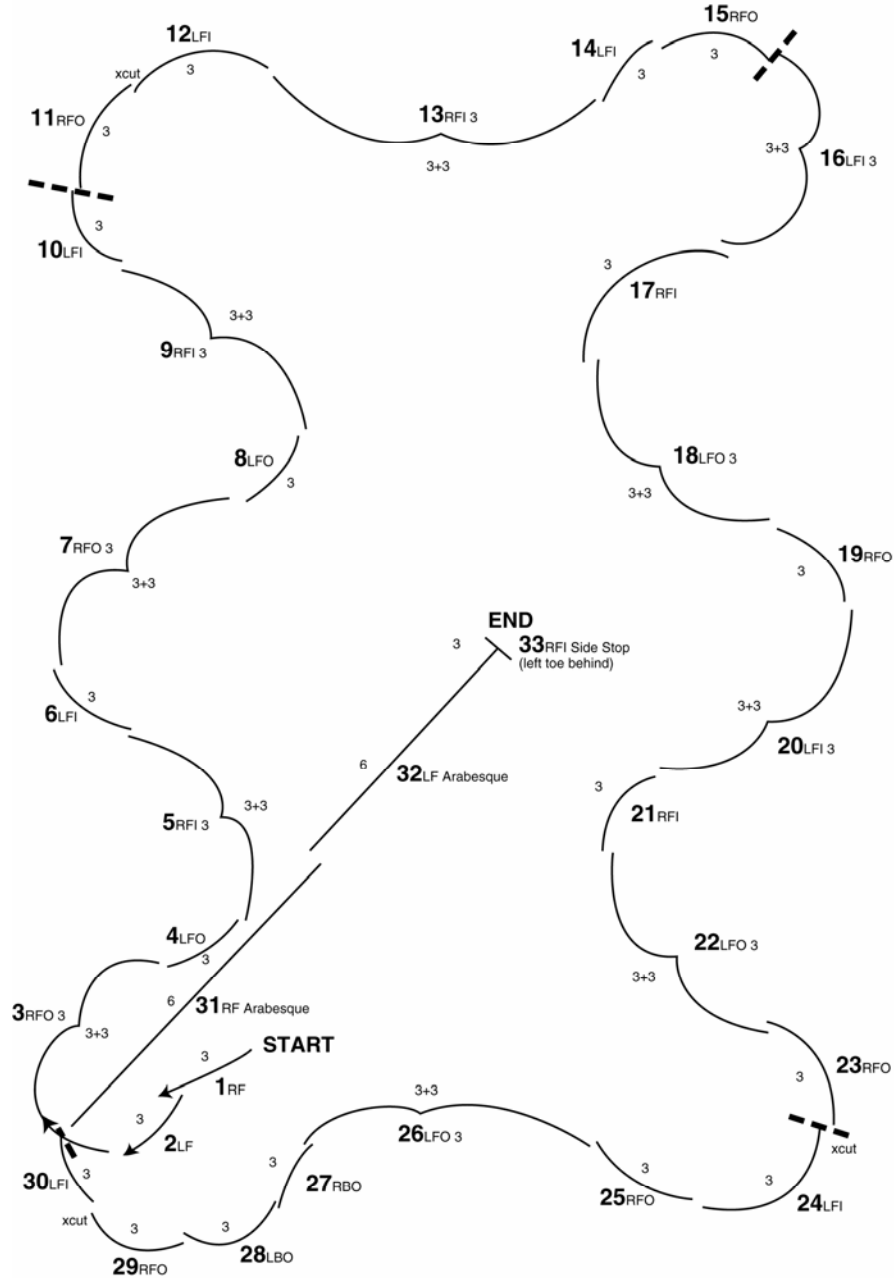


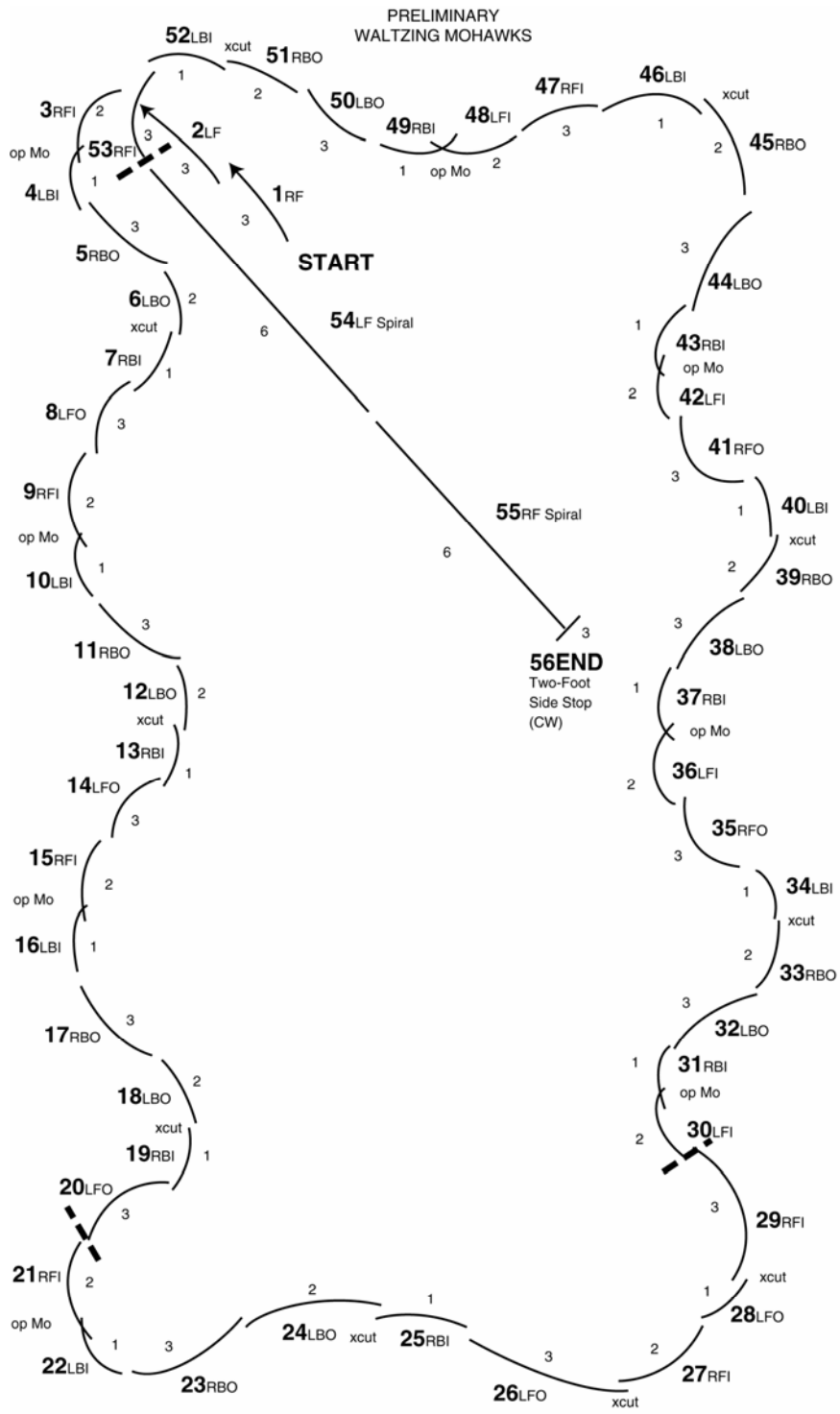
SECTION 4000 - APPENDIX B DIAGRAMS OF SKATING SKILLS EXERCISES

PRELIMINARY
WALTZING THREES



FOCUS : CONTROL OF FORWARD THREE TURNS

Time Signature = 3/4
Tempo = 138 bpm
Music = Waltzing Threes
(revised 2001 version)

