

## 700 SECTION - THE KIWI SKATE PROGRAMME

### 701 TESTING OF CANDIDATES

- 701.1 For all KiwiSkate badge tests, tests may be judged by a NZISA Judge or a Level 1 Accredited Professional Coach.
- 701.2 The skills that shall be tested for each badge are labelled “Skills for Assessment”. Items labelled “Teaching Progression Ideas” are skills that are taught but not tested.

### 702 KIWI SKATE BADGES (GENERAL)

#### TINY TOTS 1 BADGE (6 years of age and under)

##### *Skills for Assessment*

- 1) Proper way to fall and get up (standing still). Dip position, bring arms into chest and fall to ice either side of bottom. To get up roll onto knees and hands, raise one foot, placing between hands on ice, then the other foot, with both feet flat on the ice between hands, stand up.
- 2) Dip standing still. Skater to bend knees to squat position with arms stretched forward. Hips no higher than knees.
- 3) Forward two-foot glide, length of glide equal to skater's height - feet no further than a blade length apart.
- 4) Skate half way across width of rink without falling.

#### TINY TOTS 2 BADGE (6 years of age and under)

##### *Skills for Assessment*

- 1) ‘Scooter’ push with left and right foot.
- 2) Back wiggle. The skater must wiggle backwards, distance equal to the height of the skater.
- 3) Forward sculling. Three in and out movements to glide distance equal to skater's height. May take three forward steps prior to this move.
- 4) Dip whilst moving, length of glide equal to skater's height with feet no further than a blade length apart.

##### *Teaching Progression Ideas*

- 1) V position and push. Skater must stand in V position - heel of front foot placed at instep of back foot, then push from inside edge of back foot (both feet).

#### BEGINNER BADGE

##### *Skills for Assessment*

- 1) Rhythm skating: one count per glide across width of ice.
- 2) Forward skating and glide on two feet across the width of the rink.
- 3) Forward skating and glide on two feet, then bending hands out in front of chest, returning to standing glide position (Pee Wee – position important).
- 4) Stopping - any skid stop (e.g. snow plough, side stop).
- 5) Backward marching with toes turned in (seesaw) across the width of rink.

##### *Teaching Progression Ideas*

- 1) Proper way to fall and get up (standing still). Dip position, bring arms into chest and fall to ice either side of bottom. To get up roll onto knees and hands, raise one foot, placing between hands on ice, then the other foot, with both feet flat on the ice between hands, stand up.
- 2) Balance and posture (emphasis on body alignment & blade position). Arms up while skating.
- 3) Eye focus up while skating.
- 4) Marching on the spot
- 5) 360 degree turn on the spot (clockwise and counter clockwise) with ¼ bend turns; ½ bends
- 6) 360 degree marching on the spot (clockwise and counter clockwise) (marching spin)
- 7) Two foot glide on a curve (both directions – tight glide turn)

## **ELEMENTARY BADGE**

### ***Skills for Assessment***

- 1) "T" pushes: push off from heel to instep on an inside edge, glide forwards for length of skater's body. (On each foot).
- 2) Forward double sculling across the width of the rink
- 3) Backward skating, using alternating 'C' sculling (eight consecutive push-glide sequences).
- 4) Forward stroking across the ice: Glide on each foot for length of skater's body (right and left)
- 5) snow plough stops – left and right foot.

### ***Teaching Progression Ideas***

- 1) Forward stroking to a rhythm of 2 counts per glide, using length or 2 widths of the ice.
- 2) Backward two foot sculling (eight consecutive push glide sequences)
- 3) Slalom (forward in any manner).
- 4) Forward skating on a circle - held on one foot - edges outside and inside (both directions).
- 5) 2-foot jump on the spot.
- 6) 360 degree turn on the spot (choice of direction).

