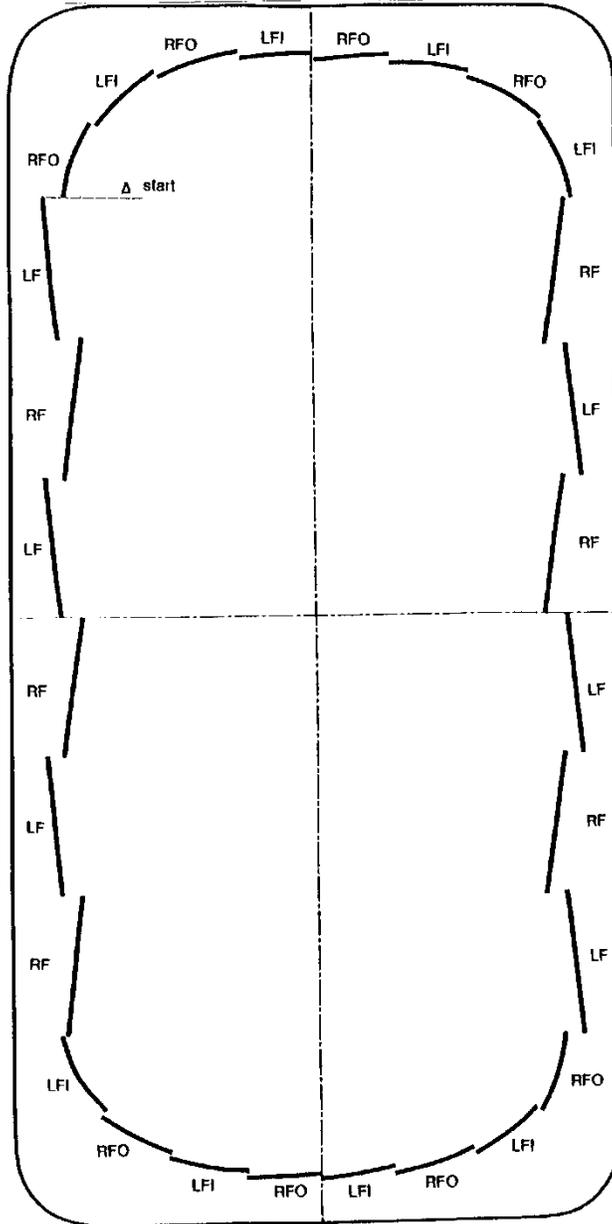


**SECTION 4000 - APPENDIX A
DIAGRAMS OF STROKING EXERCISES**

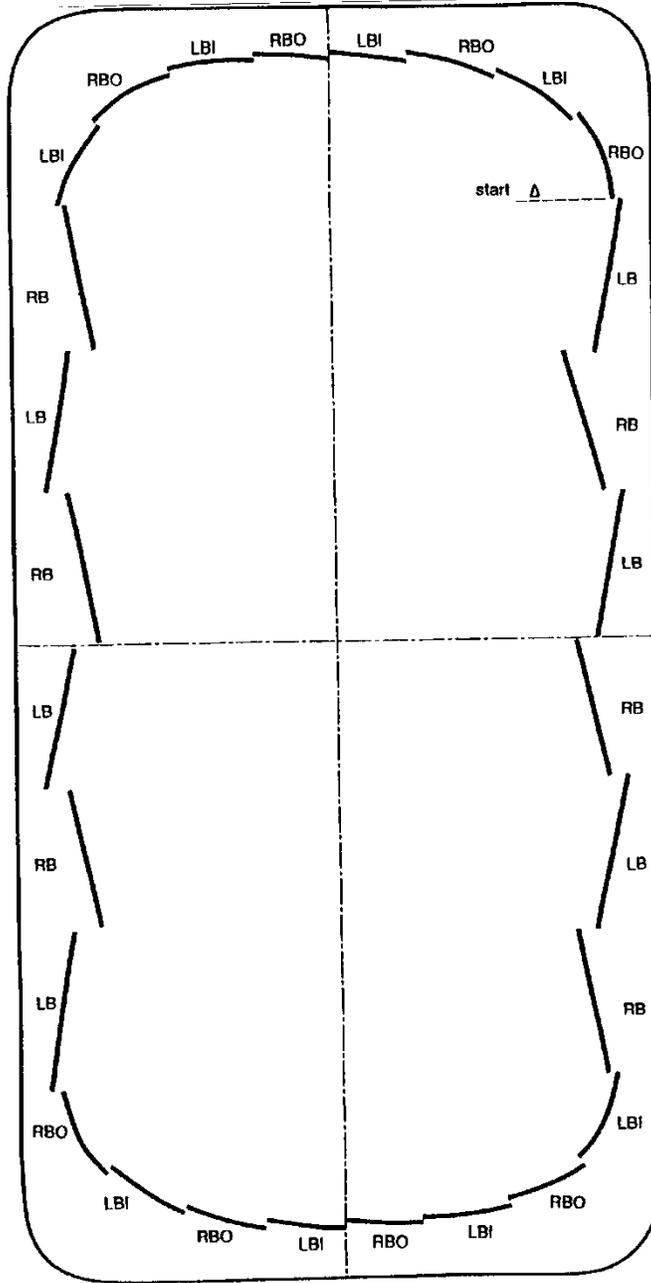
**PRELIMINARY FREE SKATING TEST
FORWARD PERIMETER STROKING WITH CROSSCUTS ON ENDS
DIRECTION: CLOCKWISE**



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

**PRELIMINARY FREE SKATING TEST
 BACKWARD PERIMETER STROKING WITH CROSSCUTS ON ENDS
 DIRECTION: COUNTERCLOCKWISE**



NOTE:

The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.