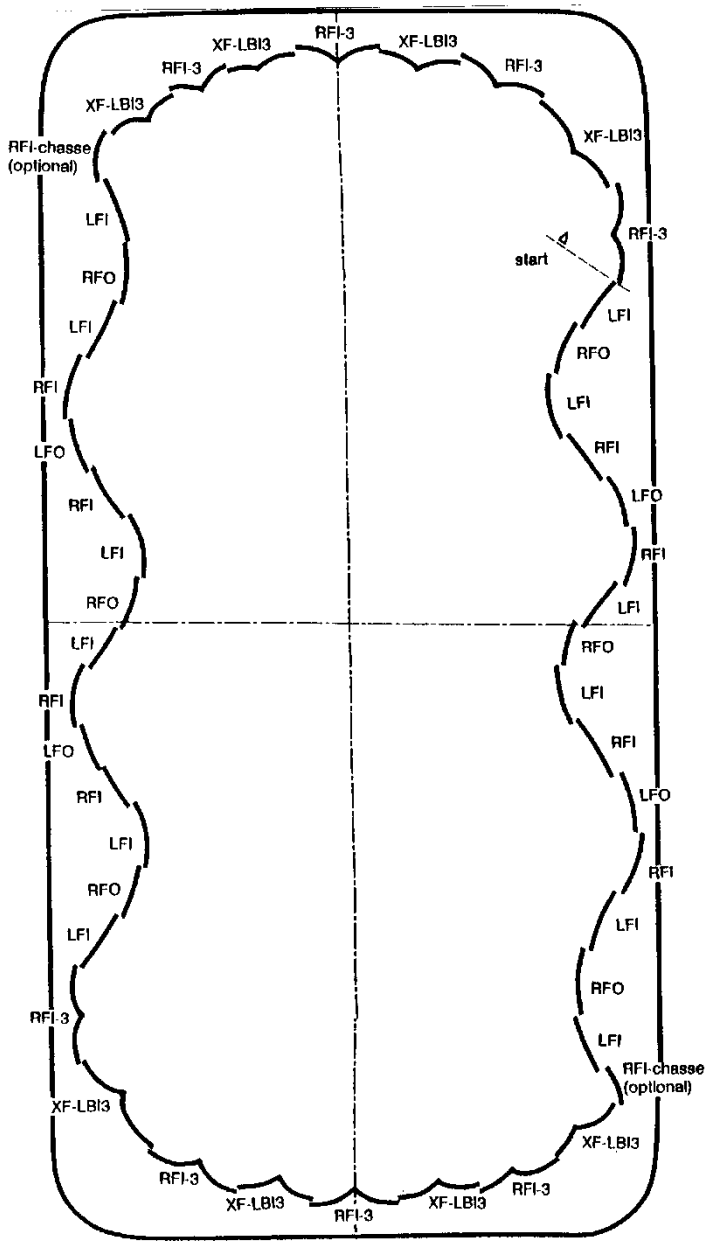
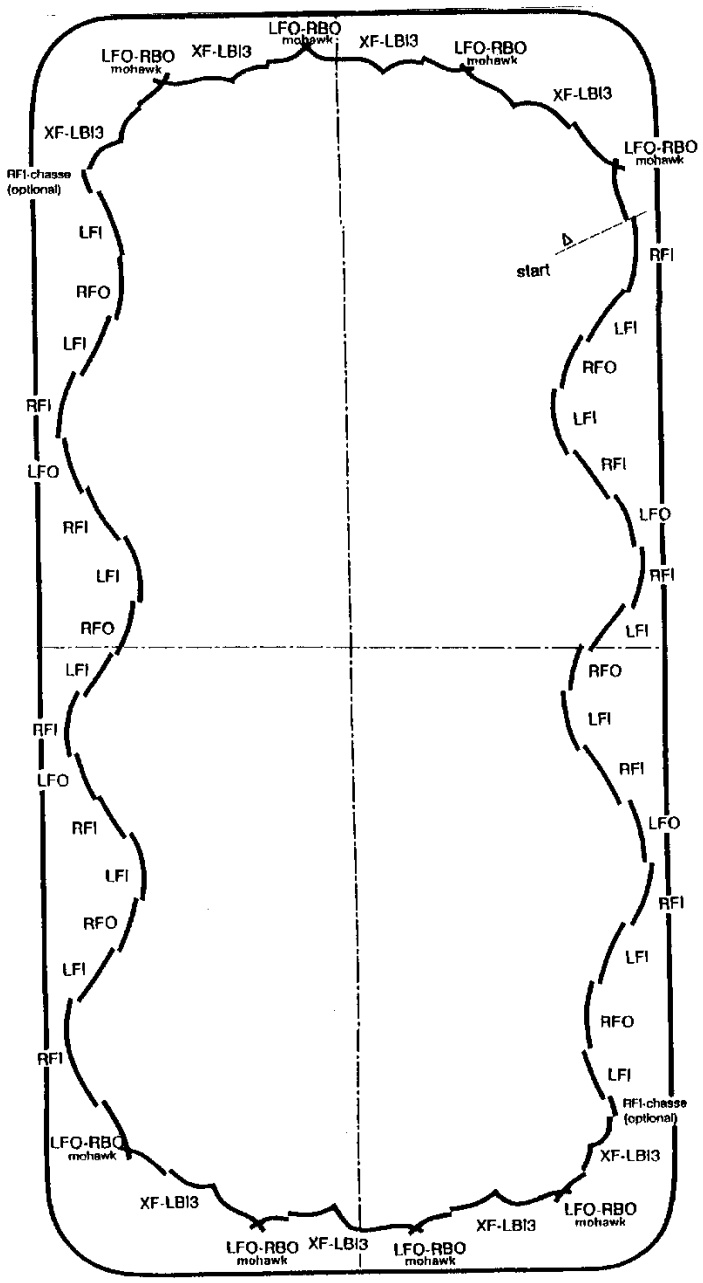
SENIOR SILVER/GOLD FREE SKATING TEST
FORWARD RUSSIAN STROKING WITH FI-XF-BI THREE TURN SEQUENCE
DIRECTION: COUNTERCLOCKWISE (QUICK AND DYNAMIC)