## **BASIC BADGE**

### ***Skills for Assessment***

- 1) Forward pumping on a circle on two feet, complete a right circle, stop then complete a left circle.
- 2) Two foot turn forwards to backwards and backwards to forwards on curve while skating.
- 3) Forward crosscuts on a circle in both directions.
- 4) Backwards, half snow plough (both feet).
- 5) Backward skating across width of ice using "C" pushes, (show a push & glide on alternating feet).
- 6) Forward inside edges on a long axis ( 1/2 circles on alternate feet).

### ***Teaching Progression Ideas***

- 1) Forward stroking across the width of the rink (four counts per glide), half snow plough stop.
- 2) Forward one foot glide on a curve (foot to pass from behind to in front).
- 3) Backward two-foot glide (1/3 of width of rink).
- 4) Two foot turn from forwards to backwards and backwards to forwards while skating (on line) – both directions

## **NOVICE 1 BADGE**

### ***Skills for Assessment***

- 1) Backward one foot glides on a straight line, held for skaters length of body
- 2) Two foot spin for three revolutions in skater's chosen direction
- 3) Backward pumping on a circle, complete a right circle, stop then complete a left circle.
- 4) Forward outside edges on long axis - using proper push off, curving from a line and back to a line.
- 5) Three turns (both directions, outside).
- 6) Back inside mohawks

### ***Teaching Progression Ideas***

- 1) Slalom two foot continuous sways/Slalom edges or crosscuts (forwards and/or backwards).
- 2) Two foot spin for three revolutions in both directions.
- 3) Drag.

## **NOVICE 2 BADGE**

### ***Skills for Assessment***

- 1) Forward inside mohawk (both directions).
- 2) Forward spirals on a curve (skater's choice of foot).
- 3) BO to FO Mohawks (hold glide for 2 counts before & after Mohawks) (LBO to RFO), (RBO to LBO).
- 4) Three Turns (both directions, inside).
- 5) Backward crosscuts on a circle in both directions
- 6) Forward two foot parallel side stop (both directions)
- 7) Backward one-foot glides around a circle, sustaining a BO & BI glide, with foot pushing in front and then passing to behind skating foot (draw for direction).

### ***Teaching Progression Ideas***

- 1) Backward pumping in both directions (hold each for two counts).
- 2) Two foot jump forwards to backwards while skating.
- 3) Forward spiral in a straight line (both feet)
- 4) Inside spread eagle

## **ADVANCED BADGE**

### ***Skills for Assessment***

- 1) Sequence of: 3 forward crossovers - FO Three Turn – 3 backward crossovers – BO-FO Mohawk (draw for direction).
- 2) Sequence: FO-BI 3 turn then push onto a BO edge glide, repeat minimum of 4 times around circle (draw for direction).
- 3) FI-BO 3 turn, step forward to FO edge, repeat minimum of 4 times around circle (draw for direction).
- 4) 3 forward crossovers FI-BI Mohawk – 3 back crossovers BI-FI Mohawk. Repeated minimum of 3 times around circle (draw for direction).
- 5) Backward spirals on a curve, length of glide equal to skater's height (skater's choice of foot).
- 6) Backward outside edges - curving from a line and back to the line, first on the right foot then on the left foot.
- 7) Backward outside to forward inside three turns
- 8) Backward inside to forward outside three turns

### ***Teaching Progression***

- 1) Backward two-foot turn on a curve – both directions.
- 2) Back spirals in a straight line (both feet)

## **PROFICIENCY**

### ***Skills for Assessment***

- 1) Backward inside edges (may start from a three turn) - curving from a line and back to a line, first on the right foot, then on the left.
- 2) Forward perimeter stroking: Using full ice surface, begin with 1 lap forwards, crossovers on ends of ice and stroking glides up the length of ice. Using a FO Three turn or a FI Mohawk to turn backwards and complete 1 lap backwards. (Both directions)
- 3) Forward crosscuts in a figure eight pattern.
- 4) Backwards crosscuts in a figure eight pattern.
- 5) Forward outside spiral on a curve (both feet).
- 6) Forward inside spiral on a curve (both feet).
- 7) Simple step sequence.
- 8) Figure Eights – Outside and Inside.

