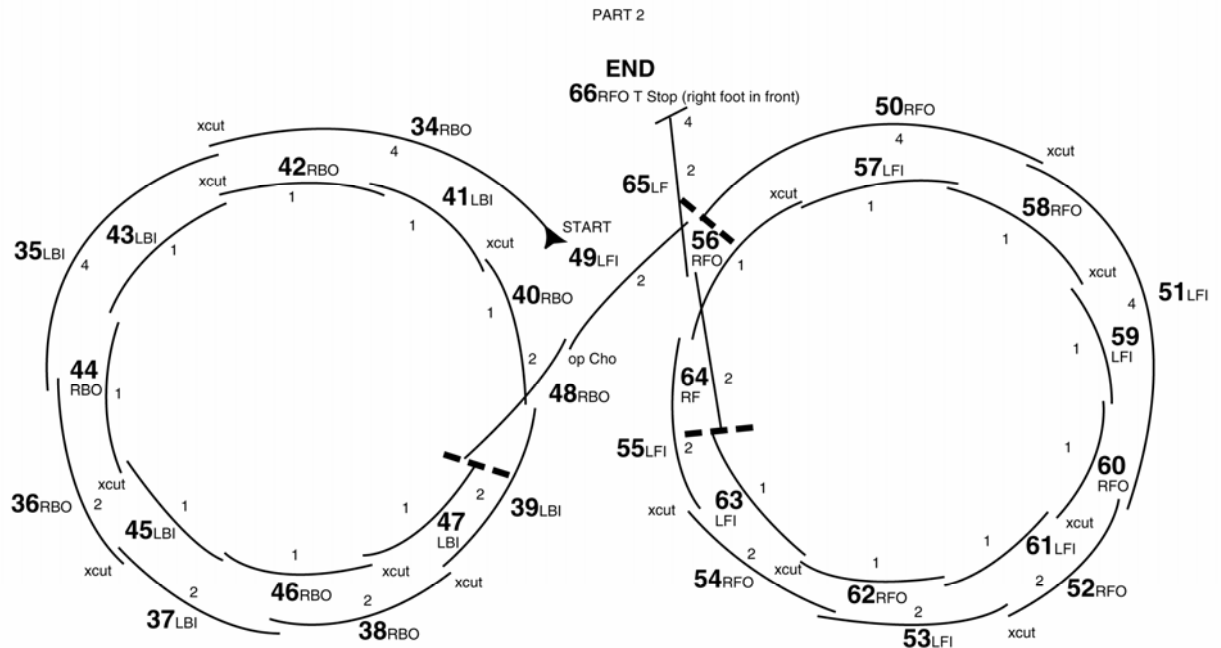
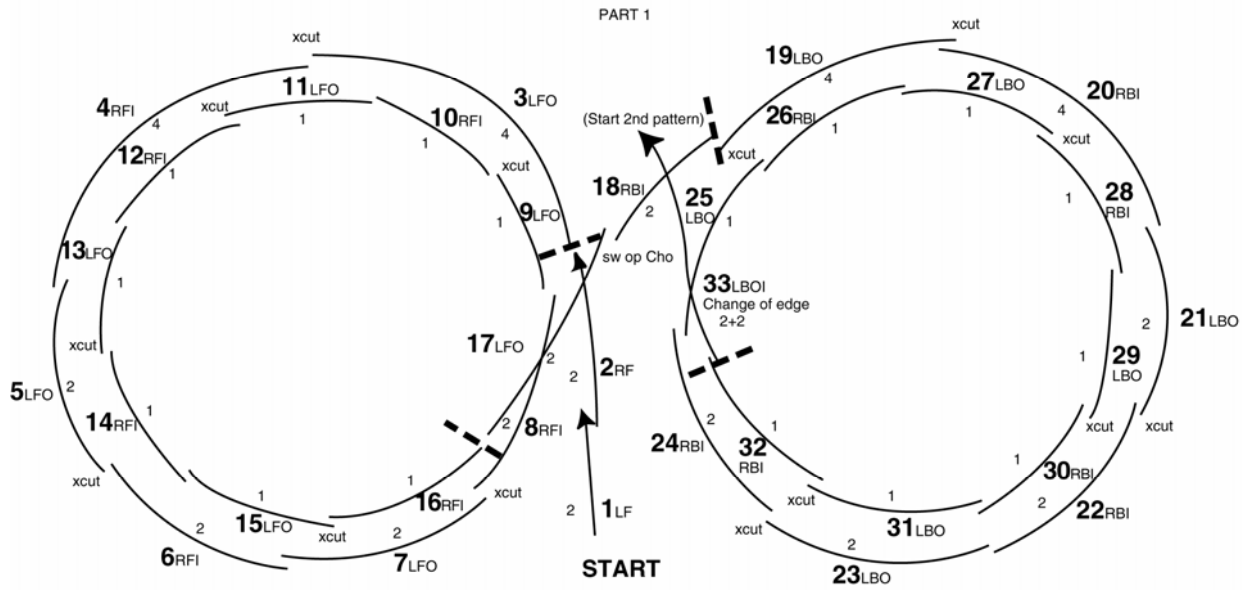




