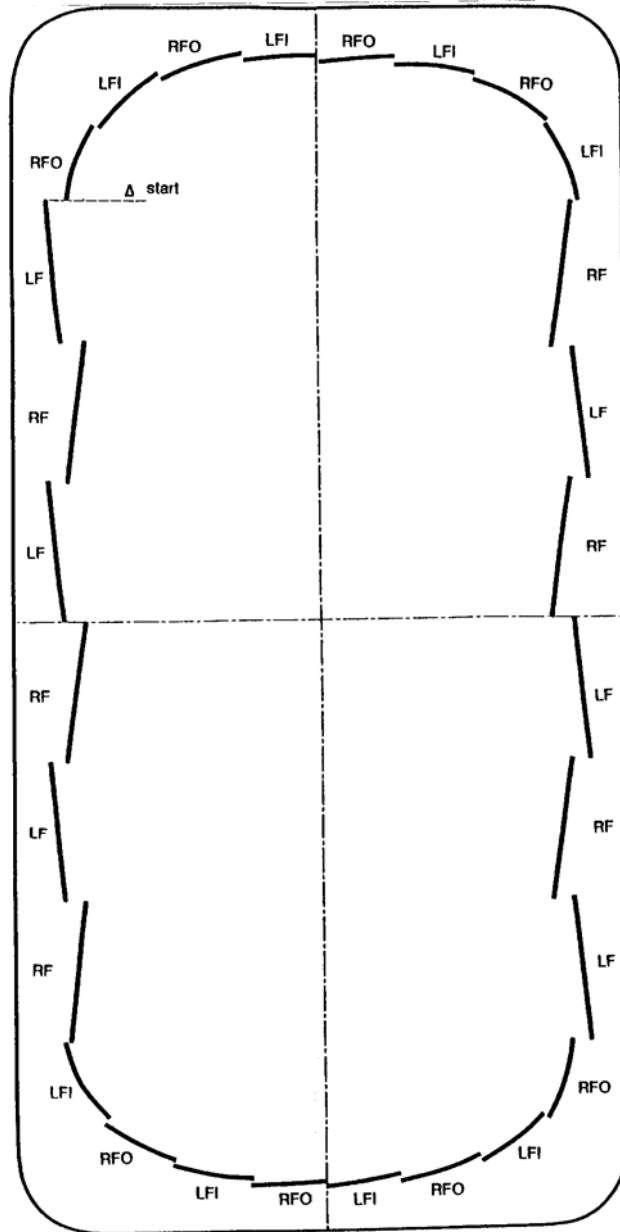


**SECTION 4000 - APPENDIX A
DIAGRAMS OF STROKING EXERCISES**

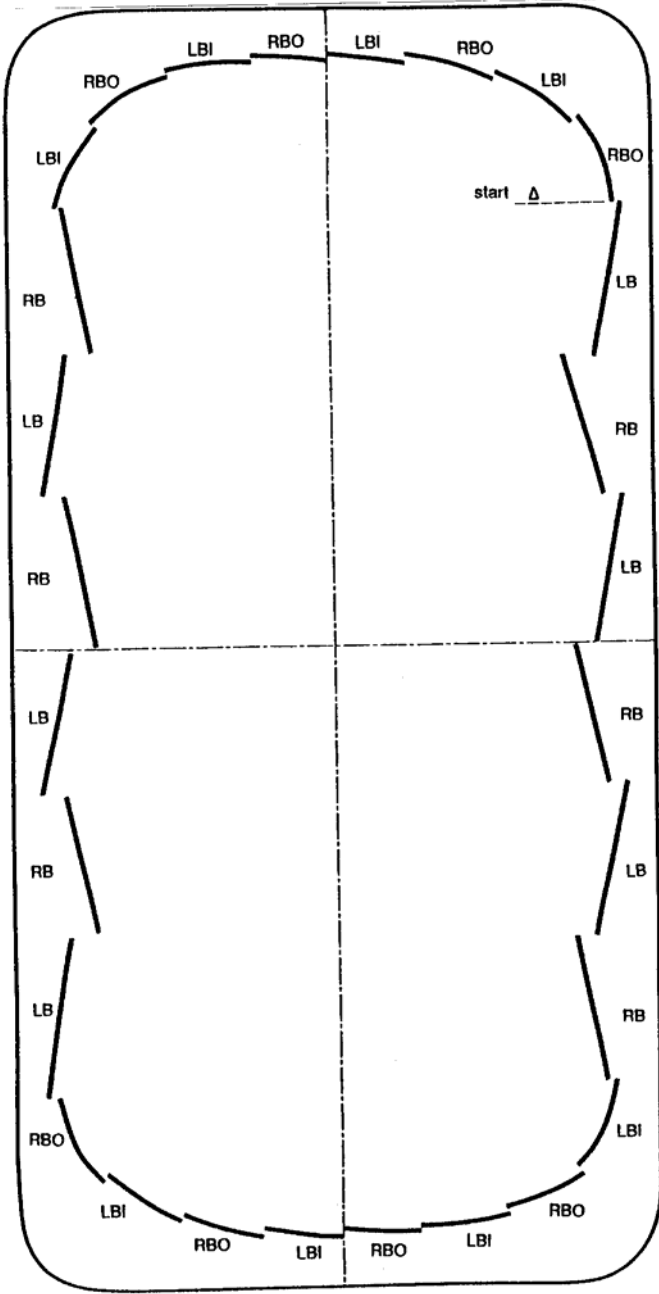
**PRELIMINARY FREE SKATING TEST
FORWARD PERIMETER STROKING WITH CROSSCUTS ON ENDS
DIRECTION: CLOCKWISE**