### ***Teaching Progression***

- 1) Side hops, three jumps, drags, shoot the ducks and original footwork moves)

## 703 KIWI SKATE FIGURE BADGES

### FIGURE 1 BADGE

#### *Skills for Assessment*

- 1) Forward outside edges across width of rink.
- 2) Forward inside edges across width of rink
- 3) Backward outside edges across width of rink.
- 4) Backward inside edges across width of rink.
- 5) LBO – LFI three turn
- 6) RBO – RFI three turn

### FIGURE 2 BADGE

#### *Skills for Assessment*

- 1) LBI - LFO three turn.
- 2) RBI - RFO three turn.
- 3) Forward outside eight (2 eights to be completed, optional starting foot).
- 4) Forward inside eight (2 eights to be completed, optional starting foot).

#### *Teaching Progression*

- 1) Inside Brackets (Forward and backward – both feet)
- 2) Outside Brackets (Forward and backward – both feet)

### FIGURE 3 BADGE

#### *Skills for Assessment*

- 1) Waltz eight (2 eights to be completed, optional starting foot).

#### *Teaching Progression*

- 1) Inside Counters (Forward and backward – both feet).
- 2) Outside Counters (Forward and backward – both feet).

### FIGURE 4 BADGE

#### *Skills for Assessment*

- 1) FO - FI Change curve
- 2) FI - FO Change curve
- 3) Backward outside eight (2 eights to be completed, optional starting foot).

#### *Teaching Progression*

- 1) Inside Rockers (Forward and backward – both feet)
- 2) Outside Rockers (Forward and backward – both feet)

**NOTE:** More difficult turns are included as Teaching Progressions to prepare skaters for step sequences.

## 704 KIWI SKATE STROKING BADGE

### STROKING BADGE

#### *Skills for Assessment*

- 1) Circle stroking (outside). The skater shall complete three or more forward crossovers followed by FO Three Turn, and completes three or more backward crossovers. The skater then glides on the BO edge, stepping onto FO edge on the other foot. This sequence should be repeated three times. It must be performed in both clockwise and anticlockwise directions.
- 2) Circle stroking (inside). The skater shall complete three or more forward crossovers followed by a FI Mohawk. The skater then changes to the BO edge of the other foot and completes three or more backward crossovers. The skater then glides on a BI edge, stepping onto the FI edge of the other foot (mohawk type turn). This sequence should be repeated three times. It must be performed in both clockwise and anticlockwise directions.
- 3) Rink stroking. The skater shall do forward crossovers around each end of the rink interspersed with at least four long strongly held edges down each side. Three laps of the rink in both clockwise and anti-clockwise directions are required. Special attention to be given to speed, glide and carriage.

## 705 KIWI SKATE FREE SKATING BADGES

### FREE SKATING 1 BADGE

#### *Skills for Assessment*

- 1) Forward bunny hop - left or right foot.
- 2) Waltz jump (entry from backwards crosscuts).
- 3) Half flip jump.
- 4) Forward pivot.
- 5) 1-foot spin 3 revolutions (optional entry)
- 6) Back spirals on a curve (outside and inside/ right and left foot)
- 7) Simple step sequence (min. of five steps/turns such as toe steps, Mohawk, cross steps, change of edge, three turns, brackets, counters, rockers, choctaws).

#### *Teaching progression ideas*

- 1) Backwards straight toe jump ('pop' jump) – alternating feet
- 2) Tea pot – forwards.

### FREE SKATING 2 BADGE

#### *Skills for Assessment*

- 1) Toe loop jump.
- 2) Salchow jump.
- 3) Split jump.
- 4) 1-foot spin 3 revolutions (correct entry)
- 5) Backward pivot.
- 6) Inside Ina Bauer or forward inside spread eagle
- 7) Jump combination - waltz jump / toe loop jump.
- 8) Footwork of a more advanced nature (straight line, minimum of eight steps).

