

Level 1 Moves in the Field

(Half Ice)

STOP

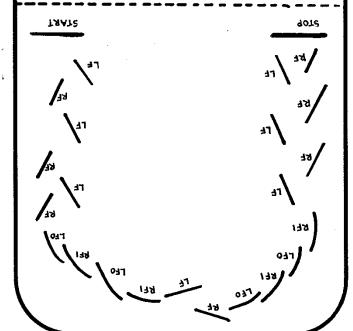
Skills required:

- Forward Skating
- Forward Crossovers
- Forward Edges

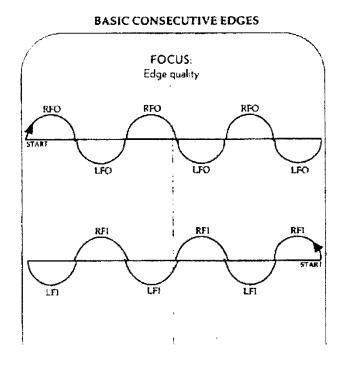
START

Level 1 (A)

RFO LF



Level 1 (B)





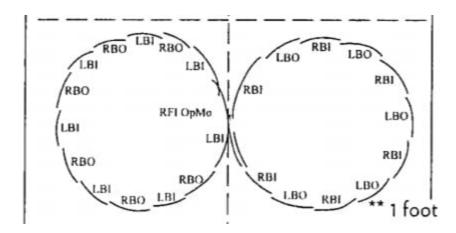
Level 2 Moves in the Field

(Half Ice)

Skills required:

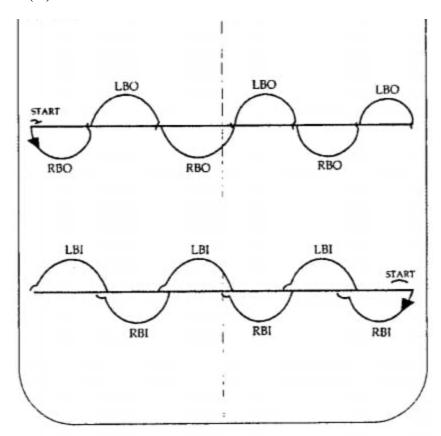
- Backward Skating & Crossovers
- Backward edges

Level 2 (A)



Remark: Figure 8 backward crossovers (4 to 6 crossovers per circle)

Level 2 (B)



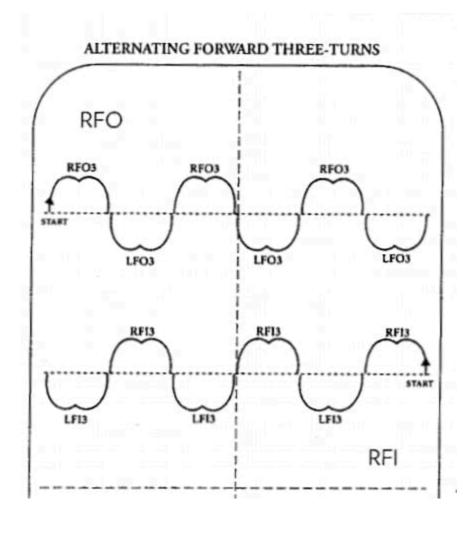


Level 3 Moves in the Field

(Half Ice)

Skills required:

- Three Turns





Level 4 Moves in the Field

(Full Ice)

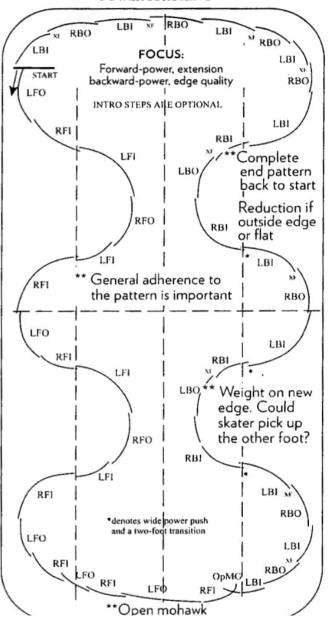
Skills required:

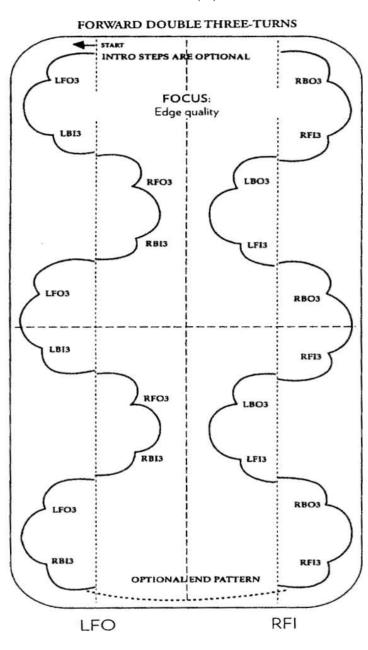
- Forward and Backward Power Stroking
- Forward Double Three-Turns

