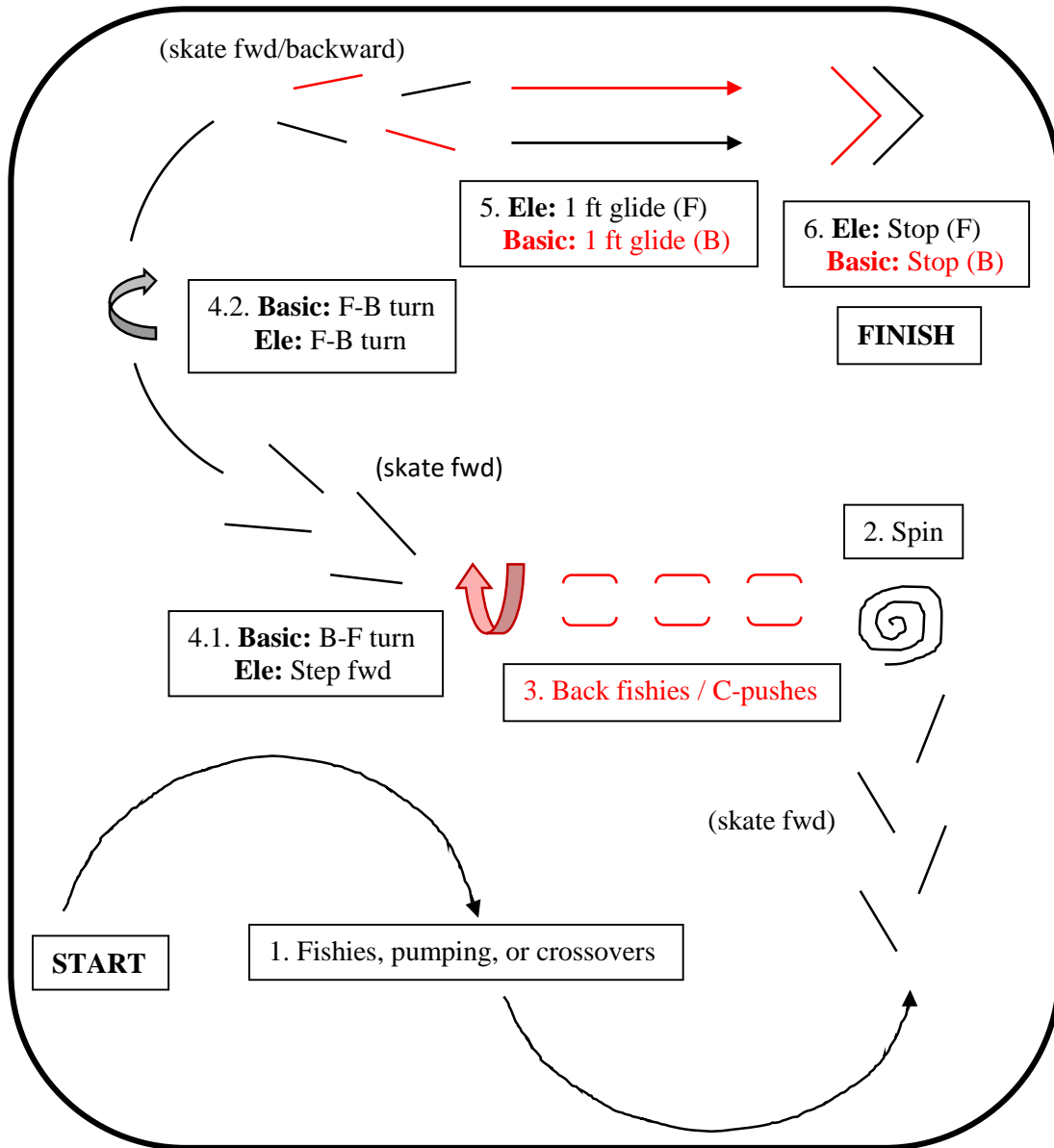




Kiwi Skate Competition Elementary / Basic Level Routine

ELEMENTARY	BASIC
1. 4-6x forward fishies / pumping (both sides)	1. 4-6x forward pumping / crossovers (both sides)
2. Two foot spin	2. Two foot spin
3. 4-6x backward fishies / C-pushes	3. 4-6x backward C-pushes / fishies
4. 2 foot turn F-B	4. 2 foot turns F-B and B-F
5. Forward one foot glide	5. Backward one-foot glide
6. Forward stop	6. Backward stop



This pattern is designed for one ice-third. **All skills must be clearly demonstrated**, but the pattern is not set.

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