

## Senior Silver Elements

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

	E	G	S	NI	COMMENTS
<b>Stroking</b> <small>(draw for direction)</small>					
	*Forward Russian with forward inside 3 turns on end				
	*Forward Russian with hip twist sequence on end				
<b>Jumps</b>					
	Axel				
	Double Toe Loop				
<b>Jump Sequence</b>					
<b>Jump Combination</b>					
<b>Spins</b> <small>(min. 5 rotations)</small> <small>(min. 2 rotations in each position)</small>					
	Camel Change Camel				
	Flying Camel/Back Sit				
<small>(min. 5 rotations on each foot)</small> <small>(min. 2 rotations in each position)</small>					
<b>Field Movements</b>					
<b>Step Sequence</b>					
<i>Passing Requirement: 12/14 Elements including *Stroking Exercises must be Satisfactory or better</i>					<b>TOTAL</b> /14
					<b>RESULT</b>