Level 4 (A)

Level 4 (B)

FORWARD AND BACKWARD PERIMETER POWER STROKING



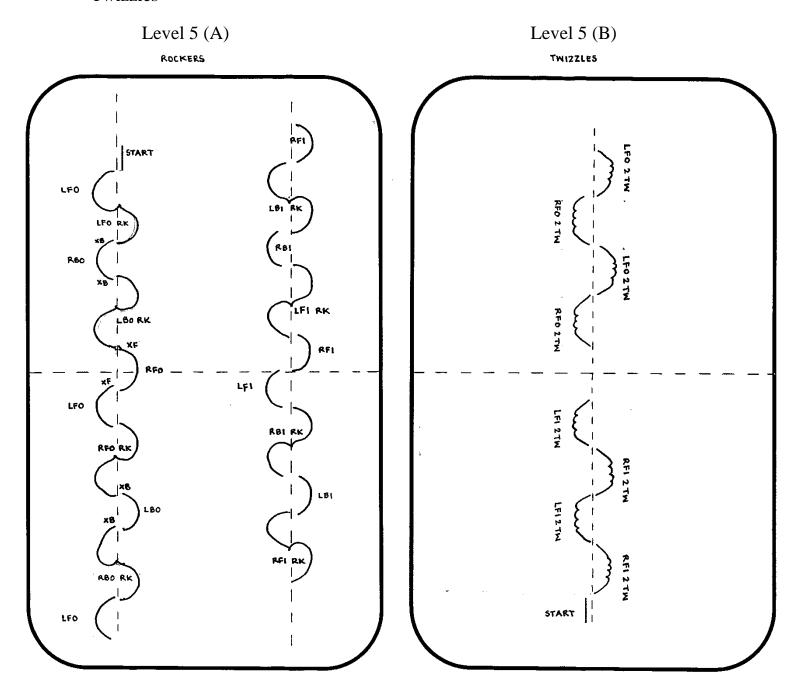




Level 5 (Basic Novice) Moves in the Field

Difficult turns:

- Rockers
- Twizzles

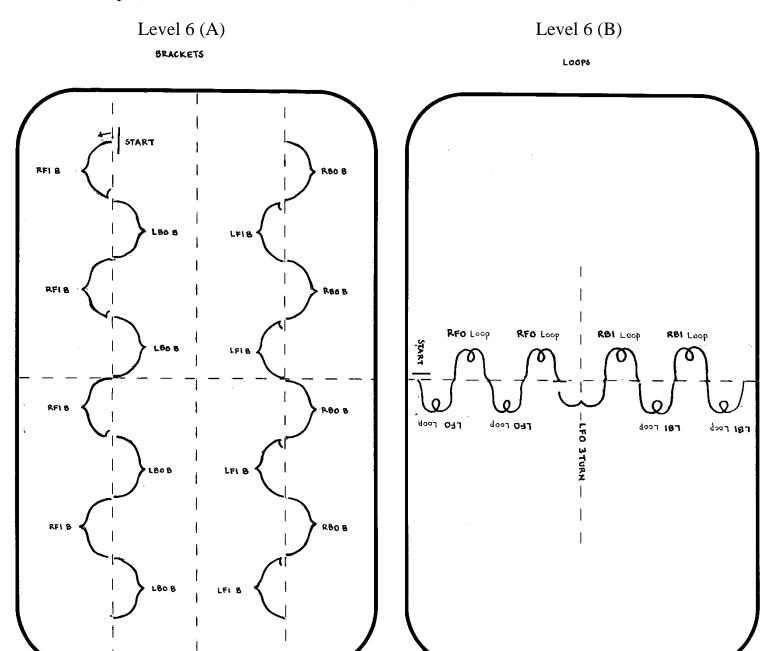




Level 6 (Intermediate Novice) Moves in the Field

Difficult turns:

- Brackets
- Loops (Forward outside & Backward inside)





