

Try something new!

**ICE WORLD**

Maryland's Premier Ice Skating and Hockey Facility

# Group Instruction Moves in the Field



Use this class to begin your training in the US Figure Skating Moves in the Field Tests, or augment your private instruction with this added practice time. Moves in the Field are basic skating moves skated without music. The goal is the effortless, flowing and graceful execution of each move. They require the carriage of the head in an upright, relaxed and natural position, the carriage of the upper body in an upright but not stiff position, graceful arms, and an extended free-leg with the toe pointed. They must be skated with good edges, control, flow, extension, carriage and rhythm.

**For Adult & Youth Skaters in  
FS 2 & Above**



**Mondays 6:40—7:40pm**

Series 6 June 10—July 15, 2019

Series 7 July 22—Aug. 26, 2019

**\$115**

- ◇ Six Weekly Sessions-Professional Instruction
- ◇ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
- ◇ Classes Grouped by Age and Ability
- ◇ Limited Class Size
- ◇ Seven Free Public Session or Freestyle Passes

- Levels:**
- ◇ Pre-preliminary
  - ◇ Preliminary
  - ◇ Pre-Juvenile

Classes are taught by  
Gold Level Moves in the  
Field Instructors

**Please Register Online!  
Register at [www.iceworld.com/register-now](http://www.iceworld.com/register-now)**

\* Walk ins will NOT be accepted the first day of lessons unless approved by the Skating Director

YOU MUST REGISTER AHEAD OF TIME

\* A \$10 late fee will be added to anyone who does not register at least 5 days before the first day of lessons

\* Additional family members registering for the same series receive a 10% discount on the extra class

\* Please note that there are NO MAKE-UP CLASSES. REFUNDS SUBJECT TO A \$25 REGISTRATION FEE

\* For more information please contact: Sarah Venuti, Skating Director, at 410-612-1000 x101 or [skating@iceworld.com](mailto:skating@iceworld.com)

# USFS's Moves in the Field

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## **Pre-Preliminary:**

*The Pre-Preliminary test encourages beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps, fairly good edges, and some evidence of good form.*

- Forward perimeter stroking
- Basic consecutive edges (forward outside, forward inside, backward outside and backward inside)
- Forward right and left foot spiral
- The “waltz eight” pattern

## **Preliminary:**

*The Preliminary test continues the encouragement of beginning skaters. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to the depth of edges and proper curvature of lobes.*

- Forward and backward crossovers in a figure 8
- Consecutive outside and inside spirals
- Forward power three turns
- Alternating forward three turns
- Forward circle 8
- Alternating backward crossovers to backward outside edges

## **Pre-Juvenile:**

*The Pre-Juvenile test requires the skater to demonstrate good edges, flow, power, extension and posture.*

- Forward and Backward Perimeter Power Stroking
- Forward Outside/Back Inside Three-Turns in the Field
- Forward Inside/Back Outside Three-Turns in the Field
- Forward and Backward Power Change of Edge Pulls
- Backward circle 8
- Five Step Mohawk Sequence