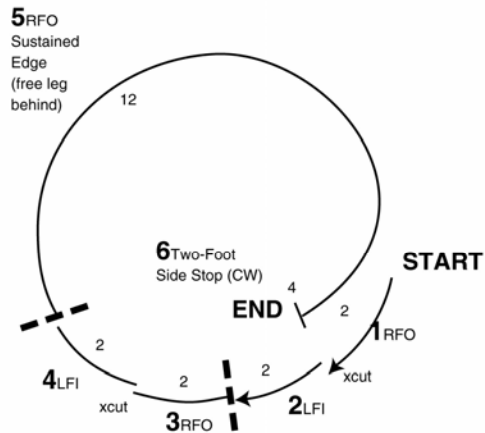


FOCUS : POWER
AGILITY

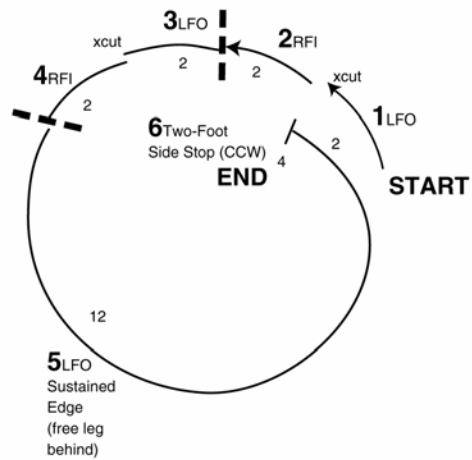
Time Signature = 3/4
Tempo = 162 bpm
Music = Waltzing Mohawks
(revised 2001 version)

PRELIMINARY
PRELIMINARY CIRCLES
FORWARD OPTIONS

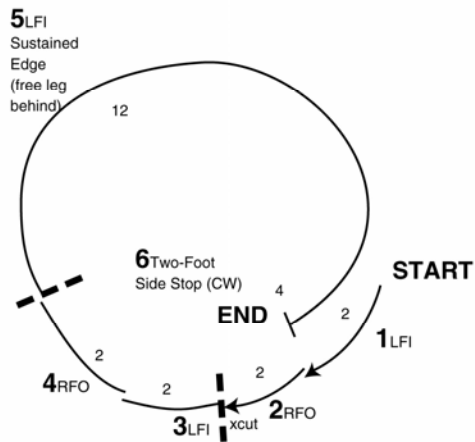
(i) RFO (Clockwise)



