TINY TOTS 2

TINY TOTS 3

AGES 6 YRS
AND ABOVE

BASIC 1

BASIC 2

NOVICE 1

NOVICE 2

INTERMEDIATE 1

INTERMEDIATE 2



SHORT TRACK ICE RACING

Ice Racing Australia
(Winning Edge Program)

HOCKEY 1

HOCKEY 2

BRIDGE PROGRAM

FREE SKATE 1

FREE SKATE 2

FREE SKATE 3

FREE SKATE 4

PAIR 1

PAIR 2

PAIR 3

PAIR 4

DANCE 1

DANCE 2

DANCE 3

DANCE 4

SYNCH 1

SYNCH 2

SYNCH 3

SYNCH 4

ADULT PROGRAM

ADULT BASIC

ADULT NOVICE

ADULT INTERMEDIATE

ADULT FREESKATING

Requirements for the Aussie Skate™ Program

INTRODUCTION TO ICE SKATING

Tiny Tots levels are for children who are 5 years and under. Skaters who are 6 years and over proceed to Basic 1.

TINY TOTS 1

GOAL:

The primary goal of this level is to make a skater 'safe'. The second goal of this level is to eliminate any fear on the ice. Skaters must feel comfortable with the new medium, ice.

A. Correct way to fall and stand up: on ice

Skater shall achieve dip position then bring arms into the chest and fall to the ice on either side of the bottom. Arms shall remain in position during fall. To get up, the skater shall roll onto the knees and hands, rising, one foot to be placed between the hands on the ice then the other foot also to be placed between the hands with the blades flat to the ice. No toe picks. The skater is then ready to stand up.

B. Dip in place

The skater must bend knees to a squat position (approximately 90 degrees) with arms stretched forward.

C. March forward (8-10 steps)

The skater must walk unaided for 8-10 steps, making sure that each foot is picked up off the ice.

D. March, then glide on 2 feet (1 metre)

The length of glide is to be the distance of approximately 1 metre. Feet shall be no further apart than one blade length of the skater. A 3-5 step entrance is required.

E. Backward wiggles (6 in a row)

The skater must wiggle backward to a distance of approximately 1 metre (6 in a row) in zigzag movements. Upper-body twist is encouraged whilst the head and arms are to remain in place.

F. Rocking horse: one forward, one backward swizzle action

This action is to teach the skater to tum out both feet simultaneously rolling forward so that the toes come together and then rolling backwards so the heels of the skaters' feet touch.

TINY TOTS 2

GOAL:

The primary goal of this level is to initiate movement by introducing basic skating concepts. The skater should have already established an ease of movement on the ice in the previous level. The concept of lean is introduced at this level.

A. Dip while moving

The skater shall take 3-5 steps, glide and then bend the knees to a squat position (approximately 90 degrees) with arms outstretched forward. The length of the glide shall be a distance of approximately 1 metre.

B. Forward swizzles (3-5 in a row)

3-5 in and out movements must be performed during which the skater must glide a distance of approximately 1 metre or greater. 3-5 forward steps may be performed prior to this manoeuvre.

C. T position and push (R & L)

The skater is in a standing still position with the Left foot facing forwards and the Right foot at a 90 degree angle, this makes the T position. The skater bends both knees, and pushes with the blade of the right foot and NOT the toe, glides forward on the left foot before bring both feet together and gliding. This is then repeated using the right foot as the skating foot.

D. 2-foot hop in place - jump on the spot

Skaters need to be familiar and confident with their balance and this is achieved by having correct posture. To hop/jump on the ice requires them to be standing still, bend their knees and lift their body off the ice. Once they land back on the ice, correct arm positions are encouraged.

E. Forward skating (10 steps)

The skater must skate unaided across the width on the rink. Emphasis is placed on skating not walking; each foot is to be alternatively lifted off the ice. No toe-pushing. Correct posture and carriage is important.

F. Forward 2-foot glide on a curve (R & L)

The length of glide is to be the distance of approximately 1 metre. Feet shall be no further apart than one blade length of the skater. A 3-5 step entrance is permitted. The curve is obtained by teaching the skaters to lean into the circle. Both directions are required i.e. lean to the right and lean to the left.

TINY TOTS 3

GOAL:

The Goal of this level is to introduce the skater to new skills, whilst encouraging proper use of the blade and knee bend to gain motion across the ice. The use of the upper body in performing an element is also introduced and confidence and self-esteem are improved. In keeping with the philosophy of children learning together the Tiny Tots 3 level allows these talented children to learn whilst building lasting friendships.

A. Forward 1-foot glide (R & L)

The skater shall glide forward on one foot a distance of approximately 1 metre with the free foot carried next to the skating leg (preferably on the inside of the knee), toe pointing down. This is to be performed on both feet and held in a straight line.

B. Forward swizzles (6-8 in a row)

6-8 in and out movements must be performed during which the skater's heel's and toes meet. 3-5 steps are to be taken to begin with to allow the skater some speed prior to beginning the movement. The knees are bent slightly and raised throughout the swizzle. Arms remain at 90 degrees to the body.

C. Backward swizzles (6-8 in a row)

The skater must perform 6-8 in and out backward movements with both feet simultaneously, whilst the skater glides across the ice. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

D. Backward 2-foot glide (1 metre)

The skater must glide backwards on two feet a distance of approximately 1 metre.

E. Moving Snowplow Stop

A complete stop must be made with appropriate posture using both feet in a skidding stopping action. 3-5 steps prior to commencing the stopping action are allowed. The skaters are encouraged to press the heels of their skates outwards, slightly bent knees, arms correctly positioned for greater stability prior to commencing the stop.

F. Forward 2-foot glide on a curve (R & L)

The length of glide is to be the distance of approximately 1 metre. Feet shall be no further apart than one blade length of the skater. A 3-5 step entrance is permitted. The curve is obtained by teaching the skaters to lean into the circle. Both directions are required i.e. lean to the right and lean to the left.

F. 2-foot spin (1 rev)

Both feet must remain on the ice for a minimum of 1 revolution. The skates must remain together. Correct use of the arms and upper body to create rotation is encouraged.

Basic 1 is designed for skaters 6 years and over. Those skaters who have passed Tiny Tots 3 proceed to Basic 2.

BASIC 1

GOAL:

The primary goal of this level is to make a skater 'safe'. The second goal of this level is to eliminate any fear on the ice. Skaters must feel comfortable with the new medium, ice.

A. Correct way to fall and stand up: on ice

The skater shall take three steps and glide before attempting the fall. For explanation on the fall see Tiny Tots 1, Item A.

B. Dip in place

The skater must bend knees to a squat position (approximately 90 degrees) with arms stretched forward.

C. March forward across the ice

The skater must walk unaided for 8-10 steps, making sure that each foot is picked up off the ice.

D. Forward 2-foot glide (1 metre)

The length of glide is to be the distance of approximately 1 metre. Feet shall be no further apart than one blade length of the skater. A 3-5 step entrance is permitted.

E. Rocking horse (3 in a row)

This action is to teach the skater to turn out both feet simultaneously rolling forward so that the toes come together and then rolling backwards so the heels of the skater's feet touch.

F. Forward swizzles (6-8 in a row)

6-8 in and out movements must be performed during which the skater's heels and toes meet. 3-5 steps are to be taken to begin with to allow the skater some speed prior to beginning the movement. The knees are bent slightly and raised throughout the swizzle. The arms remain at 90 degrees to the body.

G. Backward wiggles (6-8 in a row)

The skater must wiggle backward to a distance of approximately 1 metre (6 in a row) in zigzag movements. Upper-body twist is encouraged whilst the head and arms are to remain in place.

H. Snowplow Stop standing still

A complete stop must be made with appropriate posture using both feet in a skidding stopping action. No steps prior to commencing the stopping action are required. The skaters are encouraged to press their heels outwards, slightly bent knees, arms correctly positioned in front of the body for greater stability prior to commencing the stop.

BASIC 2

GOAL:

The primary goal of this level is to initiate movement by introducing basic skating concepts. The skater should have already established an ease of movement on the ice in the previous level in both a forward and backward direction. The concept of lean is introduced at this level.

A. Dip while moving

The skater shall take 3-5 steps and glide, bend the knees to a squat position (approximately 90 degrees) with arms outstretched forward. The length of the glide shall be a distance of approximately 1 metre.

B. Forward 2-foot glides on a curve (R & L)

The skater shall take 3-5 steps and glide on 2 feet a distance of approximately 2 metres or greater. Feet shall be no further apart than one blade length of the skater. The curve is obtained by teaching the skaters to lean into the circle.

C. Backward swizzles (6-8 in a row)

The skater must perform 6-8 in and out backward movements with both feet simultaneously whilst the skater glides across the ice. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

D. Backward 2-foot glide

The skater must glide backwards on two feet a distance of approximately 1 metre.

E. Moving Snowplow Stop

A complete stop must be made with appropriate posture using both feet in a skidding stopping action. 3-5 steps prior to commencing the stopping action are allowed. The skaters are encouraged to press their heels outwards, slightly bent knees, arms correctly positioned for greater stability prior to commencing the stop.

F. Forward alternating ½ swizzle pumps, in a straight line (R & L)

Element performed in a straight line. Both knees bent in semi-dip position. Both arms in front initiating left swizzle action while right foot remains on flat of blade, finishing in 2-foot glide position and repeated on the right foot swizzle action while left foot remains on flat of blade. 6-8 swizzle pumps required. A three step entrance is permitted.

G. 2-foot turn from forward to backward standing still (R & L)

The skater shall be standing still with both feet in a forward direction, turn on both feet to backward, and remain in same place on the ice. The opposite arm to the turning direction should be in front as the skater turns and a checking motion should occur at the completion of the turn. The turns are to be completed in both directions (R & L).

H. 2-foot hop in place/jump on the spot

Skaters need to be familiar and confident with their balance and this is achieved by having correct posture. To hop/jump on the ice requires them to be standing still, bend their knees and lift their body off the ice. Once they land back on the ice, correct arm positions are encouraged.

NOVICE 1

GOAL:

The primary goal at this level is to introduce the concept of extended gliding on 1 foot and the ability to initiate momentum, using pressure of the edge against the ice. In this level the concept of skating backwards is introduced, the skater should feel comfortable going both directions, forward and backwards.