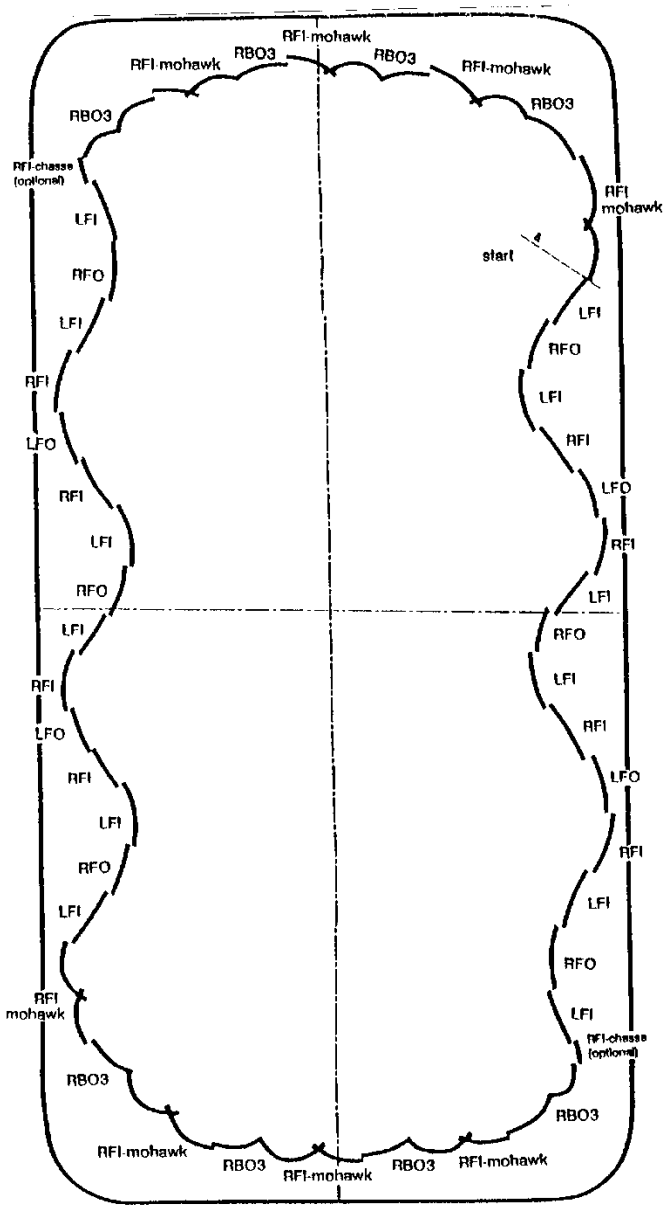
NOTE:
The exact number of steps in the stroking patterns will depend on the size of the rink and strength of the skater.

SENIOR SILVER/GOLD FREE SKATING TEST
FORWARD RUSSIAN STROKING WITH HIP TWIST SEQUENCE
DIRECTION: COUNTERCLOCKWISE (QUICK AND DYNAMIC)



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

SENIOR SILVER/GOLD FREE SKATING TEST
FORWARD RUSSIAN STROKING
WITH BO THREE/INSIDE OPEN MOHAWK SEQUENCE
DIRECTION: COUNTERCLOCKWISE (QUICK AND DYNAMIC)



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