



IJS LEVEL TEAMS – PASSED JUVENILE MOVES AND HIGHER

Skaters will perform skills individually as well as connected, in partnered or group drills. They should demonstrate an understanding and basic mastery of the skills listed below

Basics Skills:

1. **Forward Stroking** – 4 power strokes down long axis showing strong posture, power, extension and knee bend
2. **Backward Crossovers** – Skaters should demonstrate a very strong use of a wide shift and then pressure on the arch of the foot/back inside edge during the second stroke, with strong free leg extension and toe point
3. **Forward & Backward Perimeter Stroking** – showing strong under strokes/Inside edge pressure
4. **Back Power 3-Turns** – 3-5 Back power 3-turns in each direction should be demonstrated with strong power and very low extended free leg with toe point
5. **Forward Cross Rolls** – 8-10 cross rolls down long axis with strong posture, power, progressive edge action
6. **Forward Straight Line Spirals** – L and R; Free Leg at 135 degrees or more in relation to skating leg
7. **Outside Spread Eagles & Ina Bauers** – both directions

Series of Turns & Twizzles:

1. **2 Turn Series performed at strong speed** – LBI Rocker to LFI Bracket
2. **2 Turn Series performed at strong speed** – LFI Bracket to LBO Counter
3. **2 Turn Series performed at strong speed** – RFO Counter to RBO Rocker
4. **Counterclockwise Twizzles at good speed/flow** – double and triple RBO; 1.5 and 2.5 RFI

Field Moves & Free Skating Elements:

1. Spins, Splits or Flexibility Moves (*Your best “tricks”!*): Skaters should choose two moves (same or different categories) that would each be graded a strong positive GOE. Examples include:
 - a. Spins: Sits at 90 degrees or lower skating leg in a basic or variation position, Camels in basic position, Outside Camel, Flying Camel or Catch Camels; Traditional Laybacks or Variations of free leg, body position, Beillman etc.; Scratch or Back Spins with hands overhead, Cross Foot Scratch or Back Spin, Forward or Back Illusion
 - b. Flexibility Moves: Beillman Spirals or Spins, 135 “Y” Extension (same or opposite arm); Charlotte
 - c. Jumps - Split or Russian Split either direction
2. Dance Jumps:
 - a. Low Split Falling Leaf both directions
 - b. BO Rocker Dance Jumps and BI Counter Dance Jumps
 - c. Straight leg Bunny Hops and Mazurkas in both directions/both feet