JUNIOR BRONZE  
POWER CIRCLES I  
(CROSSWISE OR LENGTHWISE IN RINK)

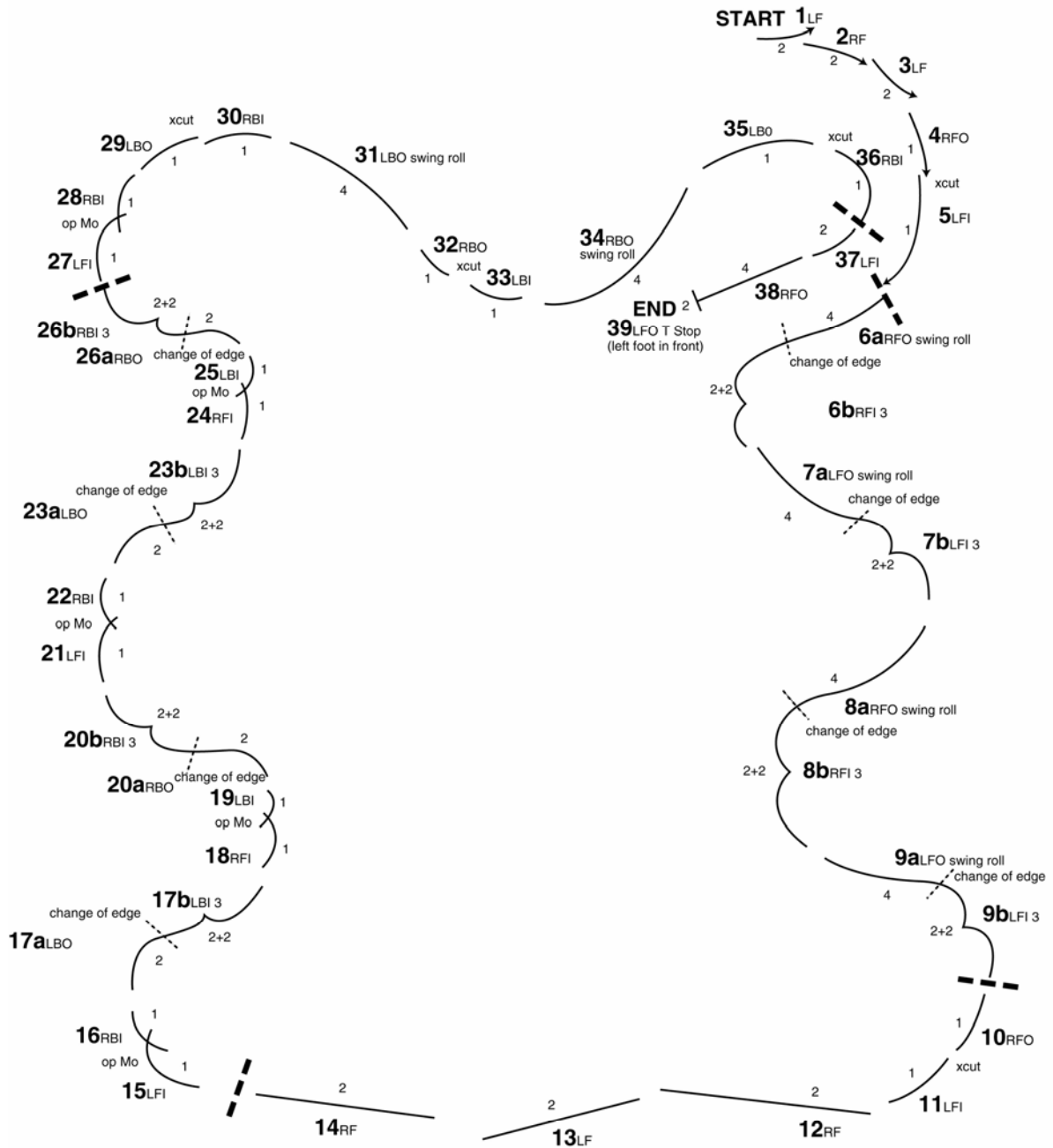


Note: Crosswise - Circle size approximately 30 foot (9 metre) diameter (Hockey Circle).

FOCUS : STROKING TECHNIQUE  
(i.e. Crosscuts)

Time Signature = 4/4  
Tempo = 116 bpm  
Music = Power Circles I & II  
(6B/5B)

JUNIOR BRONZE  
CHANGE THREES



Revised July 1, 2001

FOCUS : CONTROL OF CHANGE OF EDGE -  
THREE TURN

Time Signature = 4/4  
Tempo = 108 bpm  
Music = Change Threes (new 2001)

