

Dear all,

We are pleased to announce that Skate Asia 2015 will be held at World Ice Arena ~ QingDao in QingDao in China,

This year, we will have two competitions that are first-endorsed : All Star Skate Tianjin in March 27-29, Skate Nanning in April 11-12 .

PLEASE MARK YOUR CALENDAR and MAKE YOUR PLANS NOW TO ATTEND!
Competition details and entry information will be sent to you in the near future.



Competition Schedule 2015

Event

Date

Host Rink

Indonesia Ice Skating Challenge 2015@
Bintaro Jaya

Feb 6-8

Bintaro Jaya Xchange Ice Skating Club (Jakarta, Indonesia)

All Star Skate Tianjin

Mar 27-29

All Star Skating Club Tianjin (Tianjin, China)

Skate Beijing 2015

Apr 3-5

Le Cool Ice Rink (Beijing, China)

ISI Glacier Open 2015

Apr 10-12

FWG (Hong Kong, China)

Skate Nanning 2015

Apr 11-12

World Ice Arena Nanning (Nanning, China)

Bangkok Figure Skating Classic

May 7-9

The Rink Ice Arena (Bangkok, Thailand)

Skate Jakarta

May 15-17

Sky Rink Jakarta (Jakarta, Indonesia)

SM Summerskate

May 20-22

SM Mall of Asia (Manila, Philippines)

ISI Skate Japan

Jun 28

Kawagoe Skate Center (Japan)

Skate Malaysia 2015

Jun 25-28

Pyramid Ice (Malaysia)

Skate Asia

Aug TBC

World Ice Arena Qingdao (Qingdao, China)

ISI Skate Manila

Oct TBC

SM Mall of Asia (Manila, Philippines)

ISI Skate Bandung

Oct TBC

Garden Ice (Indonesia)

ISI HK Competition

Nov TBC

CIP/FWG (Hong Kong, China)

Skate Shenzhen

Nov TBC

World Ice Arena Shenzhen (Shenzhen, China)

ISI Skate Bangkok

Dec TBC

Sub Zero Ice Skating Club (Bangkok, Thailand)



weSKATE Test

Standards DVD

A must-have for all ISI coaches and skaters!

For only USD26, you get all this:

- Detailed demonstrations of the passing standards for each required ISI test maneuver in the Pre-Alpha through Delta and Freestyle 1-10 levels
- Evaluations of the skater's moves
- Demonstrations of mistakes during a freestyle test program—and how to avoid them

ISI EVENT CHECKLIST

AT LEAST THREE MONTHS BEFORE EVENT:

- ❖ Go to ISI website (www.isiasia.org) and print out event entry form.
- ❖ Pass test(s) for skating level you wish to participant in at event.
- ❖ Talk with your coach and decide which events you should enter, and how to enter some extra events that don't require a program routine. (Check out the special discounted events for the year!)

BY ENTRY DEADLINE:

- ❖ Make sure your ISI membership has been renewed for the new membership term.
- ❖ Make sure your highest tests are registered with ISI by your coach.
- ❖ Send in completed entry form.

TWO MONTHS BEFORE EVENT:

- ❖ Make or purchase costumes.
- ❖ Make props for Spotlight events.
- ❖ Learn new routines.

AFTER EVENT SCHEDULE IS RELEASED:

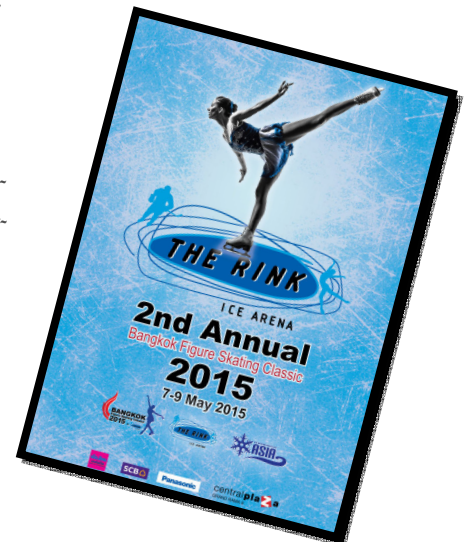
- ❖ Double check that all your events are listed on the schedule, that your name is spelled correctly and that your rink is listed accurately.
- ❖ Make travel plans, including hotel reservations.

WEEK BEFORE EVENT:

- ❖ All national event music must be on CD only (no CD RW). Make sure you have one program per CD, and always make a backup copy, too.