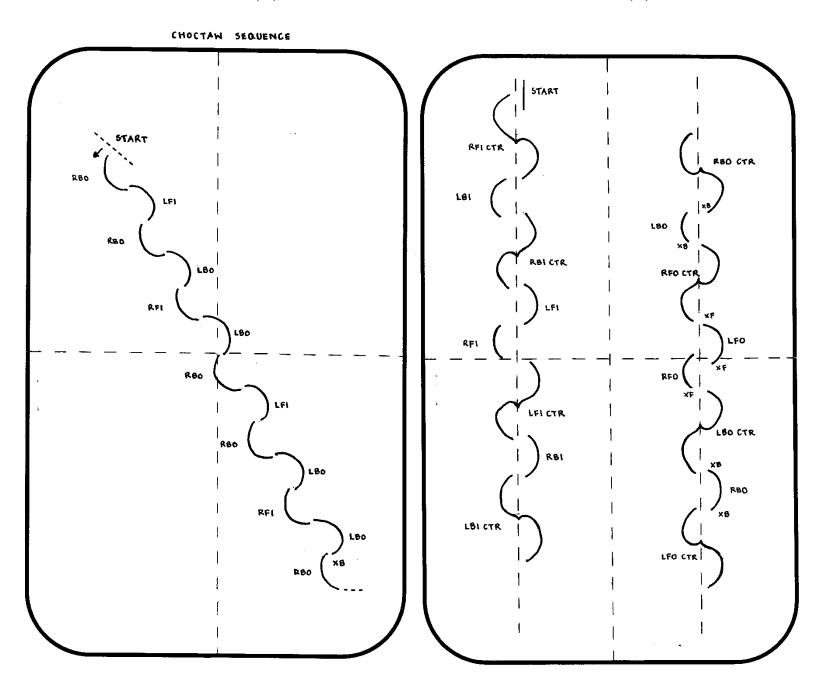
Level 7 (Advance Novice) Moves in the Field

Difficult turns:

- Choctaws
- Counters

Level 7 (A)

Level 7 (B)



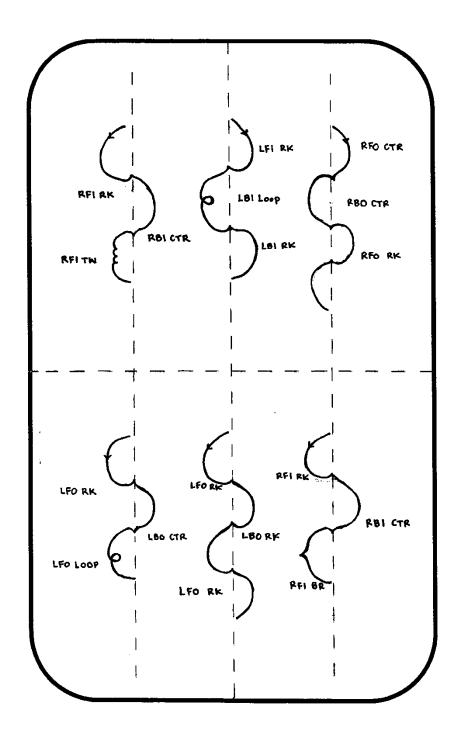


Level 8 (Junior) Moves in the Field

Requirement: Skaters must perform two combinations of 3 difficult turns on each foot* executed with continuous flow within the sequence.

หมายเหตุ: Cluster ขาละสองแบบ รวมเป็น 4 cluster เมื่อทำต่อเนื่องจะมี difficult turns รวมเป็น 12 turn (แม้จะซ้ำกัน) ทำให้มีความยาวเทียบเท่า step หนึ่ง pattern

ตัวอย่าง Cluster แบบต่างๆ





Level 9 (Senior) Moves in the Field

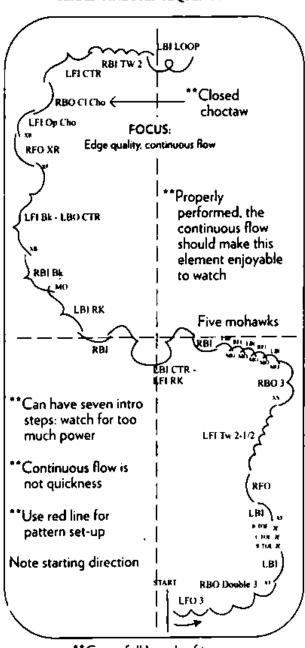
Requirement: Skaters must perform one of the two patterns. (Step sequences that contain all the difficult turns and steps)

SERPENTINE STEP SEQUENCE - A

FOCUS: LBO Double 3 Edge quality, continuous flow Note starting direction 1 104 X RBI / **Use red line for pattern set-up LFO **Continuous flow is: not quickness RFI Tw 2-1/2 Can have seven intro steps: watch for too RBI CTR -LBO 3 much power RFIRK Five mohawks RBIRK . Mar s *All turns should be LB! Bk of high quality Properly performed, the RELBA - RBO CTR continuous flow should make this element enjoyable to watch LFO XR RF1 Op Cho + Closed choctaw LBO CI Cho 🗲 RFI CTR LBI TW 2 RBI LOOP

**Cover full length of ice

SERPENTINE STEP SEQUENCE - B



**Cover full length of ice