



## **Group C Skills**

### **Individual Skills**

- Forward stroking
- Forward and backwards power stroking (Pre-Juvenile MIF pattern)
- Forward and backwards crossovers in both directions
- Forward and backwards cross strokes (Juvenile MIF pattern)
- Forward and backwards, outside and inside 3-turns
- Forward inside and outside mohawks
- Backwards power 3-turns in both directions
- Advanced turns both forward and backwards, on inside and outside edges:
  - Brackets
  - Counters
- Series of turns
  - RFI bracket, RBO counter
  - LFI bracket, LBO counter
- Twizzles
  - Forward inside with 1.5, 2.5, or 3.5 revolutions on the right foot and left foot
  - Backwards outside with 1, 2, or 3 revolutions on the right foot and left foot

### **Field Moves**

- Forward spirals with a change of edge
  - Inside edge to outside edge standing on the right foot and left foot
  - Outside edge to inside edge standing on the right foot and left foot
- Inside and outside spread eagle leading with the left foot and right foot
- 135/170 degree spirals on a back outside edge on either the right foot or left foot
- Beillmann spiral on an outside edge (optional)

### **Team Skills**

- Warm-up block
- Twizzles in a block formation

### **Freestyle Elements**

- Upright 1-foot spin
- Spin of skater's choice
- Split jump
- Stag jump
- Highest revolution jump of skater's choice