NOTE:

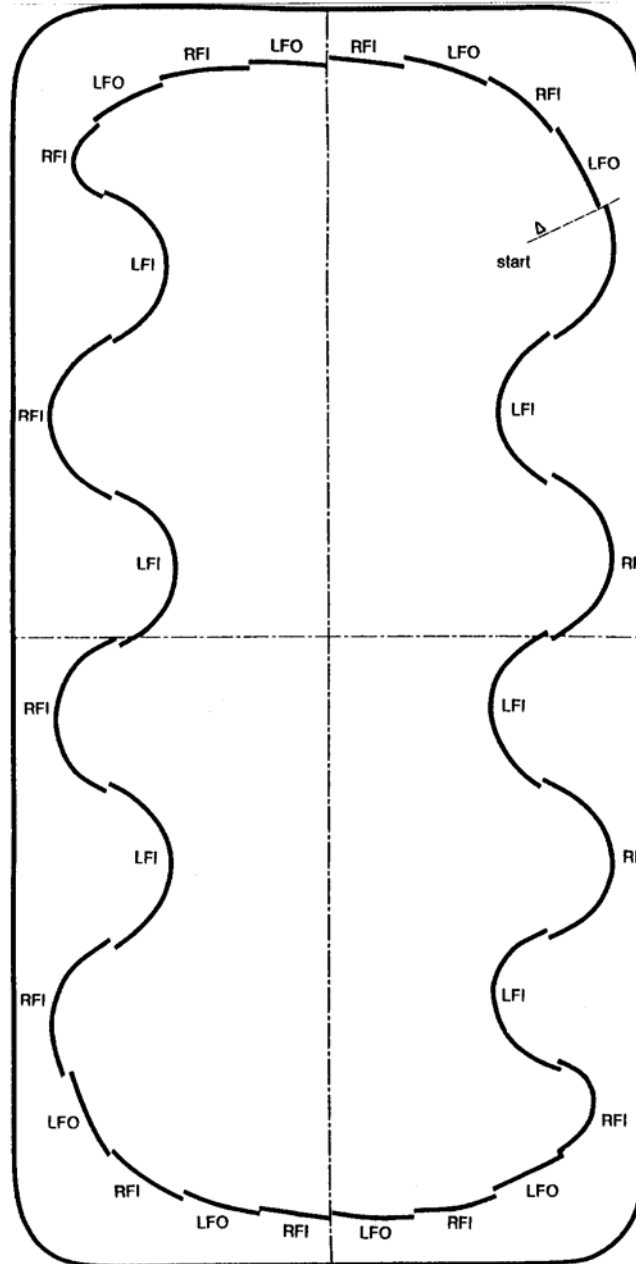
The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

