

Junior Silver Elements

PART 1: COMPULSORY ELEMENTS IN ISOLATION (14) A maximum of four elements can be reskated if necessary.

	E	G	S	NI	COMMENTS
Stroking <small>(draw for direction)</small> <small>(minimum 2 complete circuits of each exercise)</small>					
	*Forward Circle Stroking				
	*Backward Circle Stroking				
	*Forward Figure 8 Stroking				
Jumps					
	Axel				
	One of: Double Loop Double Flip Double Lutz				
Split Jump/Split Jump					
Jump Sequence					
3 or more jumps including one double					
Jump Combination					
2 jumps of at least one rotation - second jump must be a double					
Spins <small>(minimum 4 rotations)</small>					
	Layback or Sideways Leaning or Crossfoot				
	Sit Change Sit				
Combination: <small>(min. 4 rotations on each foot and 2 rotations in each position)</small>					
- 3 positions - 1 change of foot					
Field Movements					
a sequence of two moves chosen by candidate					
Step Sequence					
one (optional pattern)					
<i>Passing Requirement: 12/14 Elements including *Stroking Exercises must be Satisfactory or better</i>					TOTAL /14
					RESULT