

Skate UK

SKATE STAR

**SYNCHRO
BRONZE****HOLDELEMENT**

Forward chasses' and crossovers (progressives) demonstrating hand, shoulder and elbow hold

- Performed in pairs or lines

UPRIGHT SPIN

Demonstrate correct spin entry - free leg position optional

- 3 rotations on 1 foot with correct entry and any exit

TWIZZLES

Forward inside twizzles

- Single linked twizzles in both directions/feet

MOHAWKS

Forward inside open mohawks

- Performed in pairs (where possible)
- Staying in line whilst performing the mohawks

SPIRAL EXERCISE

Forward outside edge spirals

- Performed on each foot and held for a minimum of 3 seconds

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**SYNCHRO
SILVER****PIVOTING BLOCK PATTERN EXERCISE**

Lines skate with a pivot of 90°

- Skate the pattern required for change of pivot end using forwards and backwards skating
- Each line performs the pivot individually

TRAVELLING ELEMENT PATTERN

Forward chasses and crossovers in a circular pattern to incorporate travelling

3-TURN SEQUENCE

Inside and outside 3-turns following a serpentine pattern

FM SEQUENCE

Sequence of 2 different toe steps / hops and 2 different FMs

- Performed in a line in shoulder hold

SPIRAL EXERCISE

Forward inside edge spirals

- Performed on each foot and held for a minimum of 3 seconds

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**SYNCHRO
GOLD****FORWARD CHANGE OF EDGE SPIRAL**

Forward inside edge change to a forward outside edge or forward outside edge change to forward inside edge

Can be executed on either foot

- Free leg can be lowered at the point of the change of edge but must return to the spiral position on the new edge
- Show correct transfer of weight and arm position

TRAVELLING ELEMENT PATTERN

- Backward crossovers
- Linking steps
- Correct body position for wheel and circle

BACKWARD OUTSIDE PIVOT

- Backward outside entry
- Correct placement of toe pick
- 360° pivot

CHOREOGRAPHIC SEQUENCE

- As per ISU Artistic Element requirements
- To be performed in pairs using elbow hold

BACKWARD TWIZZLES

- Backward Twizzles executed on two feet (can be on one foot) 360°
- Both directions/feet
- Performed side by side (as in collapsing intersection)
- Back strikes in wrist hold then release for rotation

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**SYNCHRO
PLATINUM****UPRIGHT SPIN**

- 1 Foot Spin with a minimum of 5 rotations
- Correct entry and exit (see ISU Communication for requirements)
- Arm or Leg Feature (see ISU Communication for requirements)

FM FEATURE

- Upright Extension
- Spread Eagle
- Ina Bauer
- Catch Spiral

BACKWARD OUTSIDE 3-TURNS

- Executed from standstill on both feet

STEP SEQUENCE TURNS

- Executed on two feet following correct turn pattern
- Rocker / Bracket / Counter
- A push between the turns is acceptable

HOLD EXERCISE

- Use 3-turns and mohawks
- To be performed in a minimum of pairs