A. Forward stroking, showing correct use of blade

The skater begins in the T-position, this allows the push to begin from the inside edge. The toe pick is NOT to be used, i.e. NO TOE PUSHING. Each push is made with the inside edge and then brought back to the other foot before the next push is made. Each stroke must be held a distance equal to the skater's height with the free leg extended and turned out. A minimum of 6 strokes must be skated, preferably the width of the rink. Correct Posture and Line are encouraged.

B. Forward Slalom

The skater shall skate short semi-circular forward curves on two feet, as in skiing, with the emphasis placed on the outside edge pressure for the push. Both knees should be bent during the curves and should rise at the change of curve. Feet should be close together at all times. 6-8 curves are required.

C. Forward 1-footglides (R & L)

The skater shall glide forward on one foot a distance of approximately 1 metre with the free foot carried next to the skating leg (preferably on the inside of the knee), toe pointing down. This is to be performed on both feet and held in a straight line.

D. Forward ½ swizzle pumps on a circle (6-8 in a row) CW & ACW

The skater glides on a circle in a forward direction. The outer skating leg performs the swizzle (6-8 recommended) whilst the other foot remains on the circle. This is performed in both a clockwise and an anti-clockwise direction. Correct upper body position and arm positions are encouraged.

E. Backward 1-foot glides (R & L)

The skater shall glide backward on one foot, a distance of approximately 1 metre. The free foot is carried next to the skating leg (preferably on the inside of the knee) with the toe pointing down. This will be performed on both feet and held in a straight line.

F. Backward alternating ½ swizzle pumps, in a straight line

Element is performed in a straight line. Both knees bent in semi-dip position. Both arms in front initiating left swizzle action while right foot remains on flat of blade, finishing in 2-foot glide position and repeated on the right foot swizzle action while left foot remains on flat of blade. 6-8 swizzle pumps are required. A three step entrance is permitted. To help the skater from slowing down and pressing their toe picks into the ice, knee bend and correct posture is encouraged.

G. 2-foot spin (2 rev)

Both feet must remain on the ice for a minimum of 2 revolutions. The skates must remain together. Correct use of the arms and upper body to create rotation is encouraged.

NOVICE 2

GOAL:

The primary goal of this level is to introduce the skater to crossovers. The skater at this level should also be able to glide on both edges on a small curve in both directions.

A. Forward Crossovers (CW & ACW)

The stroke must be made from the inside of the blade without toe pick pushes. The leg on the outside of the circle must cross in front, and the push from each foot must be the outside of the circle. The outer arm must be held forward, the inner arm held back. Ten crossovers must be performed on a circle in both CW and ACW directions.

B. Backward Stroking

The skater begins by pushing with the inside edge of the blade, without using the toe pick. Each stroke must be held 2-3 seconds before another push is taken. The free foot is carried to the front of the skating foot over the tracing. This is done to propel the skater backwards across the ice for a minimum of 10 strokes.

C. Backward Slalom

The skater executes a minimum of 6 semi-circular backward curves on two feet. Emphasis is to be made on knee bend, lean and posture.

D. Backward ½ swizzle pumps on a circle (6-8 in a row) CW & ACW

The skater glides on a circle in a backwards direction. The outer skating leg performs the swizzle (6-8 recommended) whilst the other foot remains on the circle. This is performed in both a clockwise and an anti-clockwise direction. Correct upper body position and arm positions are encouraged.

E. 2-foot turn from forward to backward (CW and ACW)

The skater shall glide forward, turn on both feet to backward, and then glide again. The length of the glide before and after the turn is approximately 1 metre. The opposite arm to the turning direction should be in front as the skater turns and a checking motion should occur at the completion of the turn. The turns are to be completed on a curve.

F. FO edge on a semi-circle (R & L)

The skater performs a circle on the forward outside edge. 2-3 Crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of the circumference of the circle. The Skating side will lead with that position, maintained for the length of the edge. The free leg is not to move in front of the skating leg, and is positioned at the heel of the skating foot. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

G. FI edge on a semi-circle (R & L)

The skater performs a circle on the forward inside edge. 2-3 pushes may be needed to correctly hold the edge of the circle for 1/3 to 1/2 of the circumference of the circle. The skating side will lead with that position and maintained for the length of the edge. The free leg is not to move in front of the skating leg and is positioned at the heel of the skating foot. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

INTERMEDIATE 1

GOAL:

The primary goal at this level is to introduce the backward crossover. The skater also needs to master holding a backward edge on a curve. The 3-turn is also introduced to link forward skating to backward skating. The skater needs to be comfortable with ice skating concepts. At this level correct posture is again reinforced.

A. Backward Crossovers (CW & ACW)

The stroke must be made from the inside of the blade without use of the toe picks. The leg on the outside of the circle must cross in front and the push from each foot must be to the outside of the circle. The outer arm must be held forward, the inner arm back. A minimum of ten crossovers must be completed in a clockwise and anti-clockwise direction. The crossing foot must remain on the ice at all times. (A useful teaching transition method would allow the skater to lift the crossing foot over the skating foot to create the correct momentum.)

B. BO edge on a circle (R & L)

The skater performs a semi-circle on the backward outside edge. 2-3 Crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of the circumference of the circle. The skating side will lead with that position, maintained for the length of the edge. The free leg is in front of the skating leg, over the tracing. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

C. BI edge on a circle (R & L)

The skater performs a semi-circle on the backward inside edge. 2-3 Crossovers or pumps may be used to establish the speed needed to sustain the edge on the circle for 1/3 to 1/2 of the circumference of the circle. The skating side will lead with that position, maintained for the length of the edge. The free leg is in front of the skating leg, over the tracing. This is to establish control and a sustainable edge position. Rotation technique will be established in Free Skate 1.

D. 2-foot turn from backward to forward (CW & ACW)

The skater shall glide backward on two feet and turn from backward to forward. Once the skater's feet have turned forward the skater glides for a distance of approximately 1 metre. Turns are to be completed in both a clockwise and an anti-clockwise direction on a curve.

E. FI 3-turn on a semi-circle

The diameter of the circle is approximately 2 metres. The turn is made halfway through the circle and equal distance of the entry edge and the exit edge must be performed on right and left feet.

F. FO 3-turn on a semi-circle

The diameter of the circle is approximately 2 metres. The turn is made halfway through the circle and equal distance of the entry edge and the exit edge must be performed on right and left feet.

G. FI Open Mohawk (R to L & L to R)

This element to be performed on a semi-circle from a standing-still T-position. The skater commences on FI edge with the skating arm leading, shoulders over circle; places the free leg inside the circle at instep of skating foot (right angle) and transfers weight to free foot on BI edge. Shoulders should remain on circle at all times.

INTERMEDIATE 2

GOAL:

The primary goal of this level is to allow the skater to flow comfortably from forward to backward and backward to forward. These linking steps of 3 turns and Mohawks on both feet in both directions form the basis of continuous free skating. The skater needs to be proficient with gliding on the ice with ease. Basic jumps and pivots in both directions are introduced also at this level and should be mastered with correct technique.

A. Forward outside circle stroking (CW & ACW)

The skater shall complete three forward crossovers followed by a forward outside three tum. The skater then places the other foot on the ice on an outside edge and completes three backward crossovers. The skater then glides on the back outside edge, rotates the body to the outside of the circle and steps on the forward outside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti-clockwise directions.

B. Forward inside circle stroking (CW & ACW)

The skater shall complete three forward crossovers followed by a forward inside Mohawk. The skater then changes to the back outside edge of the other foot and completes three backward crossovers. The skater then glides on a back inside edge, rotates the body to the inside of the circle and steps on to the forward inside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti-clockwise directions.

C. FI pivots (R & L)

The toe point/pick of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for 1-2 revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and Left foot pivots are required. Exit from the pivot is required.

D. Tap toe jump (R & L)

The toe to toe jump is to be performed with the body and feet facing backwards at take off, not forwards. Correct weight transfer is encouraged from the beginning. The takeoff must be from the back edge of one foot and the toe of the other foot. A half tum in the air must be made in the direction of the toe used, i.e. if the left toe is used, the rotation is to the left. The landing must be made on the opposite toe to that which was used in the takeoff with an immediate push off to the other foot. Takeoff and landing are to be on the same edge. Right and left foot jumps are required; however, the skater must choose the edge.

E. Bunny hop (R & L)

While gliding forward on one foot, the skater must leap forward, landing on the toe of the other foot and immediately returning to a forward glide on the takeoff foot. Right and left foot hops are required.

F. T-stops (R & L)

A complete stop must be made with good form/posture of the upper body. The outside edge of the stopping blade (i.e. the outside edge of the blade of the back foot) is used to perform the stop. This is done by placing the free foot in a T position behind the skating foot and then providing appropriate pressure in a downward action by the stopping foot to the ice.

G. 2-foot spin (correct entry and exit; 3 rev)

The spin is performed, not from a standstill, but from 2-3 backward crossovers. The spin is performed with both feet on the ice for a minimum of 3 consecutive non-stop revolutions. The skaters must not travel more than three blade lengths from the starting point of the first revolution. The skater is to exit on a BO edge with the free leg extended.

Requirements for the Aussie Skate™ Program

TESTING

The Aussie Skate™ Introduction to Skating tests are to be evaluated by a designated testing person/s appointed by each association/rink/club. The Introduction to Skating levels are competency based.

The Aussie Skate™ Program is made available to those participants who have registered with Aussie Skate™. Participants will be assessed and placed into the appropriate level upon commencing the Aussie Skate™ Program.

The Aussie Skate™ - Bridge Program tests are to be evaluated by an approved Aussie Skate™ testing official appointed by each association/rink/club. The tests are NOT evaluated by a coach conducting the class.

Aussie Skate™ badges are available from your rink upon completion of each level.

Requirements for the Aussie Skate™ Program

BRIDGE PROGRAM

FREE SKATING

The Aussie Skate™ Bridge Program is for those skaters who wish to learn skills needed for furthering their skating knowledge while remaining in the group lesson environment.

FREE SKATE 1

GOAL:

The skaters now are competent at holding edges and understand the techniques required to achieve the desired edge. The skater at this level is proficient in basic spins, jumps and field moves and the links between each element is free flowing, posture is correct and the skating skills are advanced. The important concept of warm-up and warm-down are also introduced.

