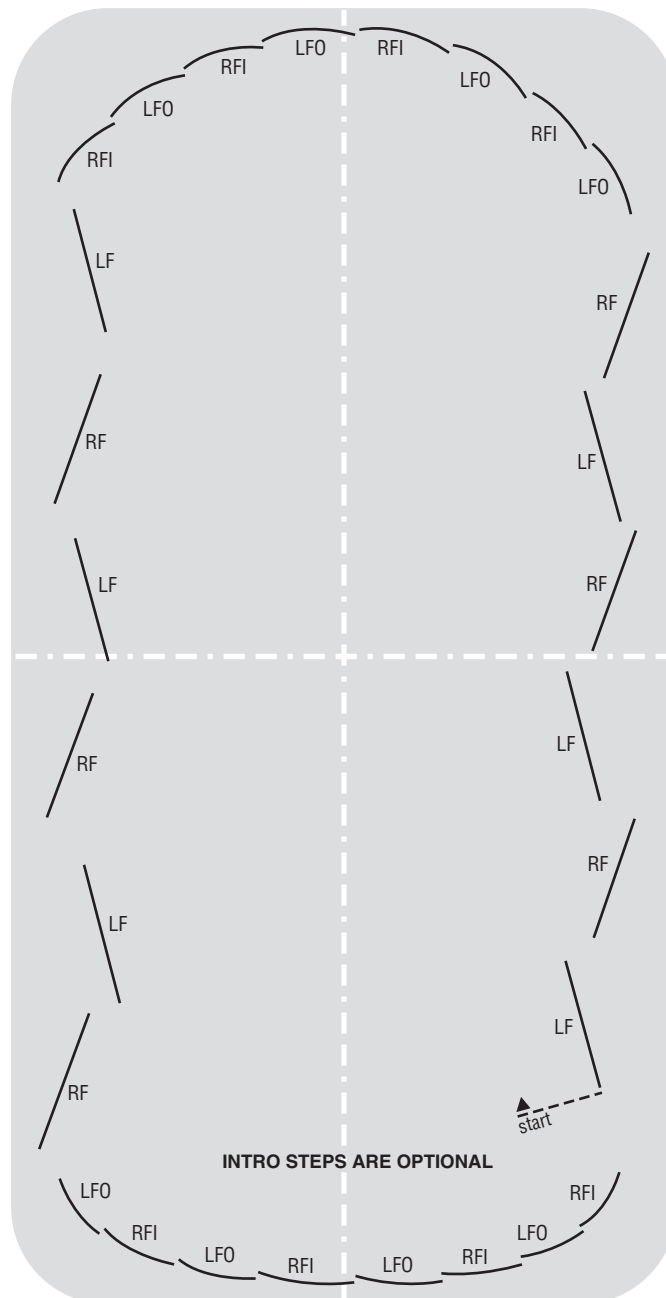


Pre-Preliminary 1

Forward Perimeter Stroking

The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.

