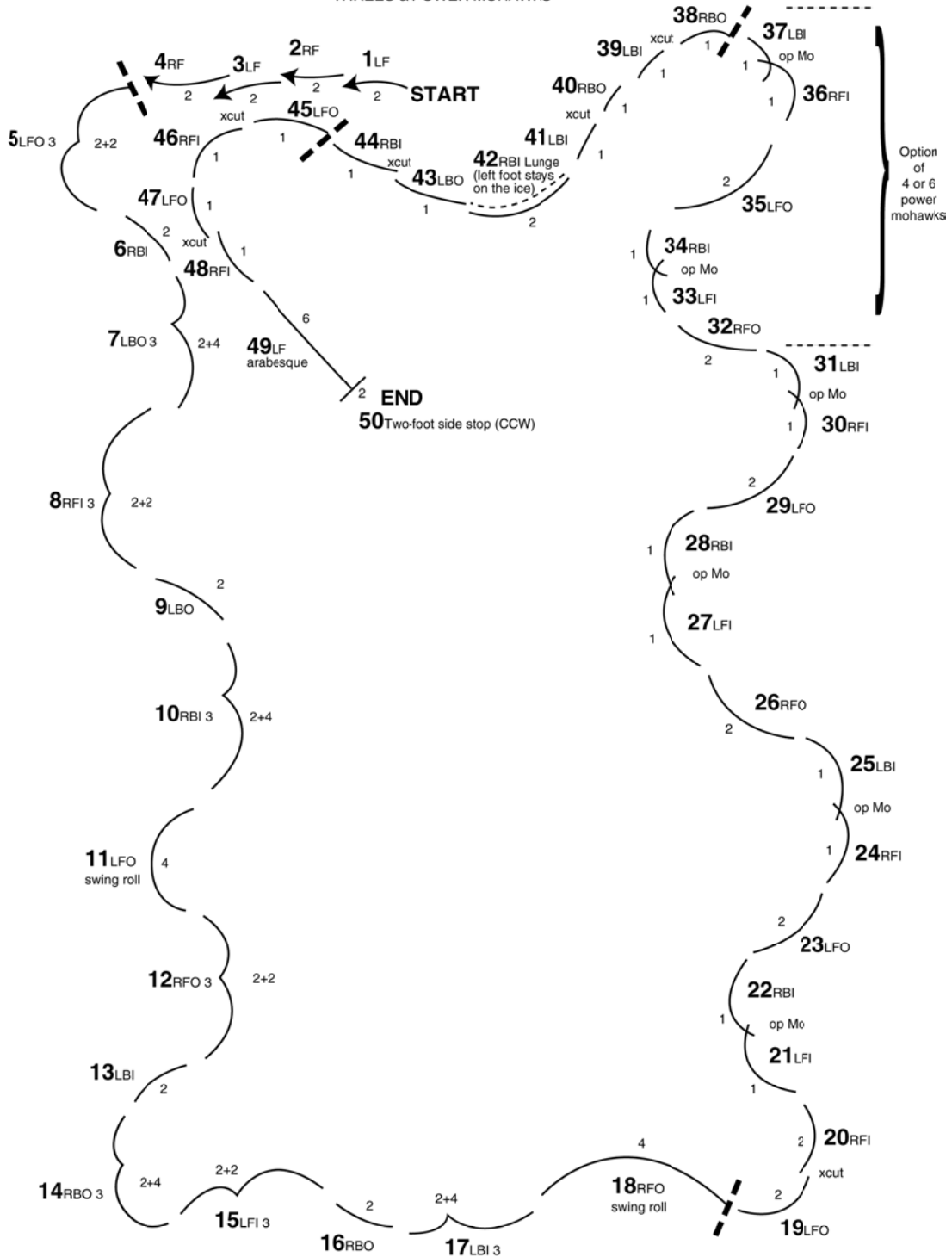


JUNIOR BRONZE
THREES & POWER MOHAWKS

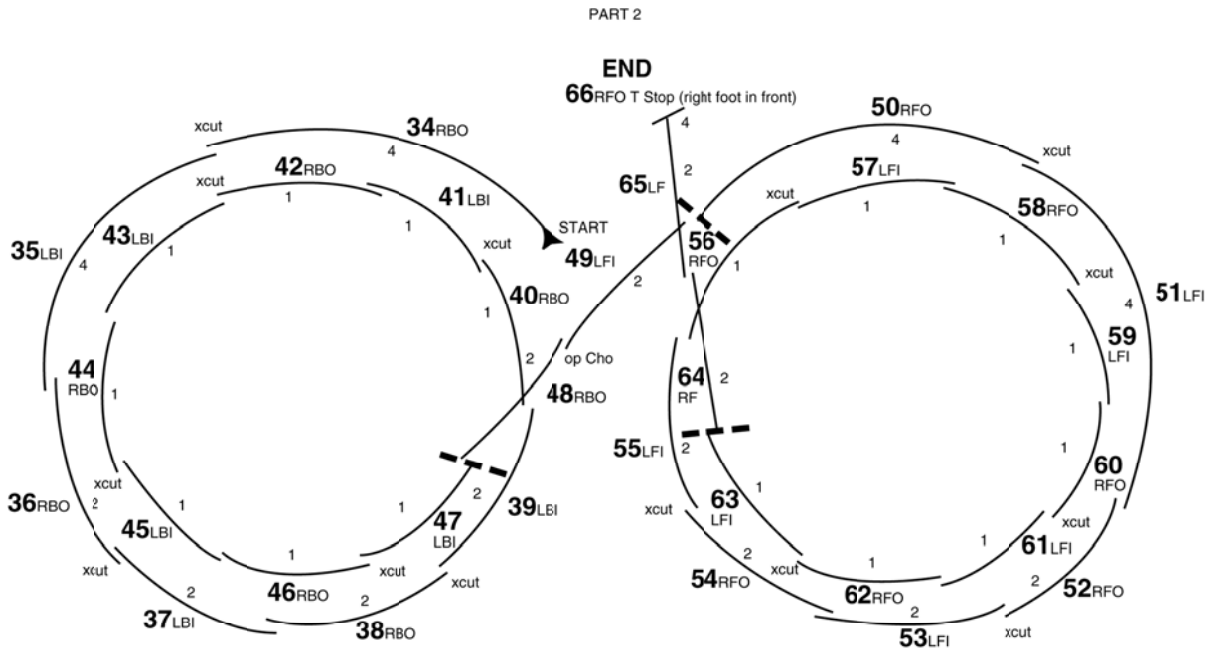
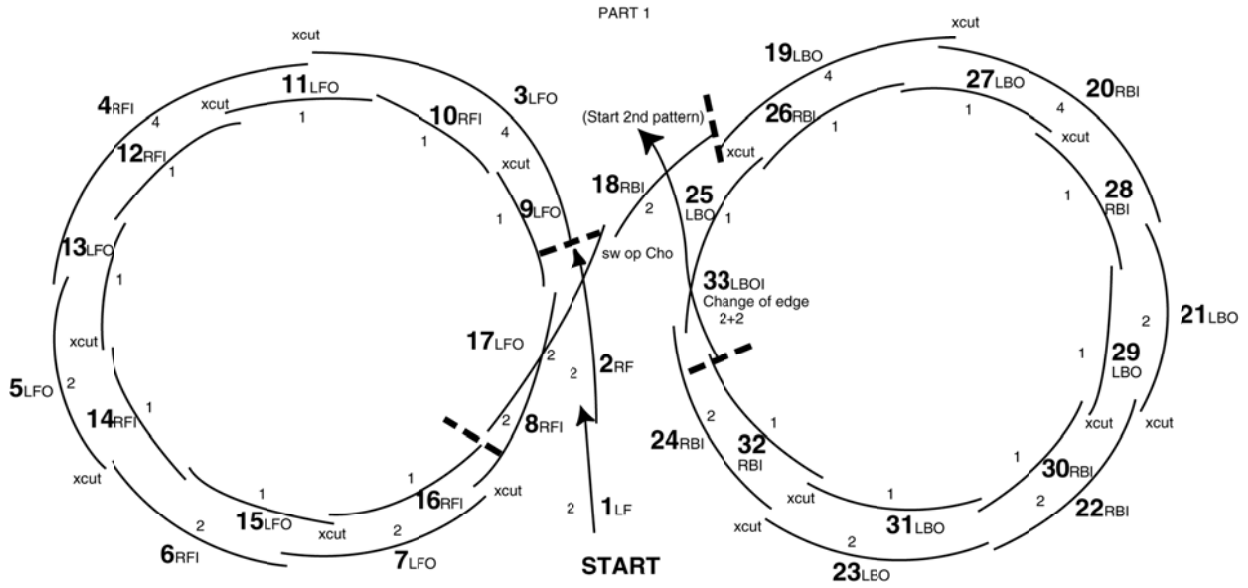


Revised May 25, 2001

FOCUS : CONTROL OF BACKWARD THREE TURNS
POWER

Time Signature = 4/4
Tempo = 116 bpm
Music = Threes and
Power Mohawks (6A)