DURING EVENT:

- ❖ Smile!
- ❖ Skate your best.
- ❖ Meet new friends and contact information,



Parents Want to Know

Q: After watching Olympic figure skating on TV as a family, my daughter, who loves to skate, wants to go to the Olympics more than ever! I realize this is a far-fetched dream, so how do I best support her and maintain realistic expectations?

A: It sounds like you have a good grasp on the fact that, statistically, not many skaters actually are able to make it to the Olympics. However, every Olympic starts with that dream, so it is a wonderful thing, when kept in perspective. As her parent, the most important thing you can do is to keep the focus not only on her progress, but also on the accomplishments that she makes on a daily/weekly/monthly basis. Continue to encourage her to strive for HER personal best at each competition and relish the journey and the life skills she is learning along the way. Make sure that she is surrounded by coaches and skating friends who support her dream but always encourage her to have fun and enjoy the time she spends skating!



Q: When my son skated in his first competition, the area near the door to the ice was 'off limits' to me. I thought I could stand with him until he got on the ice. Why are parents not allowed to do this?

A: There are many reasons for this. First of all, it is very important that your son's coach have time alone with him to help him prepare for his performance. While your desire to be with him is well meaning, it actually detracts from this process. In addition, the skater/coach area, as it often called, can get crowded and chaotic with skaters getting on and off the ice. It is the ice monitor's job to keep the area clear and organized so that every skater gets the opportunity to compete in a somewhat stress-free zone. Additional parents, siblings and friends can congest this area and simply cause more confusion.

I know this is all new to you and your son, but I promise you that after more competition experience, this concept will become second nature and your son will truly enjoy the one-on-one time he has with his coach preparing for his skate!

Q: My daughter recently competed in a Freestyle 1 event. I noticed that many of the other skaters' dresses were more elaborately decorated than the dress my daughter wore. Her placement was lower than we expected. Do you think it was because of her dress?

A: Unless the event has costume and prop criteria (for example, Spotlight) your daughter's dress was not being judged directly. It is true that a skater's appearance during her performance plays into the general overall mark given by the judges in a Freestyle event. However, it is unlikely that it impacted her score at all, unless the dress was somehow distracting to the judges. The most important thing to consider when choosing a competition dress is comfort and fit. The dress should also make your skater feel special, pretty and confident.



Q: My daughter loves skating and has been taking private lessons

for the past two years. My husband recently lost his job and we have to cut back on our expenses through this rough patch. We can only afford to have her take one lesson a week with her private coach. What advice can you give us on maintaining her enthusiasm and interest as well as helping her continue to progress in her skating?

A: First and foremost, keep an open line of communication with her private coach. Make sure her coach understands that this change is for a financial reason, not for lack of interest or dissatisfaction with his or her services. Sometimes coaches can work with you on scheduling shorter, more budget-friendly lessons. Ask your coach if semi-private lessons with a similarly skilled skater could be considered. Keep having your daughter practice much as possible.



Congratulations to the following ISI skaters who have recently passed high-level test:

Freestyle 8

- ◆ CHAN, Kwan Ho Victor
- ◆ CHOW, Hiu Lok
- ◆ CHOW, Hiu Yau
- ◆ KWAN, Chi Hung Elvis
- ◆ LI, Sin Ka Samantha
- ◆ LI, Yuk Kit Kelvin
- ◆ PANLILIO, Diane Gabrielle A.
- ◆ WONG, Stephanie



2014 Rule Revisions Become Effective September 1

ISI is committed to listening to our coaches and making revisions and improvements to our programs in hopes that they will create new opportunities for you as skaters.

Here is a sampling of some of the new rule revisions and clarifications. Please make sure you and your coach have a copy of the NEW 2014 ISI Handbook available for purchase thru the ISI office.

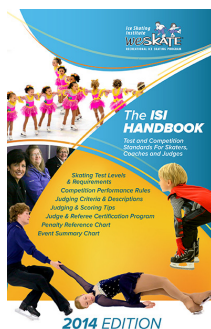
Revised Open Freestyle levels:

Open Bronze – Freestyle 1-3

Open Silver – Freestyle 4-5

Open Gold – Freestyle 6-7

Open Platinum – Freestyle 8-10



A short program option has been added at competitions for Open Gold or Open Platinum skaters.

