



Group D 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
 - Rockers
 - Counters
- Series of turns
 - RBO rocker, RFO counter, RBO double twizzle
 - LFI bracket, LBO counter, LFO rocker
- Twizzles performed with varying free leg and arm positions
 - Forward inside with 2.5 and 3.5 revolutions on the right foot and left foot
 - Backwards outside with 2 and 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
- 170-degree spirals on a back outside edge on the right foot and left foot
- Beillmann spiral on an outside edge (optional)

Team Skills

- Warm-up block
- Twizzles in a No Hold Element formation
- Series of turns in No Hold Element formation

Freestyle Elements

- Upright 1-foot spin with the free leg extended at a 45-degree angle
- Split jump
- Highest revolution jump of skater's choice