

## **Pre-Juvenile Moves in the Field Test**

### **1. Forward and backward perimeter power stroking**

The skater will perform four alternating forward crossovers separated by strong FI edge transitions. The end pattern consists of two forward crossovers followed by a LFO open stroke; then a RFI open mohawk followed by one or two backward crossovers. All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held for two counts. The second side of the pattern resumes with four backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two solid inside edges. The second end pattern consists of three to five backward crossovers. Introductory steps are optional.

Forward focus: Power and extension

Backward focus: Power and edge quality

### **2. FO-BI three-turns in the field**

The skater will perform forward three-turns alternating to backward three-turns covering the length of the rink. One length of the rink will start with RFO-LBI three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. On the second length of the rink, the skater will perform LFO-RBI three-turns. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Edge quality

### **3. FI-BO three-turns in the field**

On one length of the rink, the skater will perform RFI-LBO three-turns. On the other length of the rink, the skater will perform LFI-RBO three-turns. The number of sets of three-turns will depend on the length of the rink and the strength of the skater. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Edge quality

### **4. Forward and backward power change of edge pulls**

The skater will perform consecutive power change of edge pulls — FIO to FOI — for the full length of the rink followed by backward change of edge pulls — BOI to BIO — for the second full length of the rink. The skater will change feet at the center of the rink. The end sequence and the introductory steps are optional. This move may start on either foot.

Focus: Power

### **5. Backward circle eight**

The skater will push from a standing start onto a BO edge and complete one BO figure eight. Upon returning to center at the completion of the second circle, the skater will perform a BI figure eight by pushing onto a BI edge, thereby repeating the previously skated circle. The circles should be equal in size and approximately three times the skater's height. The skater may mark their center. This move may start on either foot.

Focus: Edge quality

### **6. Five-step mohawk sequence**

The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five step sequence. The skater will skate one length of the ice with four or five lobes. Introductory steps are optional.