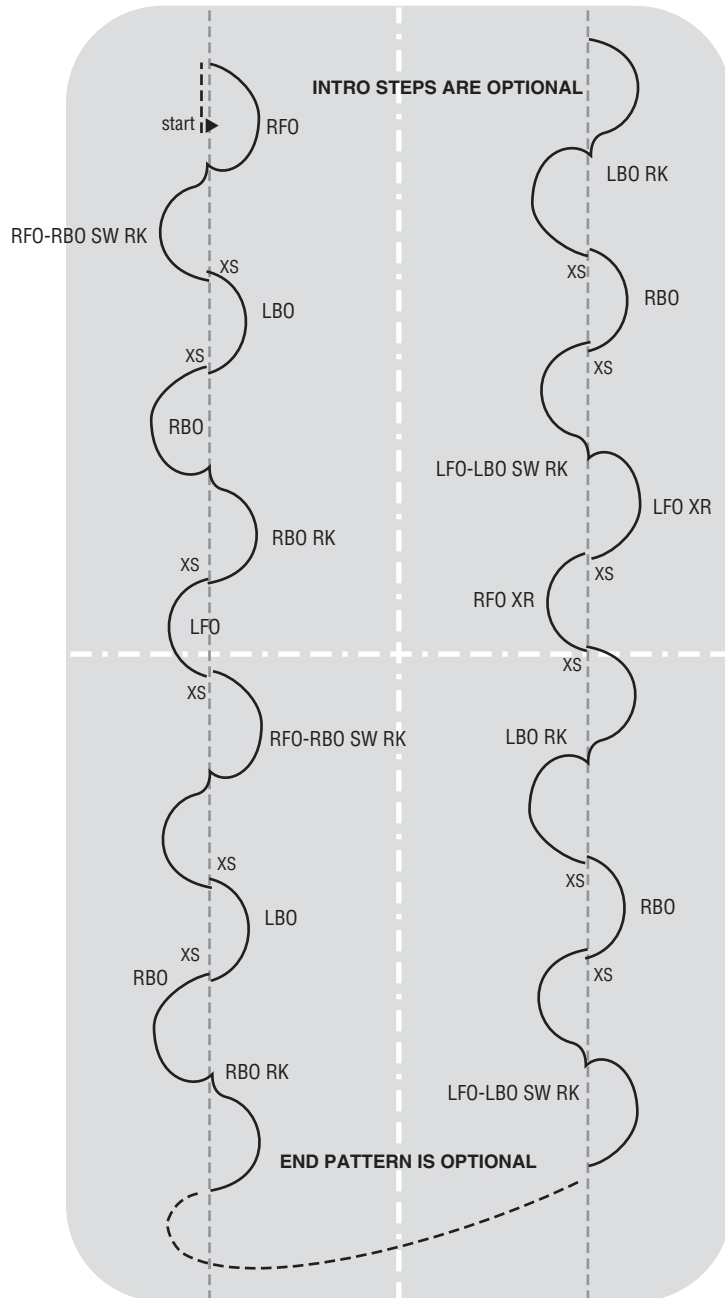


# Junior 1

## Forward and Backward Outside Rockers

The skater will perform forward outside rockers followed by two backward cross strokes to a backward outside rocker. This backward outside rocker is followed by two forward outside cross strokes to a forward outside rocker. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the FO BO rockers on the opposite foot. There should be two forward and two backward rockers. Note: This move may start in either direction. The introductory steps and end sequence of steps are optional.