Off-ice warm up

A series of off-ice warm up (5-10 minutes) to be introduced at this level so that this becomes an integral part of the skaters training. The warm up should include activities with same movement patterns as skating starting low intensity and gradually increasing to the level required in skating.

Static stretching is holding one angle for 10-15 seconds. Dynamic stretching is moving slowly through a full stretch.

Suggested exercises and order would be:

- 3-5 minutes of low intensity activity, e.g. jogging, skipping, step jogging, bench stepping
- Static stretches, e.g. calf, quad, hamstring, hip flexor, arm
- Dynamic stretches, e.g. arm swings, torso rotations, leg kicks/lifts, agility/plyometric jump drills, rotations.

A. Rink Stroking (a combination of forward stroking and crossovers)

The skater shall do forward crossovers around each end of the rink interspersed with at least 4-6 strongly held edges down each side. Special attention must be paid to speed, glide and posture. The skater must complete 2 laps on the rink in both the CW and ACW directions.

B. 1-foot spin (correct entry and exit; 3 rotations)

This spin must be executed in an upright position with the free leg next to the skating leg, preferably the free foot placed on the side of the knee. This allows the knee to be lifted and the free foot never to fall behind the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required. The spin must be performed from 2-3 backward crossovers, correct exit is also expected. Correct posture is very important at this level. One direction only is required.

C. Lunge (R & L)

The skater must glide forward on one foot with the other foot following in a drag position for a minimum distance of approximately 2 metres. The hip shall be no higher than the knee (approximately 90 degrees) of the forward leg with the dragging leg extended and turned out blade will be off the ice. The skaters back remains upright. Lunges are required on both feet.

D. Waltz jump

While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the take-off foot and landing on the backward outside on the other foot. This is to be performed from moving e.g. after 2-3 backward crossovers 1 mohawk push back etc

E. Ballet jump (R or L)

The skater performs a backward outside edge with the free leg placed behind the skating leg. The skater's torso is turned to the outside of the circle. The free leg places the toe into the ice and the body weight is transferred over that toe, you then hop onto that toe again with the

free leg facing outside the circle places forwards onto the ice and glides prior to performing an inside three turn for completion.

F. Mazurka (R or L)

The skater performs a backward outside edge with the free leg placed behind the skating leg. The skater's torso is turned to the outside of the circle. The free leg places the toe into the ice and the body weight is transferred over the toe, the skating foot crosses in front of the toe and into the ice. The skater glides out forward on the free skate leg.

G. Forward Attitude (R & L)

The skater shall glide forward on one foot with the free leg held behind in an attitude position. The free foot shall be held slightly lower than the knee behind the skating hip with the toe pointed. The free hip should be held in an open position. One arm is to be carried over the head and one arm is extended to the side. A minimum of 3 seconds is required on each of the right and left foot attitudes.

H. FO spirals (R & L)

The spiral must be approached with a minimum of four forward skating strokes or crossovers and the position must be held for 3 seconds on the outside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

I. Basic FO consecutive edges

A series of semi circles must be performed on the FO edge with the skater alternating feet within the series. As per Ice Skating Australia Preliminary Test Pattern (see Appendix B). Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately 2 metres. The skater must NOT toe-push throughout the series.

J. Basic FI consecutive edges

A series of semi circles must be performed on the FI edge with the skater alternating feet within the series. As per Ice Skating Australia Preliminary Test Pattern (see Appendix B). Each series of semi-circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately 2 metres. The skater MUST NOT toe push throughout the series.

Off-ice warm down

The concept of a cool down (5-10 minutes) at the end of every session is introduced. The cool down should include low intensity activity gradually decreasing heart rate and total body flexibility stretches.

Static stretching is holding one angle for 10-15 seconds. Dynamic stretching is moving slowly through a full stretch.

Suggested exercises and order would be:

- 2-3 minutes of low intensity activity, e.g. stroking, on ice, easy jogging
- 5 minutes of gentle, total body dynamic and static stretching exercises e.g. calf, hamstring, quads, hip flexor, splits, gluts, lower back.

FREESKATE 2

GOAL:

The goal of this test is to combine many of the basic skills and terminology which needs to be mastered by this point in a skater's career. The Skater at this level now has an understanding of the vast array of skills from Ballet, Jump, Spin, Edge and Dance. By combining these 5 disciplines of skating together the students are exposed to the variety of skills needed to compete successfully with the full understanding of their chosen style of skating.

A. Forward Cross leg spin I Scratch spin (min 3 rev)

This spin must be executed in an upright position with the free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required. Correct entry and exit are required.

B. BO Pivot (R & L)

This is to be commenced from a FI 3-turn. The toe point/pick of one foot must remain in one place while the other foot moves around it on an outside edge in a backward direction for 1-2 revolutions without stopping or pumping. Right and left foot pivots are required. Exit from the pivot is required.

C. BI Pivot (R & L)

The toe point/pick of one foot must remain in one place while the other foot moves around it on the inside edge in a backward direction for 1-2 revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and Left foot pivots are required. Exit from the pivot is required.

D. Spread-eagle (CW & ACW)

The skater must glide on a curve for a minimum distance of approximately 1 metre having both feet on the inside edge with toes pointing in the opposite direction and both knees straight. Both directions are required.

E. Half flip jump (Split jump without the split)

The take-off must be from the back inside edge of one foot and the toe of the other foot. A half rotation in the air to the side opposite the jumping toe must be made, i.e. if the skater used the right toe, rotation must be to the left and the landing must be first onto the left toe before the right foot is placed onto the ice. The skater MUST land on the opposite toe pick foot to the take-off toe pick foot. A forward inside three tum is then performed and the landing position held on a backward outside edge with the free leg extended in landing position.

F. Half Lutz jump

The take-off must be from the back outside edge of one foot and the toe of the other foot. A half rotation in the air to the side opposite the jumping toe must be made, i.e. if the skater used the right toe, rotation must be to the left and the landing must be first onto the left toe before the right foot is placed onto the ice. The skater MUST land on the opposite toe pick foot to the take-off toe pick foot. A forward inside three tum is then performed and the landing position held on a backward outside edge with the free leg extended in landing position.

G. Salchow jump

The skater turns a forward outside three tum. Emphasis to be placed on the knee bend required to execute a controlled tum and correct checking action after the tum of the arms. One full rotation taking off from a back inside edge and landing on the back outside edge of the opposite leg to the take-off leg.

H. Waltz 3's

The total length of the glide must be a minimum of approximately 2 metres with the tum being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. The free leg must be held behind the skating foot for beats 1 and 2 and then be brought close to the skating foot for the 3 tum on third beat, bending both knees for the push onto back outside edge on opposite foot held for beats 4, 5 and 6 with full extension. This is to be repeated 3 times a strong knee bend and extension is required throughout.

I. Basic Forward change of edge- consecutive pattern (beginning R & L) (FO-FI/FI• FO)

A series of two semi circles performed on each foot in sequence. The first semi-circle is on a LFO changing to a LFI edge on the second semi-circle, then repeated on RFO to RFI creating a figure 8 pattern. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter approximately of approximately 2 metres. The skater must NOT toe push throughout the series. Repeat pattern with RFI to RFO and LFI to LFO.

J. FI spirals (R & L)

The spiral must be approached with a minimum of four forward skating strokes or crossovers and the position must be held for 3 seconds on the inside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

FREESKATE 3

GOAL:

The primary goal at this level is to introduce the skater to more difficult skills. The skills that the skater has acquired in the forward direction are now to be executed backwards. The skater also needs to master holding consecutive backward edge's on a curve. More difficult jump concepts are also introduced, half and full rotations are also mastered at this level. The skater needs to be confident with ice-skating concepts and have a vast vocabulary of skating field movements, jumps and spins. At this level the use of the body to perform certain jumps and spins is reinforced. The correct technique and appropriate posture is reinforced.

A. Backspin with free foot in crossed leg position (min 3 rev)

This spin must be executed with the free leg crossed over the skating leg and performed on the correct part of the blade. A minimum of 3 revolutions is required with the exit from the spin preferably on a backward outside running edge.

B. Sit Spin (min 3 rev)

This spin must be executed in a sitting position with the free leg stretched straight/or slightly bent out in front of the skating leg. As the skater enters full sitting position the spinning foot is bent at least 90 degrees and the skater's free knee joins the skating knee, keeping legs together. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required.

C. Advanced forward stroking (forward crossovers in a figure 8 pattern)

4-6 forward crossovers are performed in each direction in a figure 8 pattern. The skater needs to become familiar with body rotation, correct arm direction and lean. The key to performing this correctly is a smooth transition.

D. Forward power 3-turns (R & L)

The skater begins with FO 3 turn on one side of axis, pushing to other side of long axis to BI edge followed by crossover on the same circle as BI edge, then steps forward. The skater is encouraged to gain momentum from pushing from the inside edge of the blade, NOT the toe pick. Three forward outside three turns are to be performed in each direction.

E. BO 3-turns (R & L)

The total length of the glide must be a minimum of twice the skater's height with the tum being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

F. BI 3-turns (R & L)

The total length of the glide must be a minimum of twice the skater's height with the tum being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

G. Toe loop jump

The takeoff must be from a back outside edge of the one foot and the toe of the other simultaneously to avoid rotating on the toe. The skater must make one rotation in the air in the direction of the takeoff curve and must land on the back outside edge of the take-off foot.

H. Basic BO consecutive edges

A series of semi-circle must be performed on the back outside edges with the skater alternating feet within the series. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately two metres. The skater must NOT toe push throughout the series.

I. Basic BI consecutive edges

A series of semi-circle must be performed on the back inside edges with the skater alternating feet within the series. Each series of semi circles shall have a long axis where each semi-circle is started and ended. Each semi-circle should have a diameter of approximately two metres. The skater must NOT toe push throughout the series.

J. BO spirals (R & L)

The spiral must be approached with a minimum of four backward skating strokes or crossovers and the position must be held for 3 seconds on the outside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

FREESKATE 4

GOAL:

By encouraging the skater at this level to perform cross rolls they are learning to gain power by using their whole blade and discouraging them from introducing the toe pick to gain speed. Also by including simple technical skills with advance skating field moves, the skater is competent in all disciplines. By also combining the four disciplines we are increasing the interest to the skater as there are always one or two areas that they may have a difficulty in and they can then concentrate on that area whilst still enjoying the rewarding process of learning.