**PRELIMINARY FREE SKATING TEST
 BACKWARD PERIMETER STROKING WITH CROSSCUTS ON ENDS
 DIRECTION: COUNTERCLOCKWISE**



NOTE:
 The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

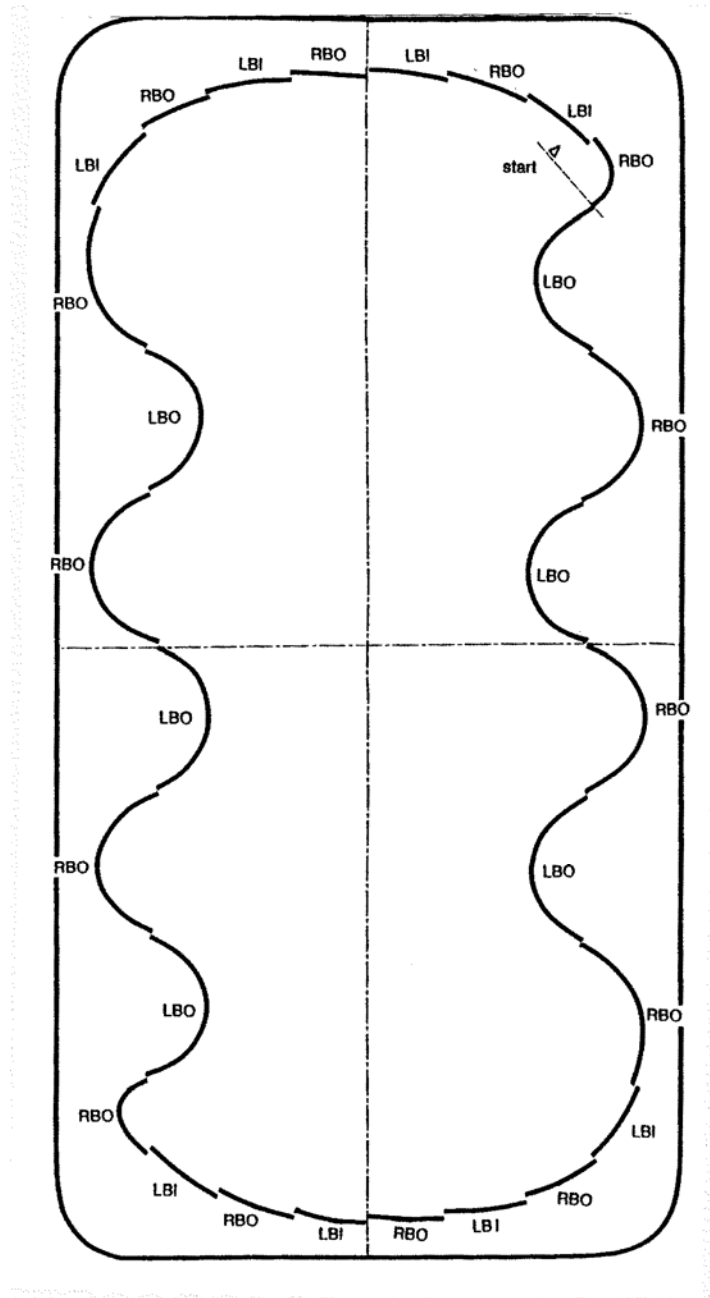
JUNIOR BRONZE FREE SKATING TEST
FORWARD INSIDE EDGE STROKING WITH CROSSCUTS ON ENDS
DIRECTION: COUNTERCLOCKWISE