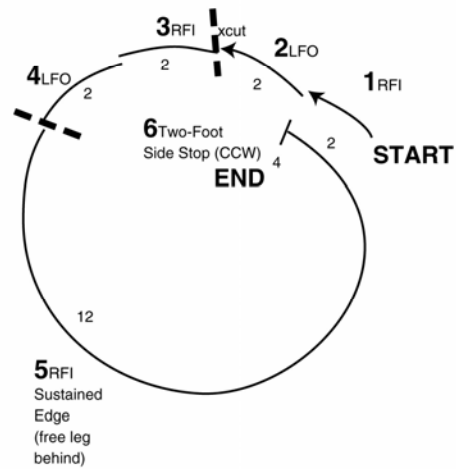
(ii) LFO (Counterclockwise)



(iii) LFI (Clockwise)



(iv) RFI (Counterclockwise)



Note 1: Circle size is relative to size of skater.
Note 2: Arm position optional

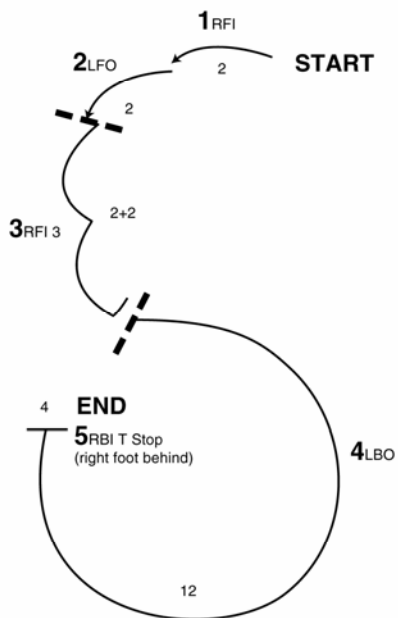
Revised July 1, 2001

FOCUS : EDGE QUALITY
BALANCE

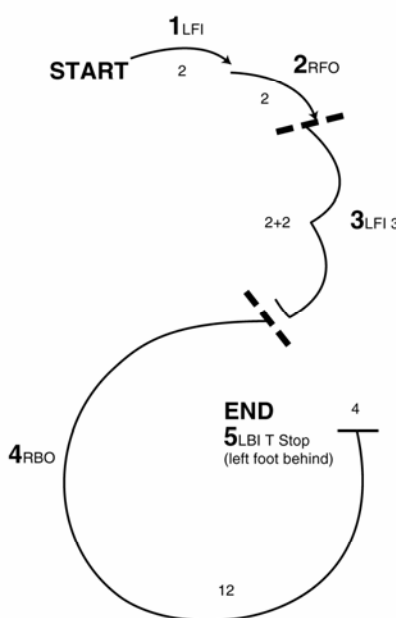
Time Signature = 4/4
Tempo = 124 bpm
Music = Expanding
Exercise

PRELIMINARY
PRELIMINARY CIRCLES
BACKWARD OPTIONS

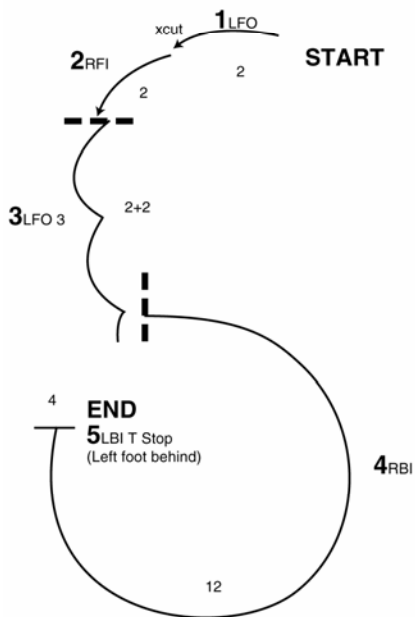
(v) LBO (Clockwise)



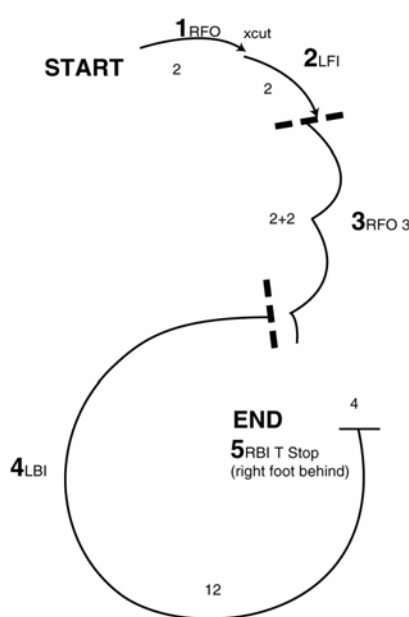
(vi) RBO (Counterclockwise)



(vii) RBI (Clockwise)



(viii) LBI (Counterclockwise)



Note 1: Circle size is relative to size of skater.
Note 2: Arm position optional

Revised July 1, 2001

FOCUS : EDGE QUALITY
BALANCE

Time Signature = 4/4
Tempo = 124 bpm
Music = Expanding
Exercise