JUNIOR BRONZE
POWER CIRCLES I
(CROSSWISE OR LENGTHWISE IN RINK)

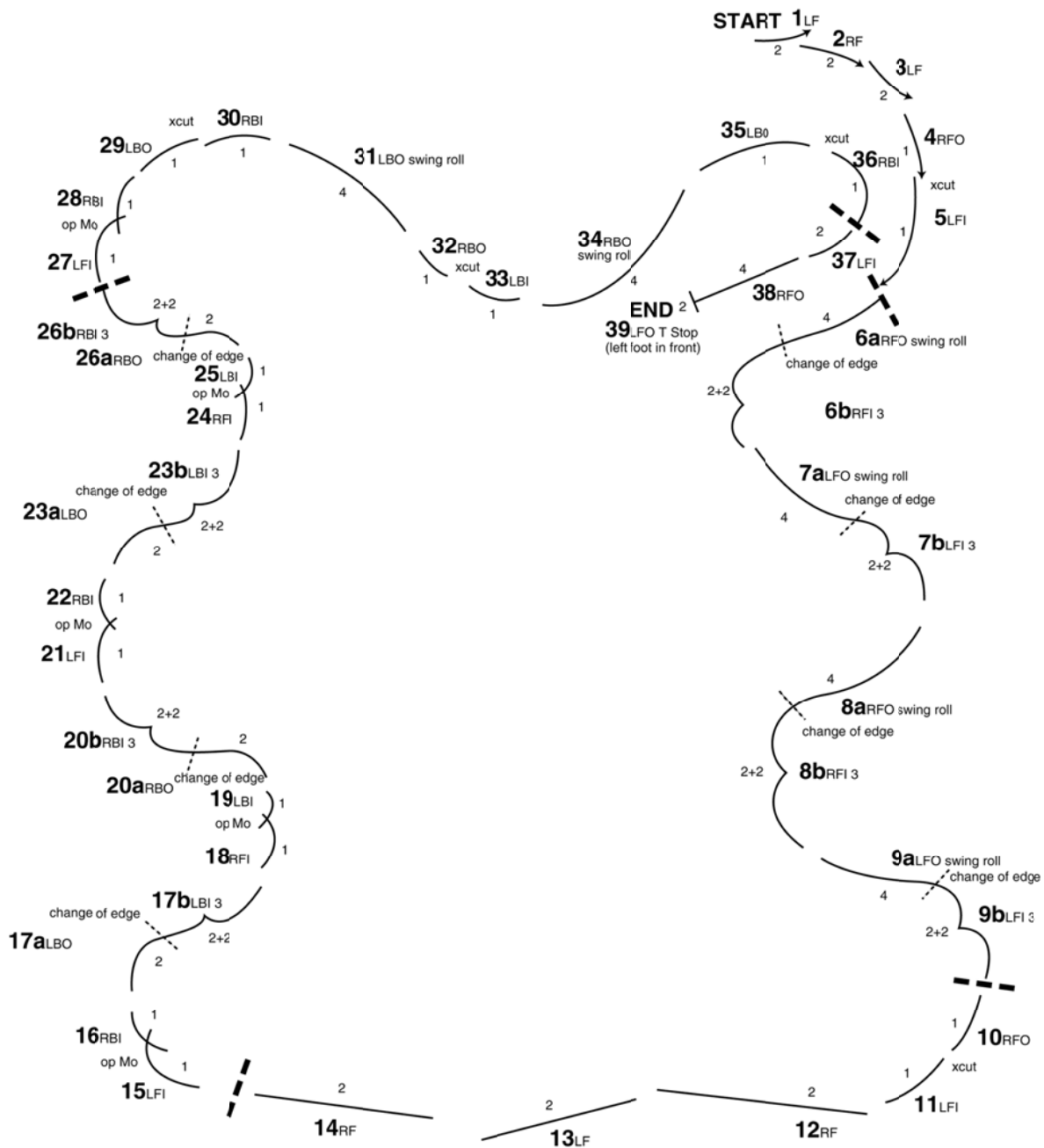


Note: Crosswise - Circle size approximately 30 bot (9 metre) diameter (Hockey Circle).

FOCUS : STROKING TECHNIQUE
(i.e. Crosscuts)

Time Signature = 4/4
Tempo = 116 bpm
Music = Power Circles I & II
(6B/5B)

JUNIOR BRONZE
CHANGE THREES



Revised July 1, 2001

FOCUS : CONTROL OF CHANGE OF EDGE -
THREE TURN

Time Signature = 4/4
Tempo = 108 bpm
Music = Change Threes (new 2001)