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

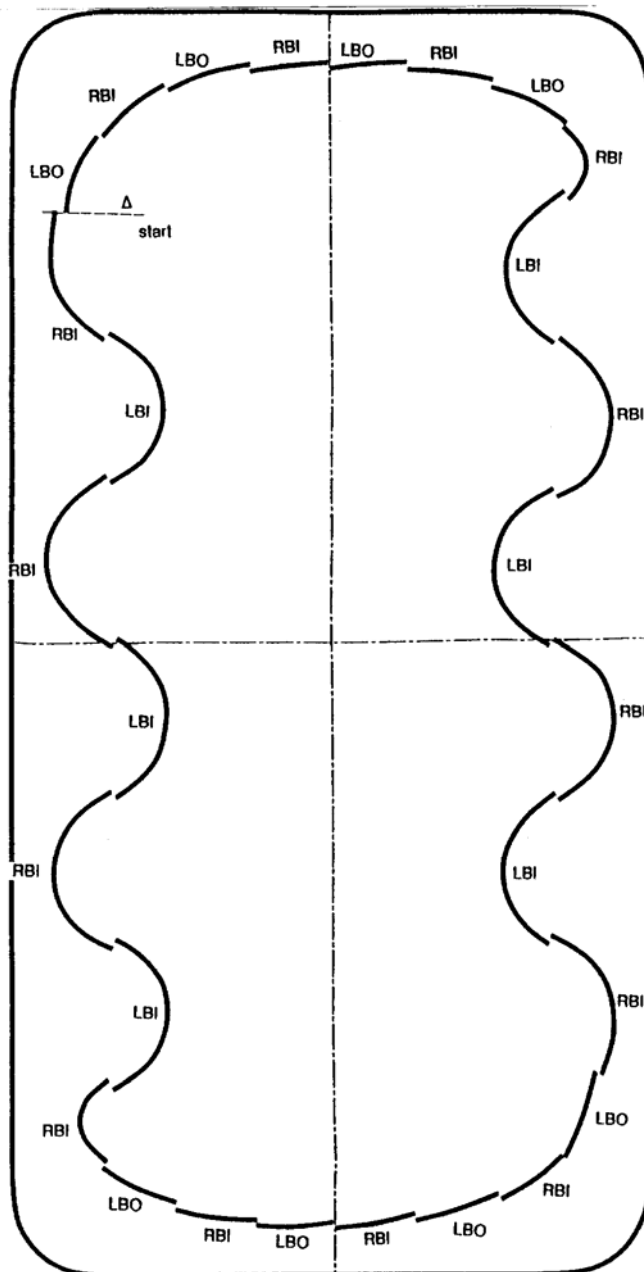
JUNIOR BRONZE FREE SKATING TEST
BACKWARD OUTSIDE STROKING WITH CROSSCUTS ON THE ENDS
DIRECTION: COUNTERCLOCKWISE



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

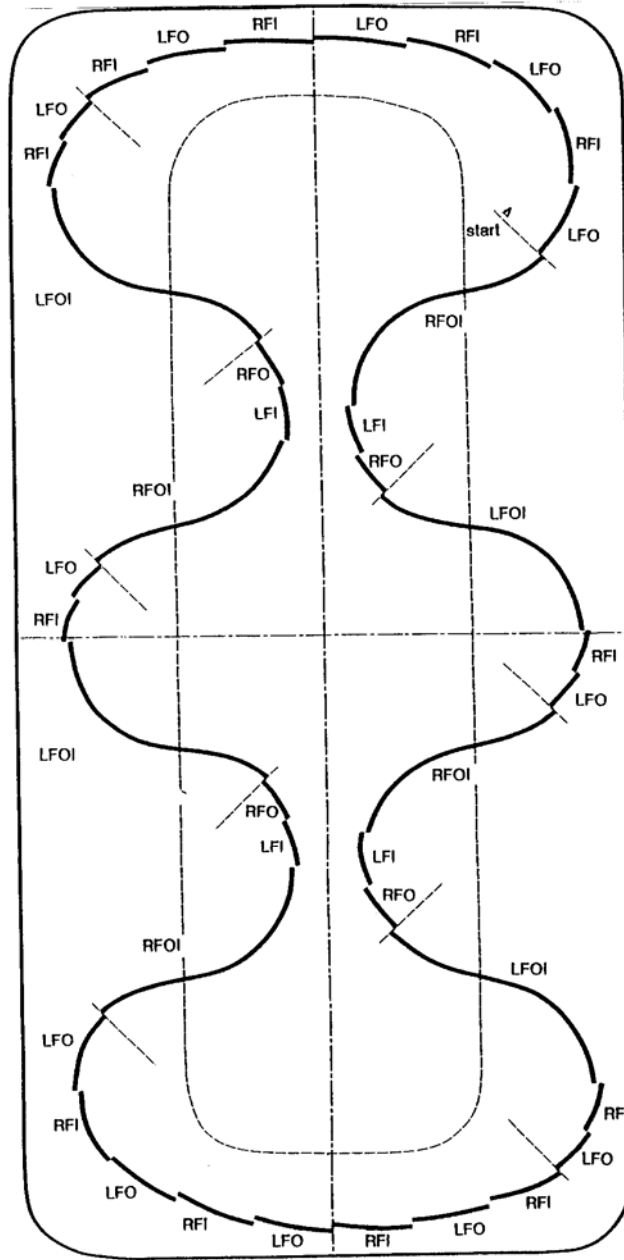
JUNIOR BRONZE FREE SKATING TEST
BACKWARD INSIDE EDGE STROKING WITH CROSSCUTS ON THE ENDS
DIRECTION: CLOCKWISE



