

## Preliminary Elements

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

	E	G	S	NI	COMMENTS
<b>Stroking</b> <small>(skater chooses direction)</small>	*Forward Straight Strokes, Crosscuts at ends				
	*Backward Straight Strokes, Crosscuts at ends				
<b>Jumps</b>	Bunny Hop				
	Waltz				
	Salchow				
	Flip				
	Loop				
<b>Jump Combination</b>	Toe Loop/Toe Loop				
<b>Spins</b> <small>(min. 2 rotations)</small>	Forward One-Foot Upright (or Corkscrew)				
	Backward One-Foot Upright (or Corkscrew)				
	Sit				
	Camel				
<b>Field Movements</b>	Right Forward Spiral (FO or FI)				
	Left Forward Spiral (FO or FI)				
<i>Passing Requirement: 12/14 Elements including *Stroking Exercises must be Satisfactory or better</i>					<b>TOTAL</b> /14
					<b>RESULT</b>