A. Camel spin (min 3 rev)

This spin must be executed in a 'camel position with the free leg raised in spiral position. This is achieved by leaving the free leg behind the skating leg on entry and lowering the torso. The free leg should be parallel to the ice. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required.

B. Change of foot Upright Spin (min 3 revs on each foot)

The spin must be executed in an upright position with free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. Commence transfer to back spin by opening arm position with skating arm to front, free arm to back, place free toe in ice no more than 1 blade length beside skating foot with BI pivot motion lifting free leg to cross position. Exit optional. A minimum of 3 revolutions on each foot is required.

C. Advanced backward stroking (backward crossovers in a figure 8 pattern)

4-6 backward crossovers are performed in each direction in a figure 8 pattern. The skater needs to become familiar with body rotation, correct arm direction and lean. The key to performing this correctly is a smooth transition. It is a combination of body rotation and lean that helps concentrate centrifugal and body weight forces onto the skate blades.

D. Forward outside cross rolls 4-6 consecutive (alternating feet)

Skate a left forward outside edge, place the right free foot on the outside edge onto the ice just in front of the skating foot. (Pigeon toe like at the crossing of the feet) Both feet will be on the ice before the left foot is lifted off the ice and placed in front of the right foot on an outside edge. This consecutive movement occurs for 4-6 times. No toe pushing is allowed and the skater needs to create momentum by using the outside edge of the blade. Encourage knee bend, posture and body rotation to perform the cross roll.

E. 5 step Mohawk pattern (RFI-LBI (Mohawk), RBO, LFO, RFI) all to be done on a curve to be followed immediately using long axis to CW curve, (LFI-RBI (Mohawk), LBO, RFO, LFI)

The skater begins gliding on a forward Right inside edge and performs a Mohawk finishing on the Left backward inside edge. Remaining backwards the skater changes feet and glides backwards on the Right foot. The skater then steps forward onto the left foot holding an outside edge and changes feet to the right foot whilst still forward (executed as a slide chasse, with free leg extension sliding forward). This is all performed in a large semi-circle and returning to the long axis before starting the step sequence in the opposite direction on the next semi-circle.

F. Loop jump

The skater takes off from a backward outside edge, and completes one full revolution in the air in an anti-clockwise direction. The jump must land on a clean backward outside edge. The entry into the jump can be from either an inside three tum with the free foot placed in front of the skating foot at the completion of the tum or from 2-3 backward crossovers or from a mohawk.

G. Waltz jump/Loop jump combination

This is to be performed from a running edge i.e. after a Mohawk push back or after 2-3 backward crossovers etc. While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the take-off foot and landing on the backward outside on the other foot. The skater lands with the free foot in front of the skating foot so as to prepare to perform the second jump. The skater takes off from a backward outside edge, and completes one full revolution in the air in the direction of the free leg. The jump must land on a clean backward outside edge.

H. Flip jump or Lutz jump

Flip jump: Skating backwards from a backward inside edge the skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge.

Lutz jump: Skating backwards from a backward outside edge the skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge.

I. Ina Bauer (R & L)

The skater shall glide forward either in a curve or a straight line for a minimum distance of approximately 2 metres having toes pointing in the opposite direction with the front leg in a bent position and the back leg extended and on an inside edge. The back shall remain upright. Right and left foot is required.

J. BI spirals (R & L)

The spiral must be approached with a minimum of four backward skating strokes or crossovers and the position must be held for 3 seconds on the inside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable.

PAIR SKATING

The Aussie Skate™ Bridge Program for Pair Skating is for those skaters who wish to further their knowledge of pair skating while remaining in the group lesson environment. The following apply to the pairs program:

- General rules for free skating apply
- A pair is composed of one lady and one man
- Arm and leg position must be of a similar line
- Skaters must be no more than 5 metres apart
- The jumps and spins must be executed at the same time, side by side. Refer to Appendix B for descriptions of hold positions.

PAIR 1

GOAL:

The introduction of partner relationship and unison

A. Hand to Hand hold and position

The skaters must stand side by side. Both skaters are standing with their feet in T position.

B. Advanced rink stroking hand to hand hold both directions

Partners skate in hand in hand position forward and backward in both directions (four laps in total). Emphasis is placed on unison, carriage, knee bend and speed.

C. Advanced forward crossovers in figure eight hand to hand hold

The strokes must be made from the side of the blade without toe pick pushes. The leg on the outside of the circle must cross in front, and the push from each foot must be to the outside of the circle. The skaters must skate side by side so that for half the circle one skater is in the lead and for the second half, the other skater is in the lead. After completing a minimum of eight crossovers, the male will take the hand of the female so that the male is following the female. After completing another minimum of eight crossovers, the skaters move to the Killian hold for the final eight crossovers. During the Killian hold, the female is required to extend her free arm forward and not place it on her hip.

D. Bunny hops side by side

While gliding forward on one foot, the skaters must hold hands and leap forward, landing on the toe of the other foot immediately returning to a forward glide on the takeoff foot. Right and left foot bunny hops are required.

E. 1-foot spin side by side

The skaters do a one foot spin. A minimum of three revolutions is required. Unison of spin entry and exit must be evident. Free leg positions should also be the same.

PAIR 2

GOAL:

Introduction of tracking between the partners to further increase ability to create unison

A. Waltz Hold and Killian Hold

See Appendix C

B. Advanced backward crossovers in figure eight hand to hand hold

Skaters skate a minimum of eight crossovers with one partner in the lead, arms outstretched, arm in arm position. The partners change positions for the next set of crossovers, minimum eight. Emphasis is placed on correct posture, knee bend, unison and extension.

C. Cross leg/Scratch spin side by side (3 revolutions)

The skaters complete a cross leg/scratch spin. A minimum of three revolutions is required. Unison of spin entry and exit must be evident. Free leg positions should also be the same.

D. Waltz jump/Toe loop combination side by side

The skaters may skate side by side or one in front of the other. While gliding forward outside on one foot, the skaters must jump forward, making a half rotation in the air in the direction of the takeoff foot and landing backward outside on the other foot. The second jump in the combination begins by the skaters taking off from a back outside edge using the toe pick, jump one turn, and land on the back outside edge of the takeoff foot. Both jumps must take off at the same time.

E. Pair circling spin (partners facing opposite directions, waist to waist hold, 1-foot spin position)

Partners face in an opposite direction, hips together with skating arm around the waist of partner. Both skaters can enter the spin using forward pumps to push. The skaters are skating on opposite sides of the circle, same direction, and same feet.

PAIR 3

GOAL:

Introducing greater speed with acquired unison skills, timing required to lifts.

A. Open dance lift position with armpit hold

B. Forward pull spiral (male BO edge pivot optional, female FO or FI spiral)

Partners face each other, hand in hand position, skating spirals, one partner skating forward, the other backward. A minimum distance of twice the tallest skater's height must be covered.

C. Back spin side by side (3 revolutions)

The skaters complete a back cross foot spin. A minimum of three revolutions is required. Unison of spin entry and exit must be evident. Free leg positions should also be the same.

D. Loop jump side by side

Skaters perform side by side loop jumps. The skaters take off from a backward outside edge, and complete one full revolution in the air in the direction of the free leg. The jump must land on a clean backward outside edge. The entry into the jump can be from either an inside three turn with the free foot placed in front of the skating foot at the completion of the turn or from 2-3 backward crossovers or from a Mohawk. Emphasis is on unison of entry and exit.

E. Upright pair spin in Killian position

PAIR 4

GOAL:

Build on learnt skills of tracking, timing, speed all within the ultimate goal of maintaining unison while executing the skill.

A. Waist lift position

B. Backward pull spiral (male BO edge pivot optional, female BO or BI spiral)

insert

C. Sit spin side by side

This spin must be executed in a sitting position with the free leg stretched straight or slightly bent out in front of the skating leg. As the skater enters full sitting position the spinning foot is bent to a least 90 degrees and the skater's free knee joins the skating knee, keeping legs together. It may be performed in a combination of the toe and flat of the blade. A minimum of 3 revolutions is required. Unison of spin entry and exit must be evident. Free leg positions should also be the same.

D. Flip or Lutz jump side by side

Flip jump: Skating backwards from a backward inside edge the skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge.

Lutz jump: Skating backwards from a backward outside edge the skater places the toe pick directly in line with the hip into the ice and completes one full revolution in the air in the direction of the free leg and lands on a clean backward outside edge.

Emphasis is placed on unison. Both skaters must enter and exit the jump at the same speed.

E. Pair camel spin in Killian position

F. Loop lift (waist lift position to chest height only)

ICE DANCING

The Aussie Skate™ Bridge Program for Ice Dancing is for those skaters who wish to further their knowledge of Ice Dance while remaining in the group lesson environment.

Refer to Appendix C for description of dance hold positions.

DANCE 1 - Dutch Waltz

GOAL:

For the skater to have a good understanding of the basic steps required for the Dutch Waltz- i.e. FO swing rolls, Forward progressives and the Kilian Hold.

A. FO swing rolls to count of 6

A long outside edge held for 6 beats of music during which the free leg swings past the skating foot on the 4th beat, as the skating knee rises up and finishes in front for the last two beats before returning to the ice beside the skating foot. Six swing rolls are required, alternating between left and right foot starts.

B. Alternating forward progressives (runs) to a count of 6

A movement in which the free foot during the period of becoming the skating foot passes to the front of the original skating foot, thus bringing the new free foot off the ice trailing the new skating foot. Six progressives are required, alternating between left and right foot starts. The timing for these ones is: 1 2, 1, 1 2 3 i.e., LFO for 2 beats, RFI progressive for 1 beat, LFO for 3 beats as per the Dutch Waltz.

C. Description and demonstration of Kilian hold

See Appendix C

D. Corner steps in Dutch Waltz (LFO/RFI-3 beats each)

This is a progressive but the timing is LFO for 3 beats and RFI for 3 beats.