NOTE:

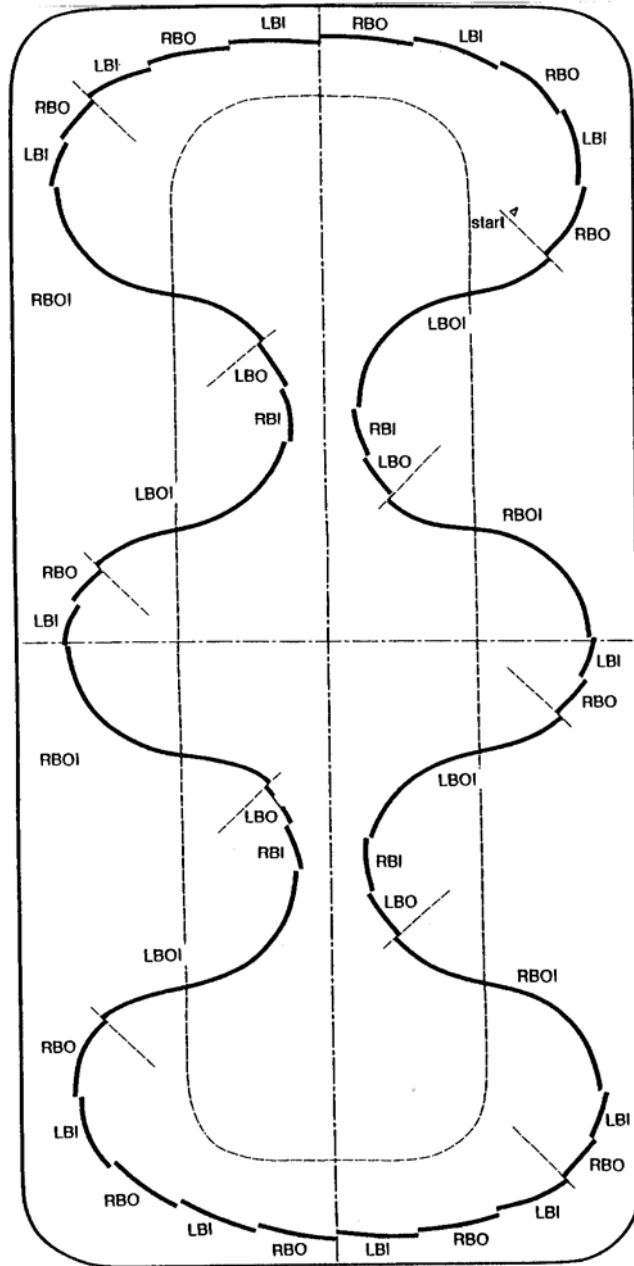
The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

