

ALPHA - DELTA TEST



MBR. NO.# _____ SKATER NAME _____
(Family Name) (First Name)

BIRTHDATE _____ ADDRESS _____
DD / MM / YYYY

MBR. NO.# _____ Examiner _____
(Family Name) (First Name)

MBR. NO.# _____ Rink / Club _____ A-DT_en_v14a

Send original to: Ice Skating Institute Asia, GPO Box No. 579, General Post Office, Hong Kong SAR China. Make a photocopy for rink or club.

TEST DATE _____

Pass / Incomplete
or points
(see TEST Standards)

ALPHA TEST

Maneuvers Required:

1. Forward Stroking
2. Right Forward Crossover (Right over Left)
3. Left Forward Crossover (Left over Right)
4. One-Foot Snowplow Stop

Posture:

- | | | |
|-----|-----------------------------------|-----|
| () | 1. Back Straight | () |
| () | 2. Knees Bent | () |
| () | 3. Free Leg Extended, Toe Pointed | () |
| () | 4. Arm Position | () |
| () | 5. Hand Position | () |

Comments: _____

BETA TEST

Maneuvers Required:

1. Backward Stroking
2. Right Backward Crossover (Right over Left)
3. Left Backward Crossover (Left over Right)
4. T-Stop - Right Foot Outside Edge
5. T-Stop - Left Foot Outside Edge

Posture:

- | | | |
|-----|-----------------------------------|-----|
| () | 1. Back Straight | () |
| () | 2. Knees Bent | () |
| () | 3. Free Leg Extended, Toe Pointed | () |
| () | 4. Arm Position | () |
| () | 5. Hand Position | () |

Comments: _____

GAMMA TEST

Maneuvers Required:

1. Right Forward Outside 3-Turn
2. Left Forward Outside 3-Turn
3. Right Forward Inside Mohawk Combination
4. Left Forward Inside Mohawk Combination
5. Hockey Stop

Posture:

- | | | |
|-----|-----------------------------------|-----|
| () | 1. Back Straight | () |
| () | 2. Knees Bent | () |
| () | 3. Free Leg Extended, Toe Pointed | () |
| () | 4. Arm Position | () |
| () | 5. Hand Position | () |

Comments: _____

DELTA TEST

Maneuvers Required:

1. Right Forward Inside 3-Turn
2. Left Forward Inside 3-Turn
3. Forward Outside & Forward Inside Edges
4. F./B. Shoot the Duck or F. Lunge
5. Bunny Hop

Posture:

- | | | |
|-----|-----------------------------------|-----|
| () | 1. Back Straight | () |
| () | 2. Knees Bent | () |
| () | 3. Free Leg Extended, Toe Pointed | () |
| () | 4. Arm Position | () |
| () | 5. Hand Position | () |

Comments: _____