E. Dutch Waltz pattern (music optional)

List of Steps

<u>Hold</u>	<u>Step No</u>	<u>Man and Lady</u>	<u>Beats of Music</u>
Kilian	1	LFO	2
	2	Run RFI	1
	3	LFO	3
	4	Swing Roll RFO	6
	5	Swing Roll LFO	6
	6	RFO	2
	7	Run LFI	1
	8	RFO	3
	9	LFO	3
	10	Progressive RFI	3
	11	LFO	2
	12	Run RFI	1
	13	LFO	3
	14	Swing Roll RFO	6
	15	LFO	3
	16	Progressive RFI	3

Total 48 Beats = 16 Bars per sequence

Music and Tempo: Waltz 3/4 at 46 bars per minute. The Dutch Waltz is a set pattern dance.

Suggested Introductory Steps: Two straight steps, LF of three beats and RF of three beats which are the same for both partners. The lady starts on the man's right. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

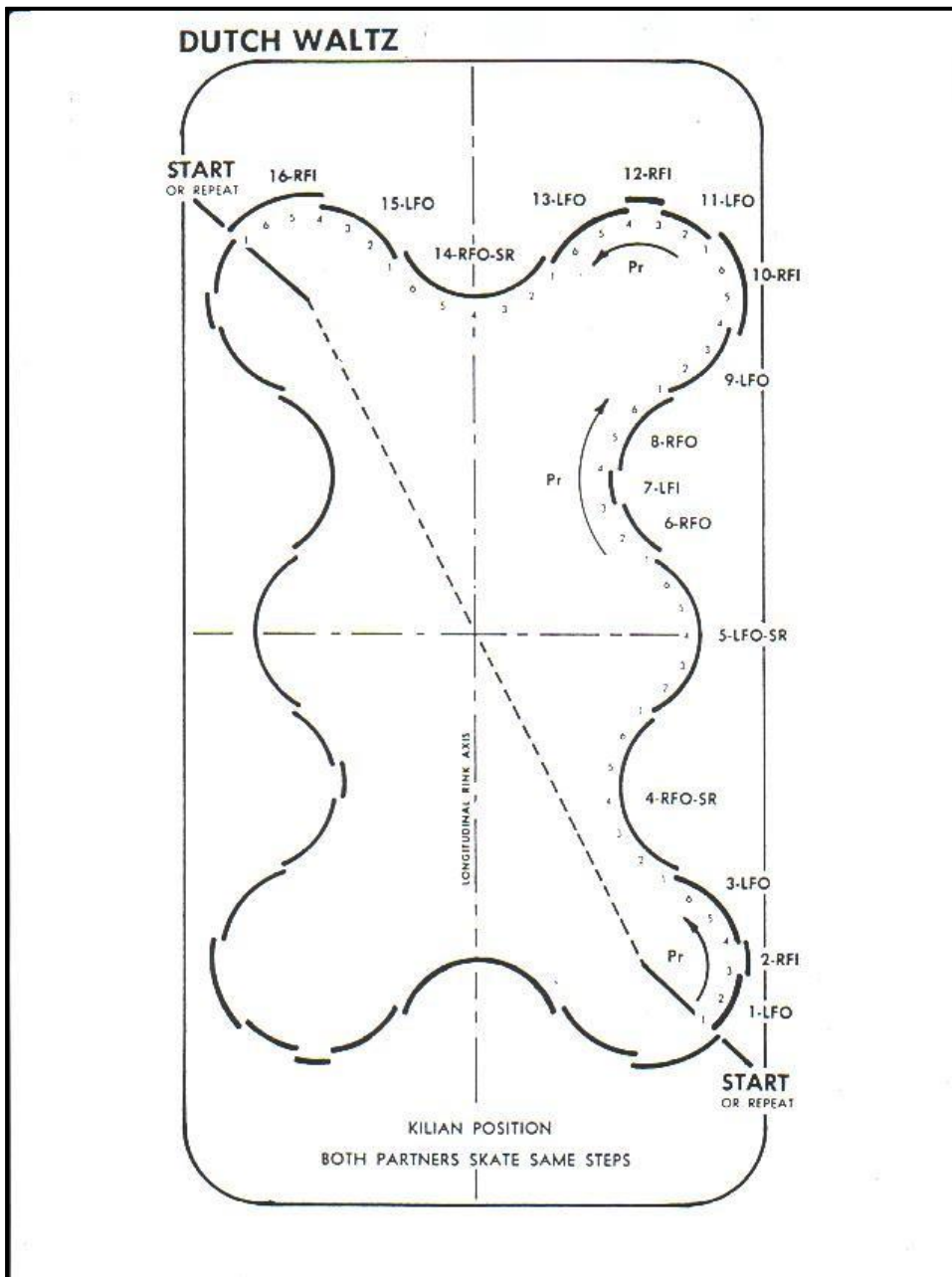
The dance starts in one corner of the rink, progressing down the side and across the end where it repeats down the other side and across the end to the start, thus requiring two sequences of the dance for one round of the rink.

The dance is skated to slow, deliberate waltz music and consists mostly of run sequences interspersed with long rolling edges. It thus allows beginners to devote their attention to getting the feel of the music instead of worrying about complicated steps, and allows them to enjoy rhythmical motion in their skating.

Upright position, good carriage, and easy flow without too much effort are desired in the dance. The partners should strive for unison of free leg swings and soft knee action throughout the dance.

Inventor: George Muller. First performed in Colorado Springs, 1948.

Dance Pattern



DANCE 2 – Canasta Tango

GOAL:

For the skater to have a good understanding of the basic steps required for the Canasta Tango - i.e. FO swing rolls, forward progressives, forward chasses and slide chasses, cross rolls and the Reverse Kilian Hold.

A. Consecutive forward progressive chasse sequences to count of 4 (ACW & CW)

B. Forward slide chasse to count of 4 on a circle (ACW & CW, min 4)

C. Consecutive forward swing rolls to count of 4

D. FO cross rolls (cross strokes)

E. Description and demonstration of reversed Kilian position

F. Canasta Tango pattern (music optional)

List of Steps

<u>Hold</u>	<u>Step No</u>	<u>Man and Lady</u>	<u>Beats of Music</u>
Reverse Kilian	1	LFO	1
	2	Run RFI	1
	3	LFO	1
	4	Chasse RFI	1
	5	Swing Roll LFO	4
	6	RFO	2
	7	Slide Chasse LFI	2
	8	Swing Roll RFO	4
	9	LFO	2
	10	Slide Chasse RFI	2
	11	LFO	1
	12	Run RFI	1
	13	LFO	2
	14	Swing Roll RFO or Cross Roll RFO	4

Total 28 Beats = 7 Bars per sequence

Music and Tempo: Tango 4/4 at 26 bars per minute

The Canasta Tango is a set pattern dance.

Suggested introductory steps: RFO (2), LFO (2), RFI (4) for both partners, the lady starting on the man's left. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

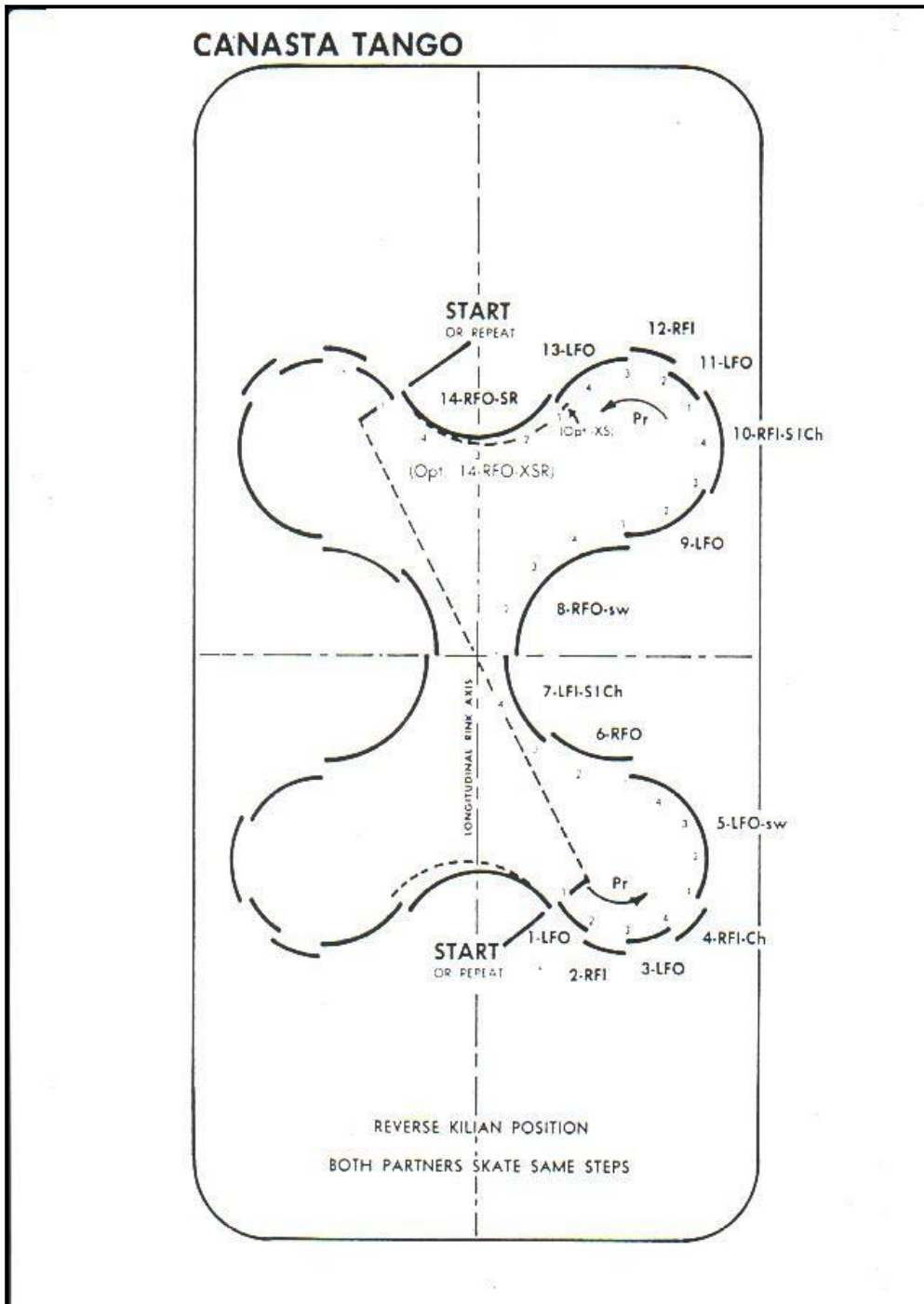
The dance is skated in Reverse Kilian position, that is with the lady on the man's left. It is a very simple dance with a threefold purpose; first, to introduce the tango rhythm to those at the Elementary dance level; second, to give the skater experience in the large eight-count half circles, giving the skater more speed and confidence in edges; third, to provide variety for the less-experienced dancers.