Focus: Power and extension



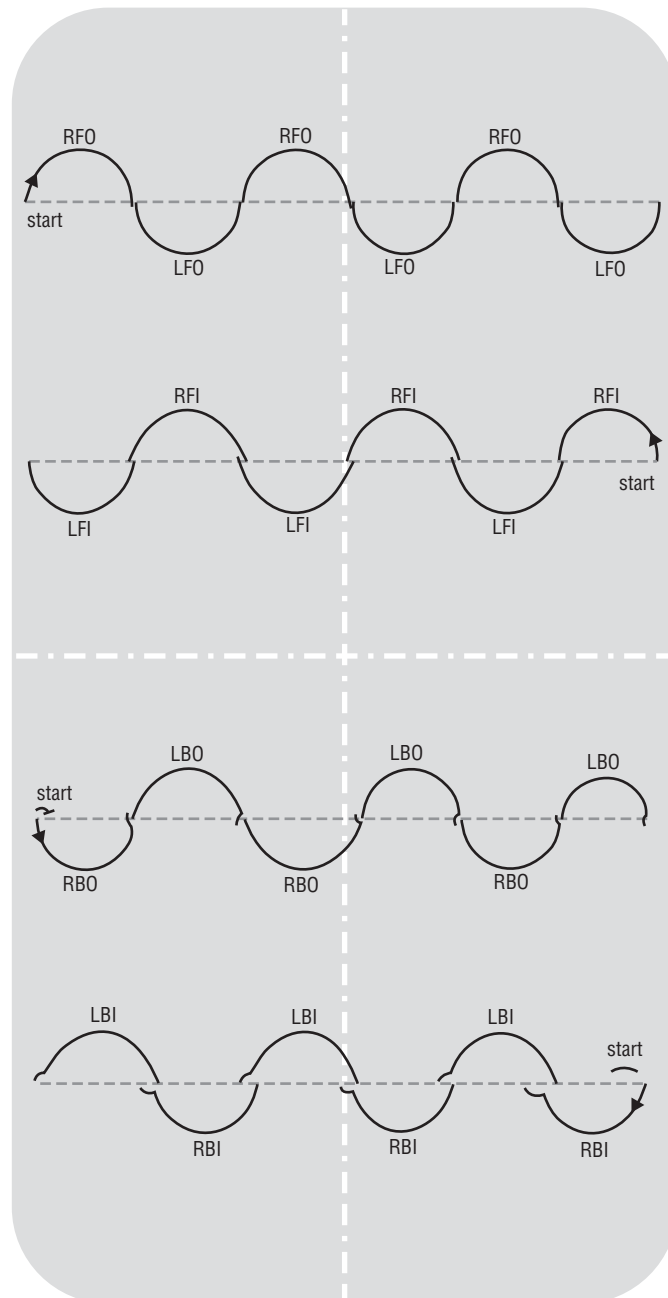
Pre-Preliminary 2

Basic Consecutive Edges

- Forward outside edges
- Forward inside edges
- Backward outside edges
- Backward inside edges

Starting from a standing position the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line. The skater may start each set on either foot, but they must be skated in the order listed.

Focus: Edge quality

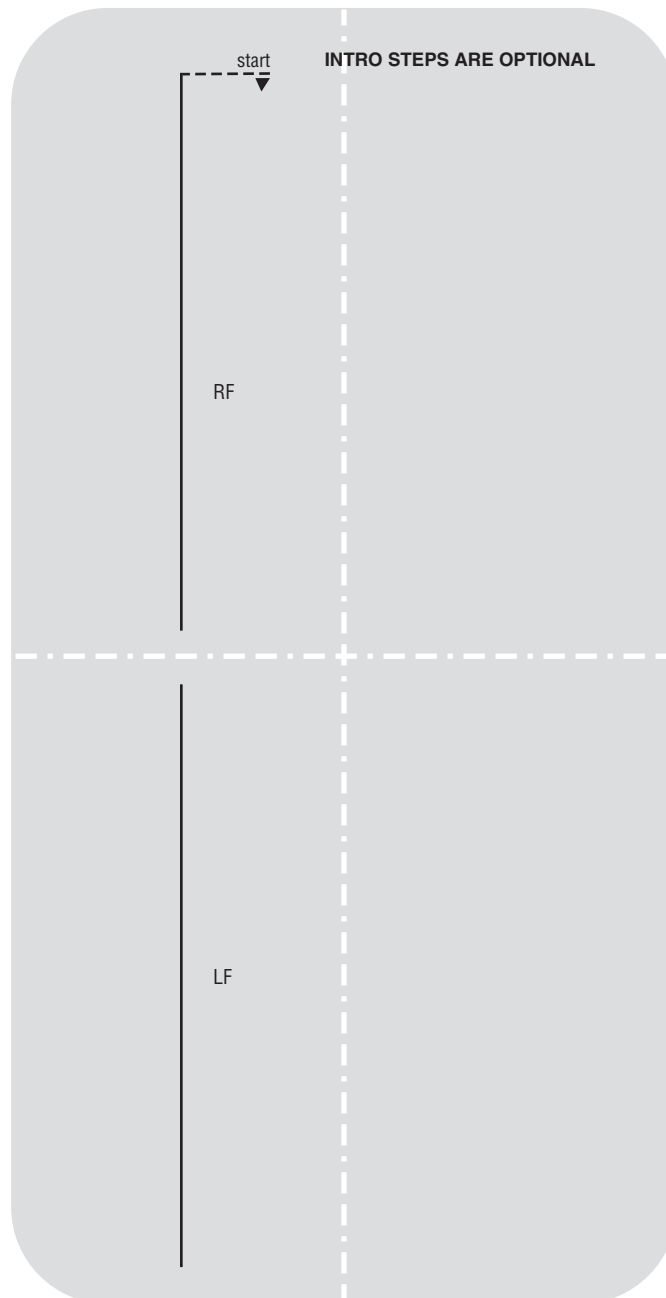


Pre-Preliminary 3

Forward Right and Left Foot Spirals

The skater will perform right foot and left foot spirals down the length of the rink maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats and may start on either foot. Introductory steps are optional.

Focus: Extension



Pre-Preliminary 4

Waltz Eight

The skater will perform the waltz eight, using large circumference circles, completing two patterns on each foot, performed with control. This move may start on either foot. Introductory steps are optional or may begin from a standing start. The skater may mark the center.

Focus: Edge quality