The dance step sequences within the traditional Freestyle 5-8 levels now include new steps like loops and twizzles. Download the four new diagrams and turn descriptions from the website (www.isiasis.org)

A new category in ice dancing has been added: Open Solo Free Dance – Divided into five levels, this category is a chance for skaters to express their own inspirational and artistic capabilities as solo ice dancers.

Freestyle 9: A new spin requirement has been added – a spin in the opposite direction (Camel, layback or sit spin).

Freestyle 8: The illusion has been removed as a choice element and is now considered an uncaptured maneuver.

Ice dancers wanting to compete in Footwork events are now allowed to enter the event using their highest dance test passed and registered with the ISI office.

All skater must use the NEW test requirements for competitions beginning Sept.1, regardless of when they passed the test.

New Dance Step Sequences

The dance step sequences for Freestyle 5-8 tests have been changed and redesigned with new turn requirements. These dance steps, along with other new rule changes and clarifications as listed in our 2014 ISI Handbook, are required for all testing and competitions as of Sept.1, 2014.

• FREESTYLE 5

Change Open Choctaw to Closed Choctaw

Added Right Forward Inside Twizzle and Right Backward Outside Twizzle

• FREESTYLE 6

Added Right Backward Inside Loop and Left Backward Inside Loop

• FREESTYLE 7

Added Right Backward Outside Double Twizzle and Left Forward Inside 1 1/2 Twizzle

• FREESTYLE 8

Added Left Forward Outside 1 1/2 Twizzle and Right Forward Outside 1 1/2 Twizzle and Left Forward Outside Loop

Please note: The diagrams for Dance Step Sequences 6 and 7 have been revised slightly since the printing of the new 2014 handbook. Please use the diagrams on the following pages to replace the diagrams for 6 and 7 in your handbook.

Diagrams for all four new sequences can also be found on the ISI website in both PDF format and with video demonstrations of each pattern.

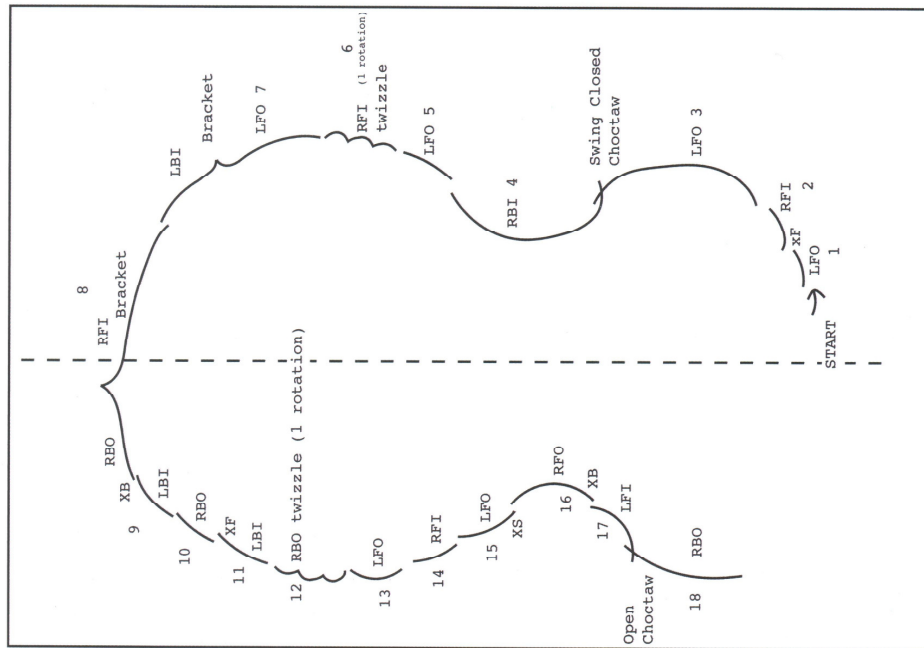
Note: While the steps listed in each sequence are required, the pattern may vary due to the strength and size of the skater. Quality, correctness and definition of the edges and





ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence



ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence

The skater must demonstrate all required turns separately for the compulsory part of the test: Left Forward Outside Swing **Closed Choctaw**, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket, **Right Forward Inside Twizzle**, **Right Back Outside Twizzle**. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced on both sides of the long axis of the rink, as shown in the diagram. The pattern should be proportionate to the skater's size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

a. **Left Forward Outside Swing Closed Choctaw** A change foot turn from LFO to RBI, where the free foot moves forward past the skating foot before being brought back to the **outside** of the skating foot for the turn to backward inside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

b. **Left Forward Inside Open Choctaw** A change foot turn from LFI to RBO, in which the heel of the free foot moves to the inner edge side of the skating foot before the turn to backward outside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges for LFI Choctaw must be held at least one time the skater's height.