If the fundamental rules of skating and dancing are observed, there should be no particular difficulty with this dance. The first chasse (Steps 3 and 4) is done with both feet side by side on count 4. Be sure to transfer the weight to the right foot – do not skate on both feet at the same time. The other chasse is slightly different. They are called slide chasses. As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning

close beside the skating foot just in time for a smooth transition to the next edge. Judicious use of knee action on these edges can do a great deal to help the tango expression. This is a good place for the beginner to practice extending the free leg as straight as possible, and pointing the toe down, not up! The skater should watch that steps 9-13 are skated on a good edge so that step 14 RFO can be aimed toward the centre of the rink, and so placed accurately as shown on the diagram.

This step 14 may be started, optionally, with a cross roll in which the right foot crosses in front of the left foot at the end of step 13 and the push onto the RFO is made from the outside of the left foot. An effort should be made to keep the feet fairly close together at the start of the transition, but it is of utmost importance that a toe push be avoided.

Dance Pattern



Dance 3 - The Swing Dance

GOAL:

For the skater to have a good understanding of the basic steps required for the Swing Dance - i.e. FO and BO swing rolls, forward and backward chasses, FI open Mohawk and Waltz (Closed) position.

A. Forward swing rolls to count of 4

B. FI open mohawk

C. Backward swing rolls to count of 4

D. Backward chasse

E. Demonstrate waltz position (closed position) and hand-in-hand position for partners.

Demonstrate moving to and from waltz position and hand-in-hand position with partner.

F. Swing Dance pattern (music optional)

List of Steps

Hold	Step	Man's Steps	Beats	Lady's Steps
Closed	1	LFO	1	RBO
	2	Chasse RFI	1	Chasse LBI
	3	LFO	2	RBO
	4	RFO	1	LBO
	5	Chasse LFI	1	Chasse RBI
	6	RFO	2	LBO
	7	Swing Roll LFO	4	Swing Roll RBO
	8	Swing Roll RFO	4	Swing Roll LBO
Hand in Hand	9	LFO	2	RBO
	10	Progressive RFI	2	LFO
	11	LFO	2	Progressive RFI
	12	Progressive RFI Mohawk	2	LFO
Closed	13	LBI	2	Progressive RFI
	14	RBO	2	LFO
	15	Swing Roll LBO	4	Swing Roll RFO
	16	RBO	1	LFO
	17	Chasse LBI	1	Chasse RFI
	18	RBO	2	LFO
	19	LBO	1	RFO
	20	Chasse RBI	1	Chasse LFI
	21	LBO	2	RFO
	22	Swing Roll RBO	4	Swing Roll LFO
	23	Swing Roll LBO	4	Swing Roll RFO
Hand in Hand	24	RBO	2	LFO
	25	LFO	2	Progressive RFI
	26	Progressive RFI	2	LFO
	27	LFO	2	Progressive RFI Mohawk
Closed	28	Progressive RFI	2	LBI
	29	LFO	2	RBO

	30	Swing Roll RFO	4	Swing Roll LBO
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Total 64 beats = 16 Bars per sequence

Music and Tempo: Foxtrot 4/4 at 24 bars per minute. The Swing Dance is a set pattern dance.

Suggested introductory steps: The dance may be started at either of the two points marked START in the diagram, preferably with the man starting at Step 1 (forward chasse), although this is not compulsory. Two sets of introductory steps are suggested for this dance – (A) using a mohawk and (B) using a 3-turn.

A: Man: RFO (2), LFI (2), RFO (4) / Lady: LFI (2), open mohawk to RBI (2), LBO (4)

B: Man: RFO (2), LFI (2), RFO (1), LFI (1), RFO (2) / Lady: RFO (2), LFO (2), RFO3 (2), LBO (2)

This is a dance designed for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two persons to learn to dance or practice it as a couple.

The dance as skated down the length of the rink contains four lobes, and is skated in closed position. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chasse sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. During the second beat, the skaters must begin a strong change of edge in order to stroke smoothly into the next edge and lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteenstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

Step 9 or 24: The person skating backward releases the left hand and curves the edge away from the partner in order to be in position to step forward on the next step.

Step 10 or 25: Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

Step 11 or 26: Both still skate forward. Skater to the right slightly faster than the other partner.

Step 12 or 27: Both still skate forward. Skater to the right should now be slightly in advance of skater to the left, and should be ready to skate a RFI Mohawk at the next step. Try to keep facing each other at this time, but don't spoil the relaxed effect.

Any type of forward inside Mohawk is permissible so long as the balance and control is good, and the execution is pleasing to watch.

Step 13 or 28: The person to the right skates a RFI Mohawk and finishes the Mohawk in front of the partner.

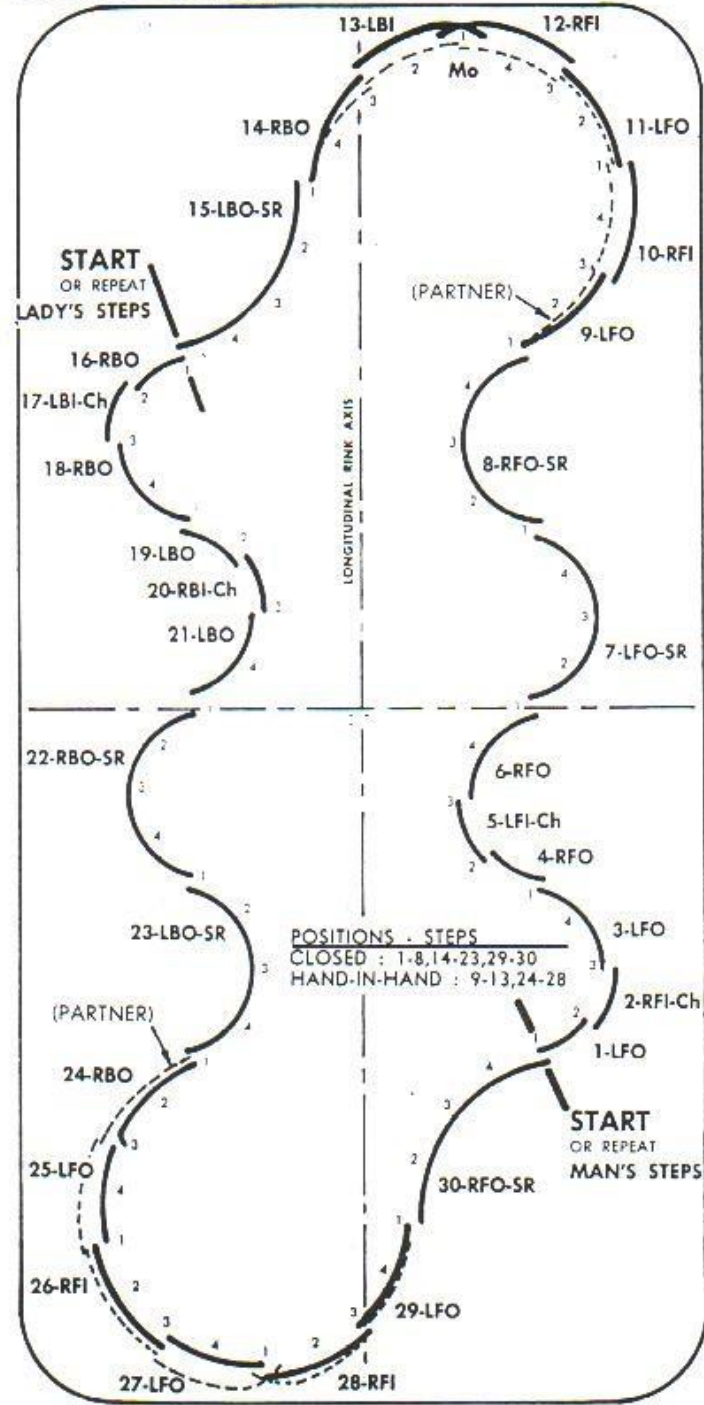
Step 14 or 29: Skater who did the Mohawk is now skating backward directly in front of the partner.

Step 15 or 30: Change curvature and skate the four beat swing roll in closed position.

The dance position is closed when skating the length of the rink and hand-in-hand at end sequences to allow both skaters to skate forward on steps 10,11,12 or 25,26,27. Separate by at least 60-65cm and hold arms relaxed. Position of arms during end sequences up to step 14 or 29 is left to the discretion of skaters. Assume closed position in time for step 15 or 30.

Inventor: Hubert Sprott.

SWING DANCE



Dance 4 - The Fiesta Tango

GOAL:

For the skater to have a good understanding of the basic steps required for the Fiesta - i.e. FO swing roll with change of edge, Closed FI Mohawk, back progressives and cross behind inside chasse.

A. Swing roll with change of edge in relation to an axis (proper counting: 4-beat FO edge, 2 beat FI edge)

B. Advanced open mohawk with closed free-foot position on exit

C. Cross behind inside chasse

D. Rounded end pattern step sequence (Steps #10-16)

E. Two outside edges

F. Demonstrate Kilian position and reverse Kilian position and demonstrate changing these positions.

F. Fiesta Tango pattern (music optional)

List of Steps

<u>Hold</u>	<u>Step No.</u>	<u>Man and Lady</u>	<u>Beats of Music</u>
Reverse Kilian	1	LFO	2
	2	RFO	2
	3	LFO	1
	4	Run RFI	1
	5	LFO	2
	6	Cross Roll RFO	2
	7	Cross Behind LFI	2
	8	RFO change-of-edge to RFI	4 + 2
	9	LFO	2
	10	RFI open Mohawk	1
Kilian	11	LBI	1
	12	RBO	2
	13	LBI	2
	14	RBO	2
	15	Cross-in-front LBI	2
Reverse Kilian	16	RFI	2

Total 32 beats = 8 Bars per sequence

Music and Tempo: Tango 4/4 at 27 bars per minute. The Fiesta Tango is a set pattern dance.