Focus: Edge quality and power

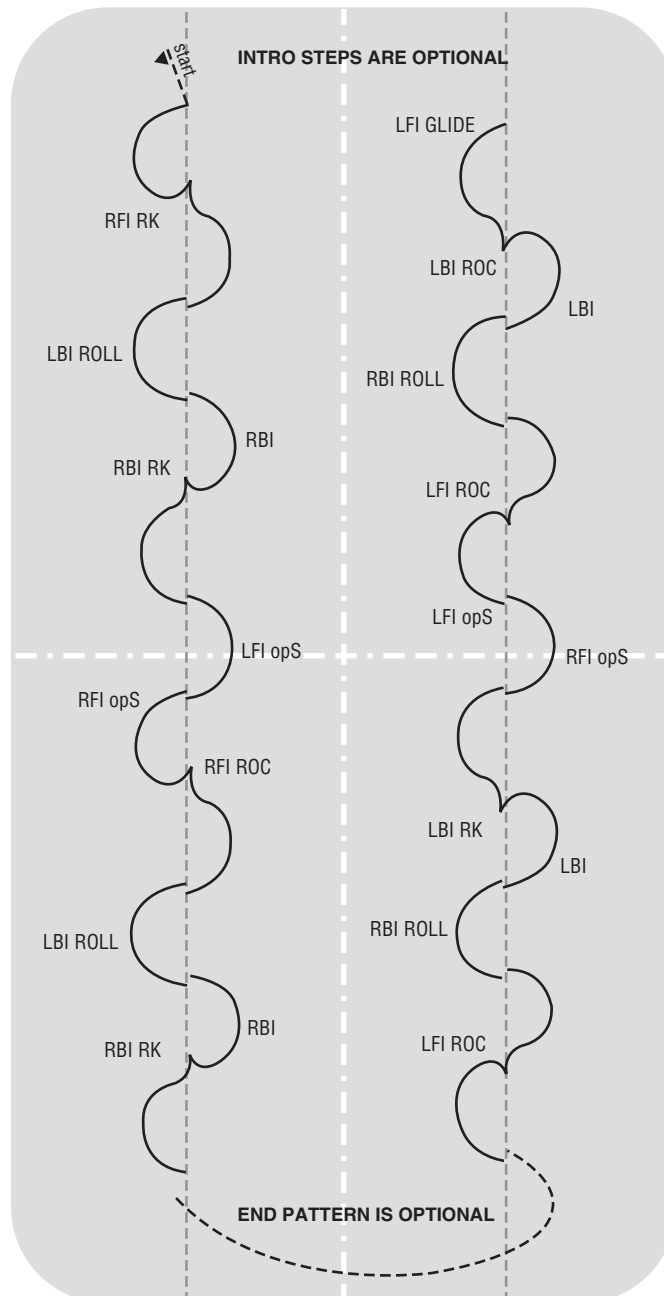


## Junior 2

### Forward and Backward Inside Rockers

The skater will perform forward inside rockers followed by backward inside rolls to a backward inside rocker. This backward inside rocker is followed by forward inside rolls to a forward inside rocker for the length of the rink. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the forward and backward inside rockers on the opposite foot. There should be two forward and two backward rockers. The introductory steps and end sequence of steps are optional.

Focus: Edge quality and power



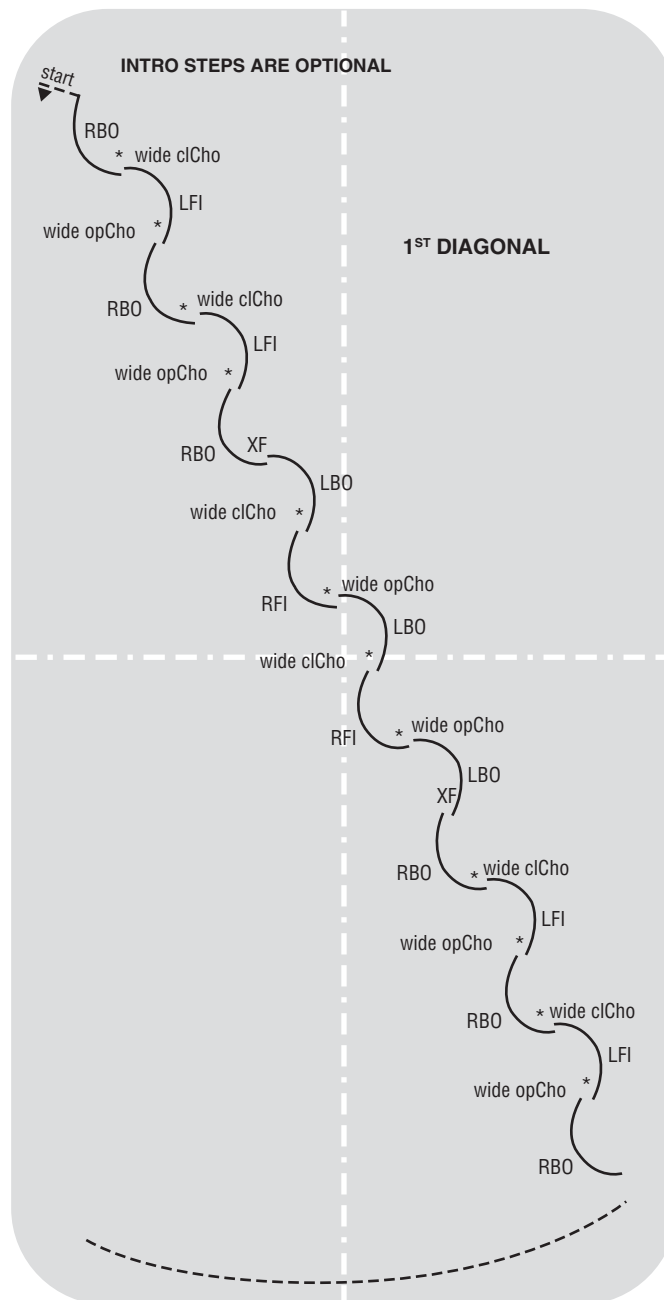


## Junior 4

### Choctaw Sequence

The skater will perform a choctaw sequence that covers the entire diagonal length of the rink and which is then repeated on the second diagonal. This sequence is performed with two consecutive choctaws that are then performed in the opposite direction. Introductory steps are optional. This move may start in either direction.