c. **Left Forward Outside Bracket** A turn from LFO to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

d. **Right Forward Inside Bracket** A turn from RFI to RBO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

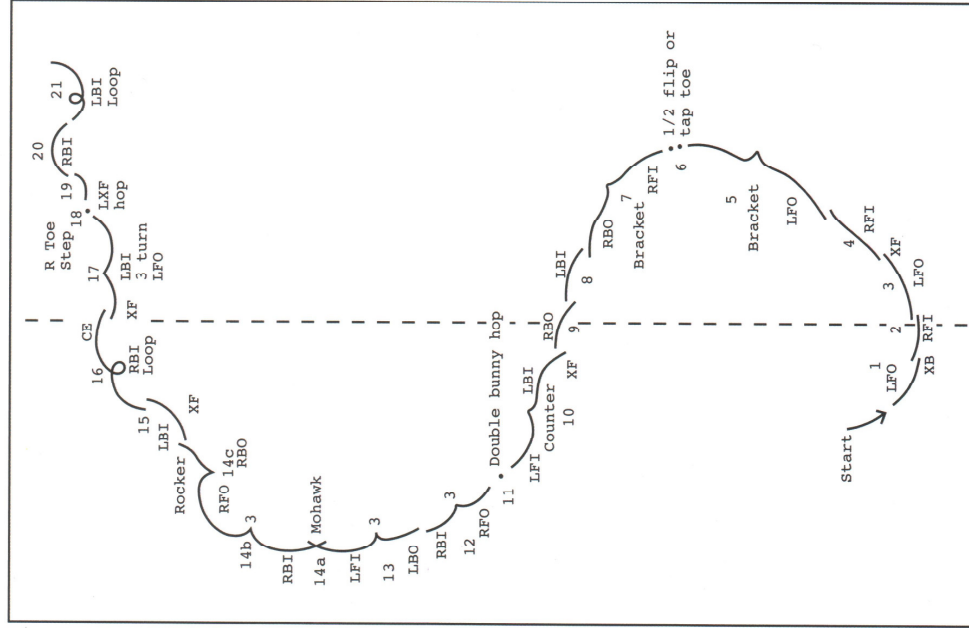
e. **Right Forward Inside Twizzle** A traveling turn initiated on the forward inside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

f. **Right Back Outside Twizzle** A traveling turn initiated on the back outside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.



ISI Freestyle 6 and Pair 5

Mandatory Serpentine Dance Step Sequence



ISI Freestyle 6 and Pair 5

Mandatory Dance Step Sequence

The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Left Backward Inside Counter, **Right Back Inside Loop**, **Left Back Inside Loop**.

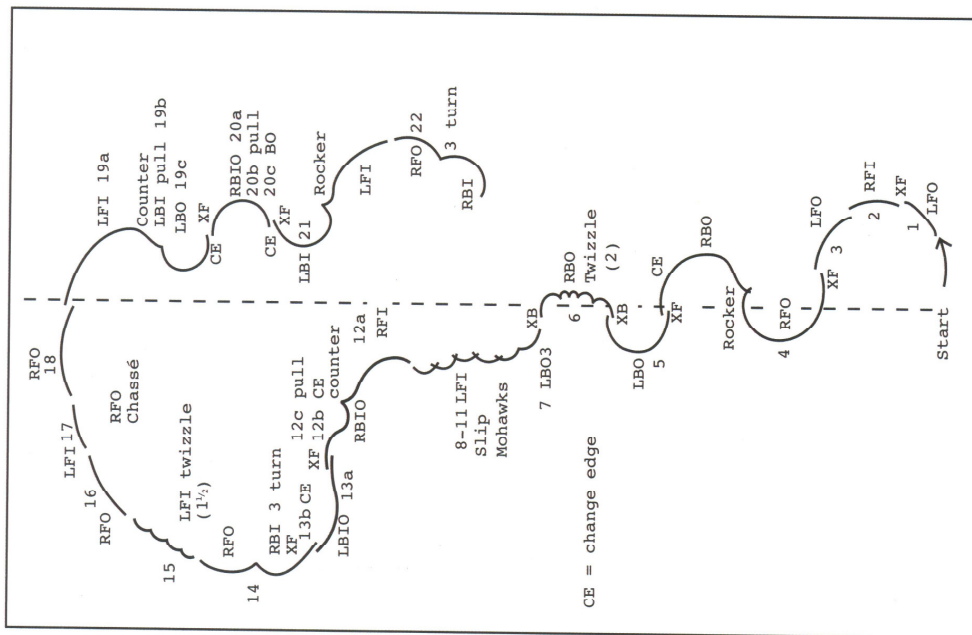
- Right Forward Outside Rocker** A one-foot turn from RFO to RBO, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- Left Backward Inside Counter** A one-foot turn from LBI to LFI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- Right Back Inside Loop** A one-foot movement initiated on the right back inside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.
- Left Back Inside Loop** A one-foot movement initiated on the left back inside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.