Suggested introductory steps: RFO (2), LFO (2), RFI (4) for both partners with the lady starting on the man's left. Any other introduction is permissible, provided it does not exceed seven steps for either partner.

The dance starts in Reverse Kilian position. At *Steps 10 and 11*, partners change to Kilian position while executing the open Mohawk. *Steps 11 to 15* are danced in Kilian position, and as partners change from backward to forward skating at *Step 16*, they take Reverse Kilian position again to start the dance sequence over.

The lady should be a little ahead of the man at the beginning of *Step 9* (LFO) to avoid interference at the open Mohawk.

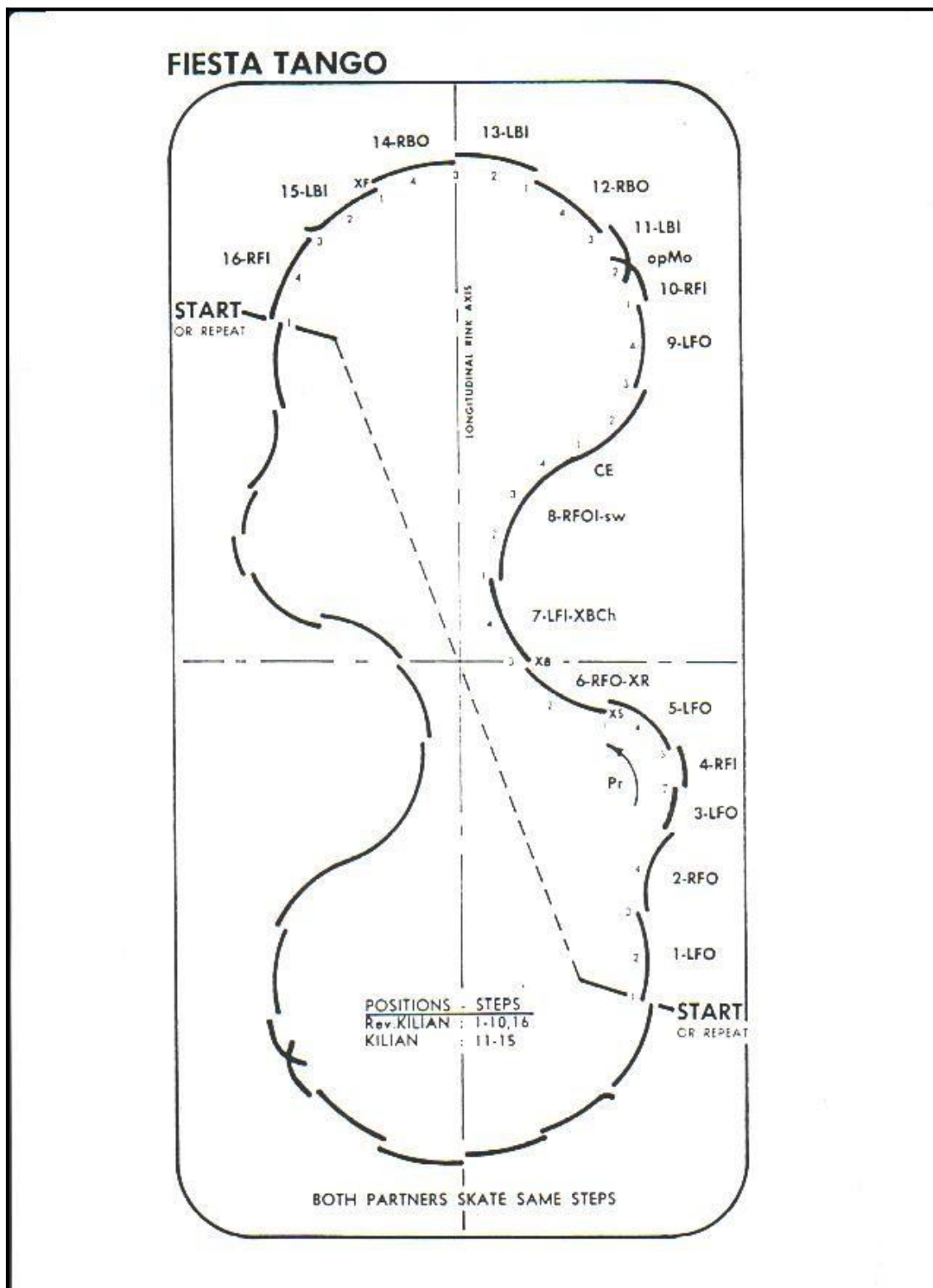
The tempo of the Fiesta is slow, tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow and smooth leg swings. *Step 8* allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of 3, the free leg swings forward, the change

of edge is executed with the full swing of the free leg at the end of count 4, and then the free leg swings back at the count of 1 of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on *Step 8* can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram.

The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Inventor: George Muller. First performed in Colorado Springs, 1948.

Dance Pattern



SYNCHRONIZED SKATING

The Aussie Skate™ Bridge Program for Synchronized Skating is for those skaters who wish to further their knowledge for skating in a team.

The hand holds for the elements in each level have been prescribed to allow the skaters to focus primarily on geometrical accuracy and unison. Elements can be taught and assessed using the short axis of the rink, as is the common practice in Aussie Skate™ lessons.

Testing is on an individual pass or fail basis based on the ability to perform the skill in unison with the minimum number of skaters required. Two skaters may be tested simultaneously.

SYNCHRONIZED 1

GOAL:

To introduce forward team skating manoeuvres.

(4- 8 skaters)

- A. **Circle** (hand hold) - Forward using a variety of simple forward steps - e.g pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction.
- B. **Line** (shoulder hold) - Forward using a variety of simple forward steps - e.g. stroking, pumps, swizzles and chasses. The line should cover at least the width of the ice or its equivalent in length of ice.
- C. **Block** (shoulder hold)- Forward closed block for minimum of 8 beats using a variety of simple forward steps - e.g. stroking, pumps, swizzles, chasses and crossovers. No change of axis.
- D. **Wheel** (shoulder hold) - Forward pivot wheel or 2 spoke using a variety of simple forward steps - e.g pumps, pushes, chasses and crossovers. 1-2 revolution and for minimum of 8 beats. No change of direction and no variations.
- E. **Intersection** (shoulder hold or upper arm hold) - Forward V or 2 line intersection with point of intersection on 2 feet.

SYNCHRONIZED 2

GOAL:

To develop forward team skating manoeuvres.

(6-12 skaters)

- A. **Circle** (hand hold) - Forward using a variety of simple forward steps - e.g pumps, pushes, chasses and crossovers. At least 2 revolutions and for minimum of 8 beats. No change of direction.
- B. **Line** (must demonstrate shoulder hold and low v hand to hand hold) - Forward using at least 6 forward steps - e.g. stroking, chasses, russians, progressives, swing or cross rolls and lunges. The line should cover at least the width of the ice or its equivalent in length of ice.
- C. **Block** (must demonstrate 2 different handholds) - Forward closed block using at least 6 forward steps - e.g. stroking, chasses, russians, progressives and swing or cross rolls. At least 1 change of axis - e.g. short to long axis or diagonal.
- D. **Wheel** (shoulder hold)- any forward wheel with a change of configuration using a variety of simple forward steps - e.g pumps, pushes, chasses and crossovers. Minimum of 2 revolutions in each configuration.
- E. **Intersection** (shoulder hold or upper arm hold) - forward 2 line or backward v intersection with point of intersection on 2 feet.

SYNCHRONIZED 3

GOAL:

To develop backward team skating manoeuvres.

(6-12 skaters)

- A. **Circle** (must demonstrate shoulder hold and hand hold) - Backward using a variety of simple backward steps - e.g pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction.
- B. **Line** (must demonstrate 2 different handholds) - Forward to backward using at least 8 linking steps - e.g. stroking, chasses, russians, lunges, bunny hops, progressives, swing or cross rolls, 3 turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of ice.
- C. **Block** (must demonstrate shoulder hold and muscle hold)- Forward to backward using at least 8 linking steps - e.g. stroking, chasses, russians, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis (e.g. short to long axis or diagonal, etc).
- D. **Wheel** (shoulder hold) - any backward wheel using a variety of simple steps - e.g pumps, pushes, chasses and crossovers. 1-2 revolutions and for a minimum of 8 beats. Optional change of direction and configuration.
- E. **Intersection** (shoulder hold or upper arm hold) - Any backward intersection with point of intersection on 1 or 2 feet.

SYNCHRONIZED 3

GOAL:

To develop backward team skating manoeuvres.

(6-12 skaters)

- A. **Circle** (shoulder hold and hand hold) – Forward to backward using at least 8 linking steps – e.g. stroking, chasses, tap toes and basic turns. At least 2 revolution and for minimum of 8 beats. Optional change of direction (with or without stopping) or condensing large circle to small circle. At least half revolution in each direction.
- B. **Line** (must demonstrate 2 different handholds) – Forward to backward, 2 lines to 1 or 1 line to 2, using at least 8 linking steps – e.g. stroking, chasses, Russians, lunges, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of the ice.
- C. **Block** (must demonstrate shoulder hold and teapot hold) – Forward to backward closed block using at least 8 linking steps – e.g. stroking, chasses, Russians, bunny hopes, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis – e.g. short to long axis or diagonal and one change of configuration – e.g. pyramid, 3 line block, 4 line block.
- D. **Wheel** (must demonstrate either forward or backward basket weave hold) - Any backward wheel using a variety of backward steps - e.g pumps, pushes, chasses and crossovers. 1 simple variation - e.g. change of rotational direction or travel with crossovers or creative modification of a basic wheel configuration. Minimum of 2 revolutions.
- E. **Intersection** (shoulder hold or upper arm hold) - Any forward or backward intersection with a tum at the point of intersection - e.g. mohawk or 3-tum.

