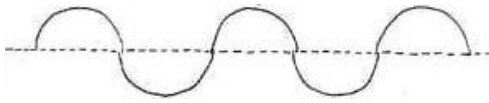
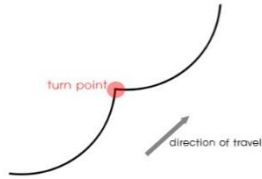


Edges and Turns

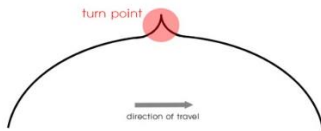
Fwd and Bwd Edges and Swing Rolls



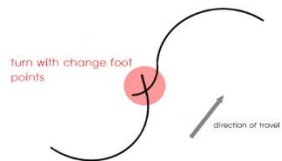
Fwd and Bwd 3-Turns



Fwd and Bwd Brackets



Open and Closed Choctaws



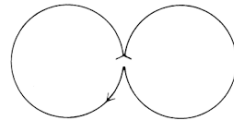
X & O Stroking Pattern- Fwd and Bwd

- Crossovers on the O and straight pushes on the X
- Beat stroking on the O and skiing (2ft and 1ft) on the X

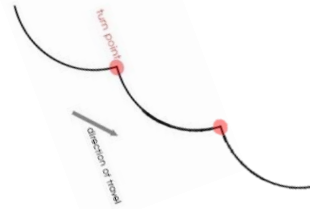
Power Stroking- Russian

Presentation Stroking

Fwd and Bwd Circle on Circle



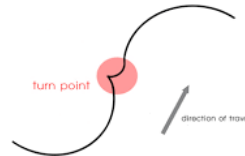
Fwd and Bwd Double 3-Turns



Fwd and Bwd Twizzles



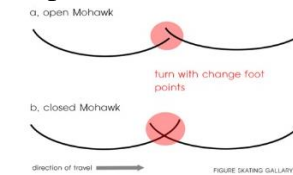
Fwd and Bwd Rockers



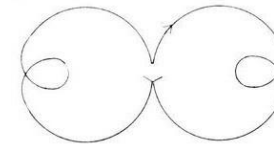
Fwd and Bwd 2ft and 1ft Skiing



Open and Closed Mohawks



Fwd and Bwd Loops



Fwd and Bwd Counters

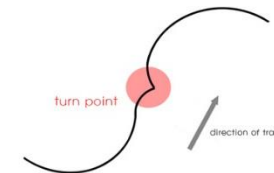


Figure Form

- Narrow stance
- Arms close to body
- Free foot held close to skating edge
- Highlights balance point on blade
- Requires solid control, flow and a strong core
- Focus on edge quality vs. presentation