Focus: Edge quality and power



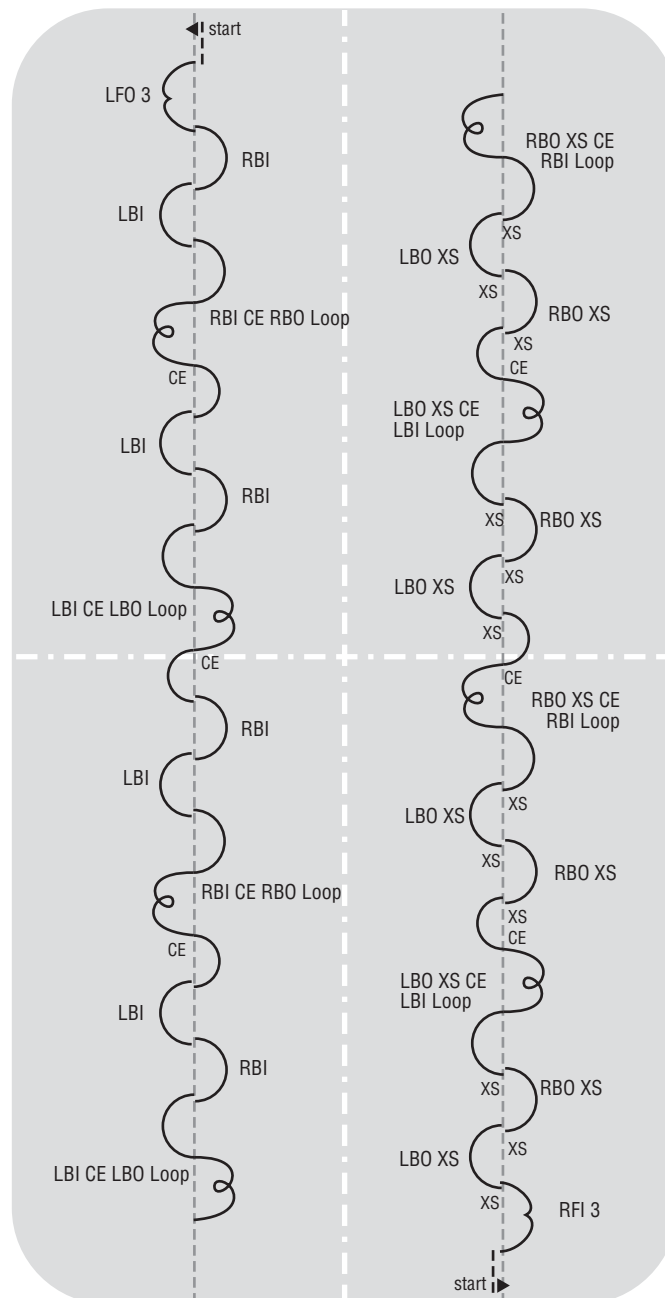
## Junior 5

### Backward Loop Pattern

**Backward outside loops:** The skater begins from a standing start with a LFO3 into three backward inside rolls. The last backward inside roll is followed by a RBIO change of edge into a RBO loop. The skater then performs a change of edge to push LBI into three more backward inside rolls followed by a LBIO change of edge into a LBO loop. This sequence should be repeated twice down the length of the rink.

**Backward inside loops:** For this side of the move the skater begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBOI change of edge into a LBI loop. The skater then performs a change of edge to push into three more backward outside cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBOI change of edge into a RBI loop. This sequence should be repeated twice down the length of the arena. This move may start in either direction

Focus: Edge quality and continuous flow



## Junior 6

### Straight Line Step Sequence

The skater begins from a standing start with two open strokes R and L. The skater will perform a RFO rocker and cross forward to LBI rocker, which enters immediately into a LFI counter. Next is a RBO double twizzle, stepping forward into a LFO chassé to LFO swing counter. The counter is immediately followed by a cross in front to RBI, followed by three clockwise toe steps and another cross in front RBI. The skater then steps forward onto LFI and changes lobe with a 1½ revolution RFI twizzle followed immediately by an edge pull to change edge into a RBI double-three. Finally, the skater pushes into a LBI rocker followed by a LFI rocker, and then a RBI loop. **Sequence is to be repeated starting on the other foot.** This move may start in either direction.

Focus: Edge quality and continuous flow