Hand Hold Positions

(a)	Teapot hold (straight arm to bent elbow – in front)	
(b)	Front basketweave hold	
(c)	Back basketweave hold (hands joined behind)	
(d)	Low 'V' hand to hand hold	
(e)	Muscle hold (hand to hand variation)	
(f)	High 'V' hand to hand hold	

HOCKEY

The Aussie Skate™ Bridge Program for Ice Hockey is for those skaters who wish to further their knowledge of Ice Hockey while remaining in the group lesson environment. Although many of these skills are repeated from earlier levels, they are much more difficult when performed in hockey skates.

HOCKEY I

GOAL:

The Hockey curriculum has been designed to teach the students the fundamentals of hockey. The skaters will learn to become more agile and to manoeuvre faster.

- A. Forward crossovers on a circle (R & L)
- B. Hockey turns (R & L) - to be done with speed in and out of turn
- C. Backward slalom
- D. Forward stop and starts
- E. Backward V-stop
- F. Lateral marching crossovers (R & L)

HOCKEY 2

GOAL:

The primary goal at this level is to introduce the usefulness of forward crossovers. Transitioning from forward to backward is introduced, skaters need to be confident performing this in both directions quickly. Holding a forward and backward edge is also taught in this level. The Mohawk is also introduced to link forward skating to backward skating. The skater needs to be comfortable with ice-skating concepts. At this level speed is also introduced

- A. Forward 1-foot pushes in a circle (R & L)
- B. Forward crossover glides - hold free in crossed position for 2 counts
- C. Backward crossovers (CW & ACW)
- D. Alternating backward crossovers in a line
- E. Backward 1-foot glide (R & L) holding for the height of skater
- F. Mohawks (R to L) and (L to R)
- G. Hockey stop



AUSSIE SKATE™ ADULT CURRICULUM

For Adult Basic, Adult Novice and Adult Intermediate competition required elements are in **BOLD**.

Adult Basic

- A. Correct way to fall and stand up
- B. March forward across the ice
- C. Dip while moving
- D. Forward 2-foot glides (R & L) on a curve**
- E. Forward swizzles (6-8 in a row)**
- F. Backward swizzles (6-8 in a row)**
- G. Backward 2-foot glide (1 metre)**
- H. Moving snowplough stop

Adult Novice

- A. Forward stroking, showing correct use of blade
- B. Forward slalom**
- C. Backward stroking
- D. Backward slalom**
- E. Forward 1-foot glides (R & L)**
- F. Backward 1-foot glides (R & L)
- G. Forward ½ swizzle pumps on a circle (6-8 CW & ACW)**
- H. Backward ½ swizzle pumps on a circle (6-8 CW & ACW)

Adult Intermediate

- A. Forward crossovers (CW & ACW)**
- B. Backward crossovers (CW & ACW)**
- C. FO & FI 3-turn on a circle (R & L)
- D. FI open Mohawk (R to L & L to R)**
- E. BO & BI 3-turn on a circle (R & L)
- F. Tap-toe jump (R & L)**
- G. Bunny hop (R & L)
- H. 2-foot spin (correct entry and exit)**

Adult Free Skating

- A. Forward cross-leg spin / scratch spin (min 3 revs)**
- B. Back spin with free foot in crossed leg position (min 3 revs)**
- C. Sit spin (min 3 revs)**
- D. Camel spin (min 3 revs)**
- E. Waltz jump
- F. Salchow jump
- G. Toe loop jump
- H. Loop jump
- I. F & B spirals (O & I edges)
- J. Forward power 3-turns (R & L)**

For Adult Free Skating Competition, skaters must select **1 Spin** and **1 Jump** from the list. Other elements in **BOLD** must be performed.

APPENDIX A

ABBREVIATIONS

Fwd or F	Forward
Bwd or B	Backward
R	Right
L	Left
O	Outside
I	Inside
CW	Clockwise
ACW	Anti-Clockwise
Ft	Foot

APPENDIX B

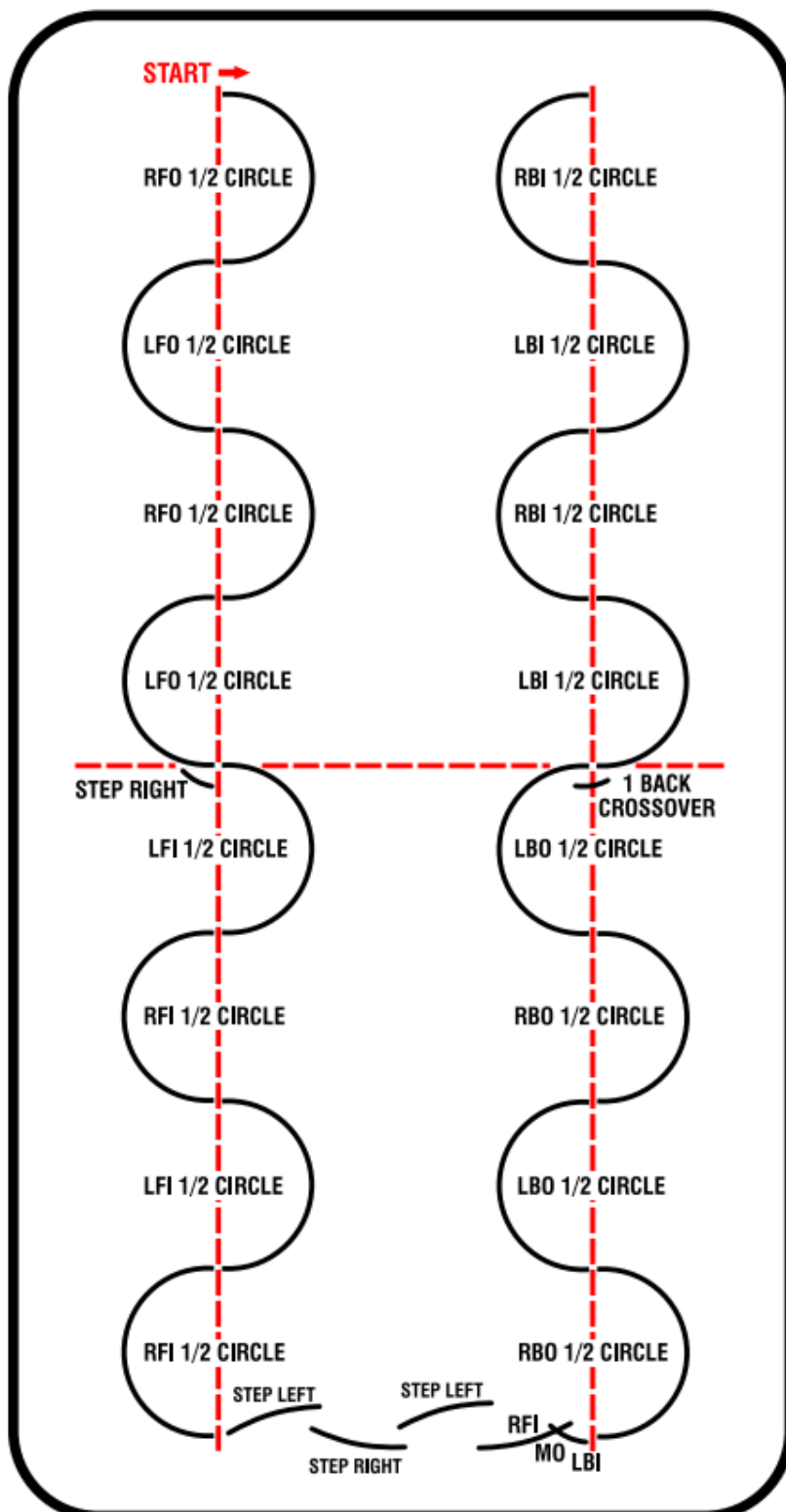
PRELIMINARY TEST PATTERN – Pattern No #1

The skater will perform a set of figure pattern exercises comprising of a series of half circles of approximately one and half times the height of the skater, skated to and from the short axis and demonstrating on edges with flow and control.

Note: The exercise may commence with introductory pushes and may consist of 1 crossover after the mohawk when changing from forwards to backwards.

Focus: Edges, Control & Flow, Correct Entry and Exit edges are adequate and maintained throughout the curve for identification with proper technique.

- RFO ½ Circle
- LFO ½ Circle
- RFO ½ Circle
- LFO ½ Circle
- Step Right
- RFI ½ Circle
- LFI ½ Circle
- RFI ½ Circle
- LFO ½ Circle
- Step Left
- Step Right
- Step Left
- RFI mohawk to LBI
- 1 Crossover may be performed during this transition after the mohawk to maintain flow. The ½ circle should be skated primarily on the RBO edge
- RBO ½ Circle
- LBO ½ Circle
- RFO ½ Circle
- LBO ½ Circle
- 1 Backward Crossover
- LBI ½ Circle
- RBI ½ Circle
- LFI ½ Circle
- RBI ½ Circle
- Step forward to finish



APPENDIX C

Description for Holding Positions in Ice Dance and Pair Skating

Hand-in-Hand position

The partners face in the same direction and are side by side with their arms comfortably extended and their hands clasped. The lady is on the right side if not otherwise indicated in the dance description.

Closed or Waltz position

The partners are directly opposite each other. One partner faces forward while the other partner faces backward. The man's right hand is placed firmly on his partner's back at the shoulder blade with the elbow raised and the arm bent sufficiently to hold the lady close to him. The left hand of the lady is placed on the shoulder of the man so that her arm rests comfortably, elbow to elbow, on his upper arm. The left arm of the man and the right arm of the lady are extended comfortably at shoulder height. Their shoulders should remain parallel.

Kilian position

The partners face in the same direction with the lady to the right of the man and his right shoulder behind her left. The left arm of the lady is extended across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hand. Both hands rest over the hip bone.

- A: Reversed Kilian Position - This position is similar to the Kilian position but with the lady at the man's left.
- B: b. Crossed Kilian Position - The lady's left arm is extended across the front of the man's body to his left hand, while his right arm is extended across in front of her body with both partners' right hands resting clasped over her hip. This position may also be reversed.

Waist lift position

The partners are facing the same direction with the lady in front of the man. The man places his hands on the lady's waist and she places her hands on top of his. Both partners bend their knees at the same time. As the man lifts the lady upward, the lady pushes down on the man's wrists and arches her back as she is lifted into the air.

Disclaimer

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Ice Skating Australia Incorporated (ISA)

www.isa.org.au

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