#### *Teaching progression ideas*

- 1) Marching spin 2 rotations
- 2) 2-foot spin in sitting position
- 3) Tea pot - backwards

### FREE SKATING 3 BADGE

#### *Skills for Assessment*

- 1) Stag jump.
- 2) Loop jump.
- 3) Back one foot spin (three revolutions)
- 4) Camel spin or sit spin (three revolutions)
- 5) Jump combination - salchow jump / toe loop jump.
- 6) Half lutz jump
- 7) Flip jump
- 8) Footwork on a curve (minimum of eight steps).

#### *Teaching Progression ideas*

- 1) 360 degree two foot jump on the spot.

### FREESTYLE BADGE

A one and a half minute programme to music, to include at least four different jumps, a minimum of two spins, one or more forward or backward spiral, spread eagle or pivot movements, simple connecting movements, one step sequence, and an opening and closing movement. Other movements allowed.

## 706 KIWI SKATE DANCE BADGES

#### *Skills for Assessment*

### DANCE 1 BADGE

- 1) Forward outside swing rolls (count of six).
- 2) Forward progressives (Dutch Waltz timing).
- 3) Dutch Waltz (skated to music with a partner).
- 4) Forward chasses (count of four).
- 5) Forward slide chasses (count of four).

### **DANCE 2 BADGE**

- 1) Forward progressives (Canasta timing).
- 2) Forward cross rolls
- 3) Forward progressives/chasse (one count per step)
- 4) Swing change of edge
- 5) Forward swing rolls (count of four).
- 6) Canasta Tango (skated to music with a partner).
- 7) Baby Blues (skated to music with partner)

### **DANCE 3 BADGE**

- 1) Backward swing rolls (count of four).
- 2) Backward chasses (count of four).
- 3) RFI - LBI mohawk (open, closed or swing; count of two plus two).
- 4) LFO RFI LFO RFI progressive steps mohawk (RFI - LBI)/RBO. Repeat on a circle (two counts per step).
- 5) Swing Dance (skated to music with a partner).

### **DANCE 4 BADGE**

- 1) Forward cross rolls (count of two).
- 2) Cross step (count of two).
- 3) RFOI change of edge (count of four plus two).
- 4) RFI - LBI open mohawk (count of one plus one).
- 5) Fiesta Tango (skated to music with a partner).

### **DANCE 5 BADGE**

- 1) Backward progressives (count of four).
- 2) LFO - RBO open mohawk (count of one plus one).
- 3) FO - BI closed three turn (RFO for man, LFO for lady) (count of one plus one).
- 4) RFO roll with knee bend (count of four).
- 5) Tenfox (skated to music with or without a partner).

### **DANCE 6 BADGE**

- 1) RFI - LBI mohawk (count of three plus three).
- 2) RFO - LBI closed three turn (count of two plus one)/LBO - RBI - LBO progressive. Repeat on a clockwise circle.
- 3) Willow Waltz (skated to music with or without a partner).

## **707 KIWI SKATE SYNCHRONIZED SKATING BADGES**

### *Skills for Assessment*

#### **SYNCHRONIZED SKATING 1 BADGE**

-minimum of 6 skaters

The following synchronized manoeuvres should be done with a count but do not need to be connected as a programme:

- 1) Forward kickline (at least ½ length of rink)
- 2) Circle formation: optional steps
- 3) Two spoke pinwheel (shoulder, waist or hand hold).
- 4) Forward diagonal cross through (splicing).
- 5) Forward pump circle (optional hold, clockwise and counter clockwise).
- 6) Footwork sequence in a line formation.
- 7) Forward and backward stops in block formation.

#### **SYNCHRONIZED SKATING 2 BADGE**

This test is to be skated as a programme to music of up to 3 minutes duration for 6 to 16 skaters and to include the following:

- 1) Forward line formation (1/2 length of rink or more).
- 2) Backward horizontal line.
- 3) Two spoke pinwheel (optional hold) forwards or backwards.
- 4) Forward line pass through.
- 5) Circle formation: forward crosscuts/three turn or mohawk/backwards crosscuts/three turn or mohawk (optional hold). Repeat twice.
- 6) Footwork sequence in block formation.
- 7) Pivot wheels.