SENIOR BRONZE FREE SKATING TEST
FORWARD CROSSCUT OUTSIDE/INSIDE CHANGE OF EDGE EXERCISE
DIRECTION: COUNTERCLOCKWISE



NOTE:
 The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

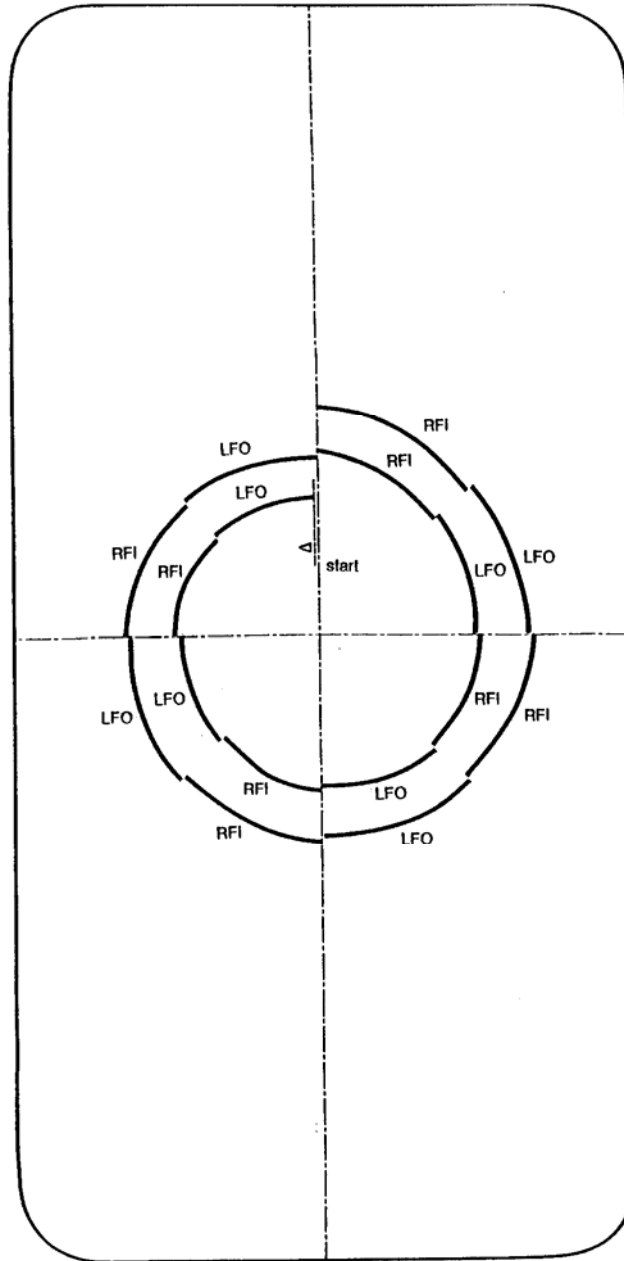
SENIOR BRONZE FREE SKATING TEST
BACKWARD CROSSCUT OUTSIDE/INSIDE CHANGE OF EDGE EXERCISE
DIRECTION: COUNTERCLOCKWISE



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

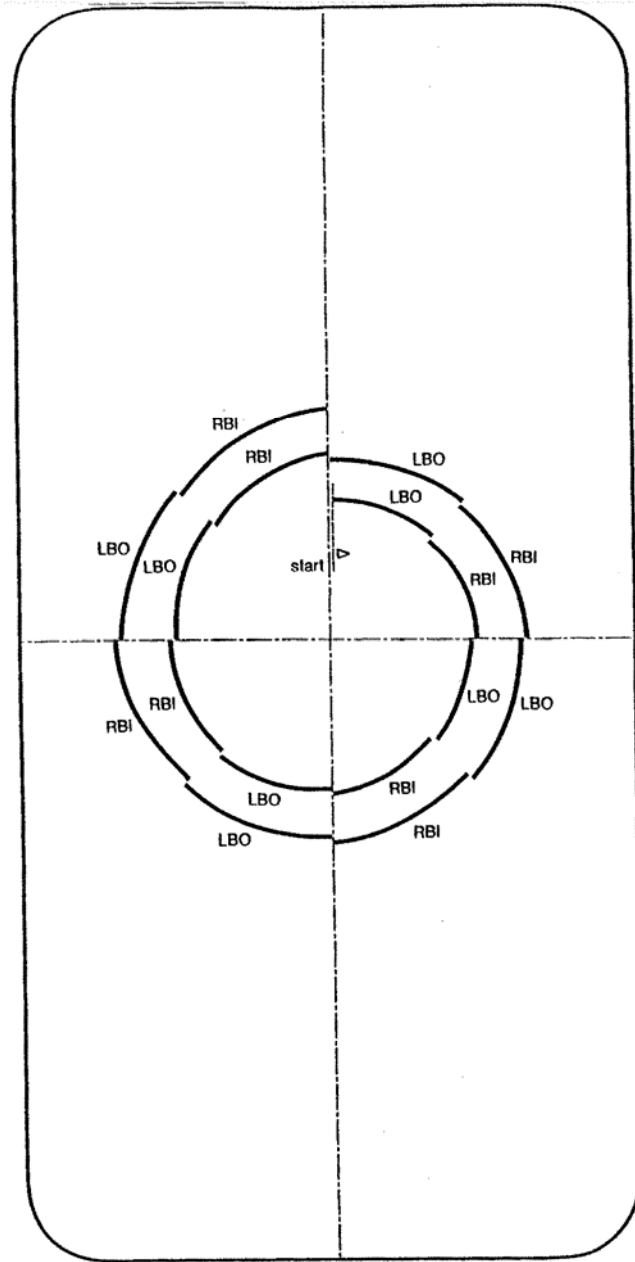
**JUNIOR SILVER FREE SKATING TEST
FORWARD CIRCLE STROKING
DIRECTION: COUNTERCLOCKWISE**



