



## **Group D Tryout Skills**

### **Individual Skills**

- Forward and backward power stroking
- Forward and backward cross strokes
- Forward and backward crossovers in both directions
- Forward and backward, outside and inside 3-turns
- Forward and backward outside and inside mohawks
- Backward power 3-turns in both directions
- Advanced turns both forward and backward, on inside and outside edges:
  - Brackets, Counters and Rockers
- Twizzles performed with varying arm positions
  - Forward inside with 1.5 and 2.5 revolutions on the right and left foot
  - Backward outside with 2 revolutions on the right and left foot

### **Field Moves**

- 135 degree forward spirals with a change of edge
  - Inside edge to outside edge standing on the right and left foot
  - Outside edge to inside edge standing on the right foot and left foot
- 170-degree spirals (Y)
  - Forward outside edge on the right foot and left foot
  - Backward outside edge on the right foot and left foot
- Forward biellmann on an outside edge on the right and left foot
- Outside spread eagle leading with the right and left foot

### **Freestyle Elements**

- Loop jump
- Toe loop
- Flip jump
- Axel
- Split jump
- Forward upright spin (both directions)
- Sit spin
- Back scratch spin
- Backward lunges (both feet)
- Back outside shoot the duck on both feet
- Outside and inside Ina Bauer

### **Team Skills**

- Individual skills in a no-hold formation
- Pivot block steps in lines of 4-6 skaters
- Twizzles in a no-hold formation
- Connected spirals on an outside and inside edge
- Travel circle
- Travel wheel
- Intersection turns on one foot and two feet in both directions
- Change of side spiral in pairs