In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.



ISI Freestyle 7, Couple 8 and Pair 6

Dance Step Sequence



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ISI Freestyle 7, Couple 8 and Pair 6

Dance Step Sequence

The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Outside Counter, Left Back Inside Rocker, Right Back Outside Double Twizzle, Left Forward Inside 1 1/2 Twizzle. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

a. **Right Forward Inside Counter** A one foot turn from RFI to RFI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

b. **Left Forward Inside Counter** A one foot turn from LFI to LFI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

c. **Left Back Inside Rocker** A one foot turn from LBI to LFI, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.

d. **Right Back Outside Double Twizzle** A traveling turn initiated on the back outside edge of the right foot with two rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

e. **Left Forward Inside 1 1/2 Twizzle** A traveling turn initiated on the forward inside edge of the left foot with 1 1/2 rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the left foot with the right foot in any position during the turn, and then is placed beside the left foot to skate the next steps.

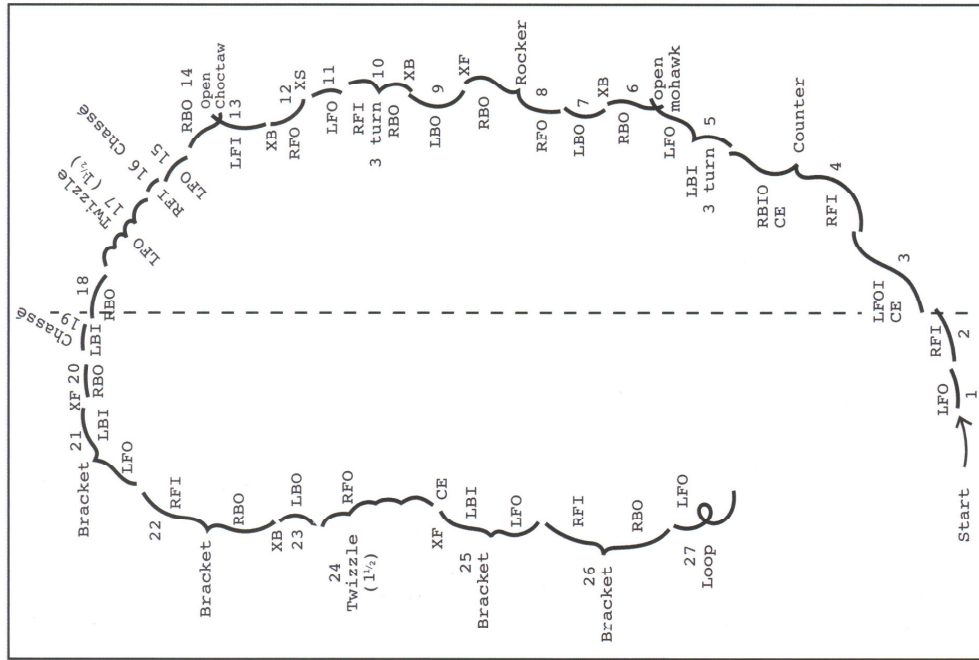
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Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence



Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence

The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker, Left Forward Outside 1½ Twizzle, Right Forward Outside 1½ Twizzle, Left Forward Outside Loop. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

a. **Left Backward Inside Bracket** A turn from LBI to LFO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be at least one time the skater's height.

b. **Left Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the left foot with 1½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the left foot with the right foot in any position during the turn, and then is placed beside the left foot to skate the next steps.

c. **Right Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the right foot with 1½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

d. **Left Forward Outside Loop** A one-foot movement initiated on the left forward outside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.