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

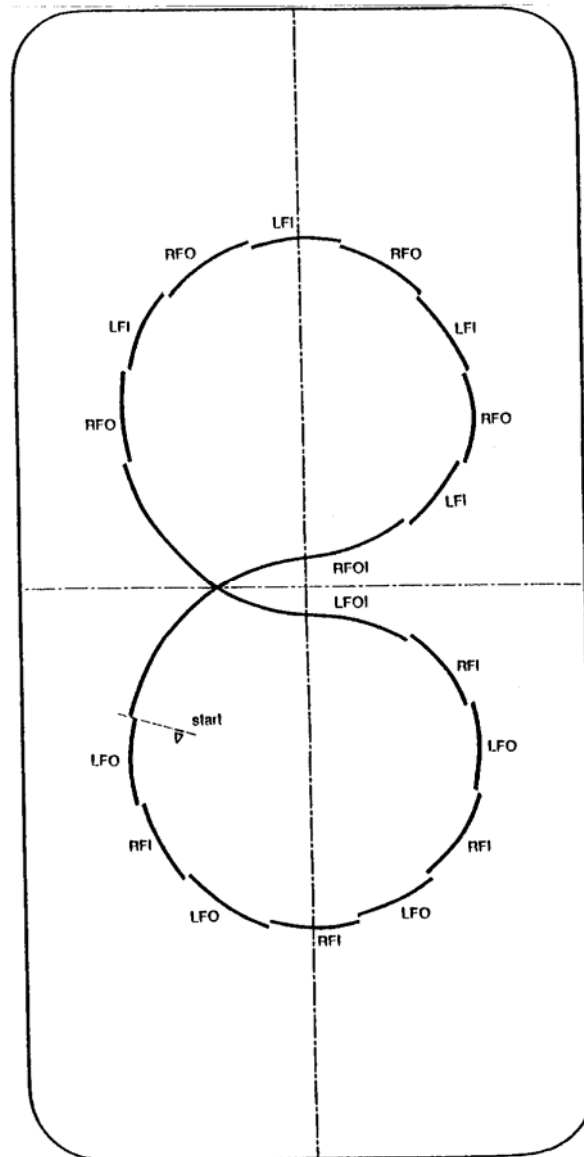
**JUNIOR SILVER FREE SKATING TEST
BACKWARD CIRCLE STROKING
DIRECTION: CLOCKWISE**



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

JUNIOR SILVER FREE SKATING TEST FORWARD FIGURE EIGHT STROKING

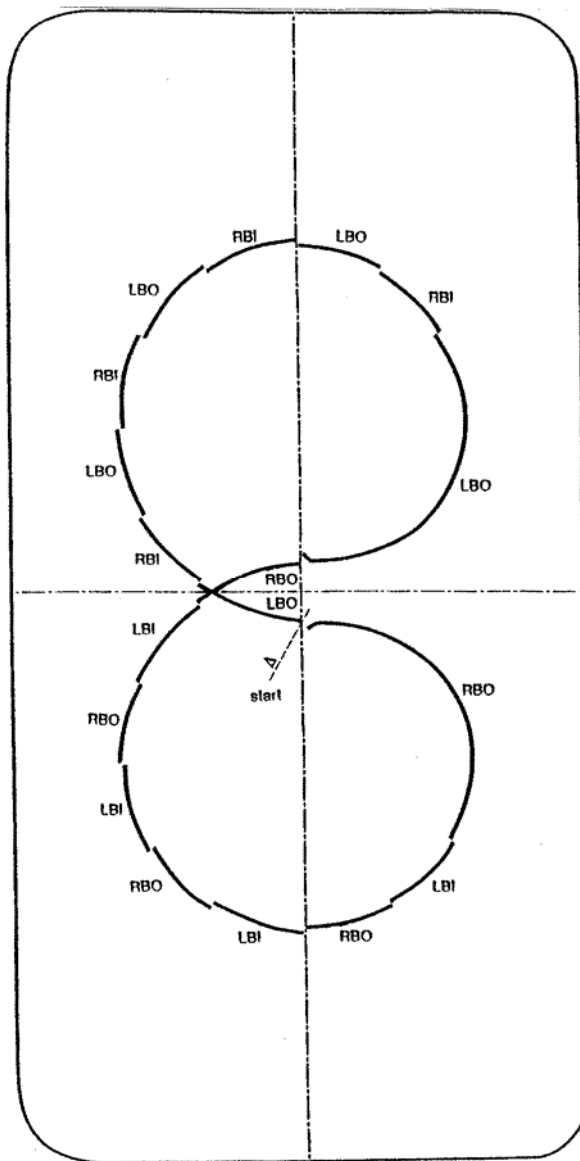


NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

The diagram shows a FOI change of edge as the sustained edge between the two circles, but the type of edge used is optional.

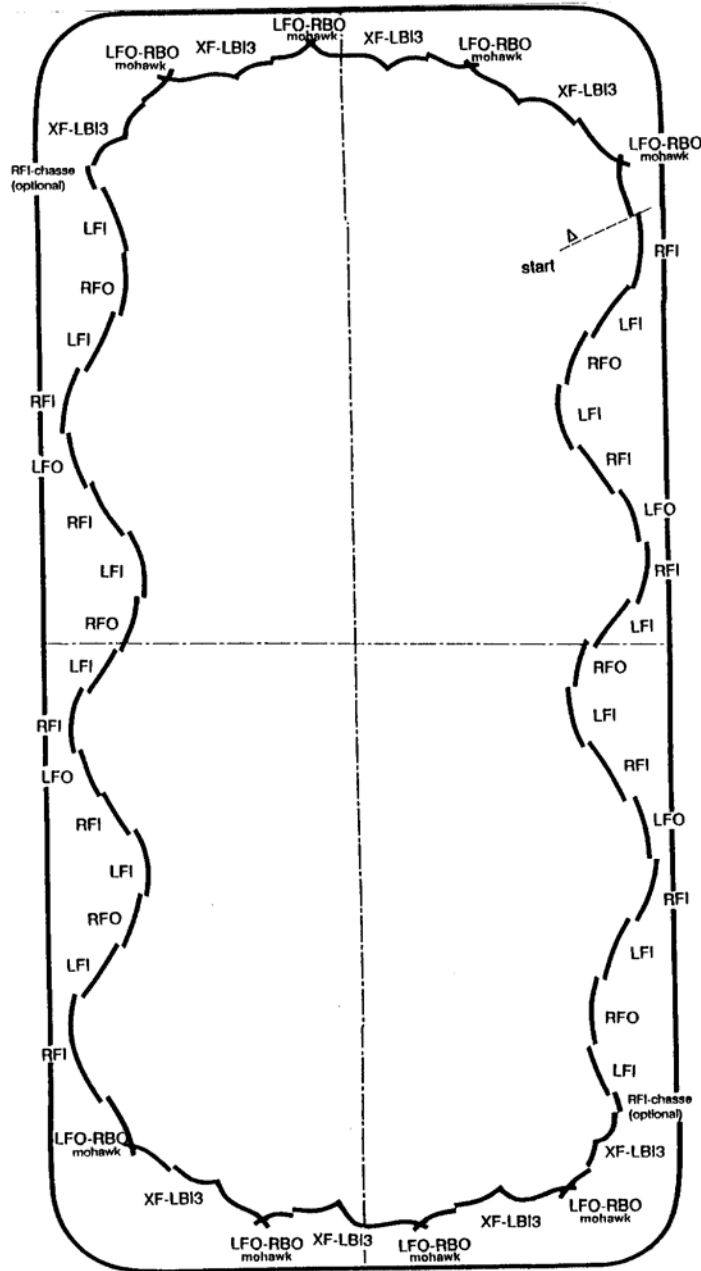
JUNIOR SILVER FREE SKATING TEST BACKWARD FIGURE EIGHT STROKING



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

SENIOR SILVER/GOLD FREE SKATING TEST
FORWARD RUSSIAN STROKING WITH HIP TWIST SEQUENCE
DIRECTION: COUNTERCLOCKWISE (QUICK AND DYNAMIC)



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

