

# ALPHA - DELTA TEST 基本二至五级测试



MBR. NO.# 会员编号 \_\_\_\_\_ SKATER NAME 学员姓名 \_\_\_\_\_  
(Family Name 姓氏) (First Name 名字)

BIRTHDATE 出生日 \_\_\_\_\_ ADDRESS 住址 \_\_\_\_\_  
DD 日 / MM 月 / YYYY 年

MBR. NO.# 会员编号 \_\_\_\_\_ Examiner 主考官 \_\_\_\_\_  
(Family Name 姓氏) (First Name 名字)

MBR. NO.# 会员编号 \_\_\_\_\_ Rink 冰场 / Club 俱乐部 \_\_\_\_\_ A-DT\_sc\_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.  
原件寄交: 香港 邮政总局 邮政信箱 579 号, Ice Skating Institute Asia 收。冰场或俱乐部只需保存复印本。

TEST DATE 测试日期 \_\_\_\_\_

Pass 合格 / Incomplete 未完成  
or points 或评分  
(see TEST Standards 见测试标准)

## ALPHA TEST 基本二级

Maneuvers Required 动作要求:

1. Forward Stroking 蹬冰滑行 ( )
2. Right Forward Crossover (Right over Left) 右前交叉步滑行-逆时针 ( )
3. Left Forward Crossover (Left over Right) 左前交叉步滑行-顺时针 ( )
4. One-Foot Snowplow Stop 单脚内刀刃停止 ( )

Posture 姿势:

1. Back Straight 背直 ( )
2. Knees Bent 膝盖微屈 ( )
3. Free Leg Extended, Toe Pointed 辅腿伸展, 脚尖绷住 ( )
4. Arm Position 手臂位置 ( )
5. Hand Position 手位置 ( )

Comments 评语: \_\_\_\_\_

## BETA TEST 基本三级

Maneuvers Required 动作要求:

1. Backward Stroking 蹬冰倒滑 ( )
2. Right Backward Crossover (Right over Left) 右交叉步倒滑 - 逆时针 ( )
3. Left Backward Crossover (Left over Right) 左交叉步倒滑 - 顺时针 ( )
4. T-Stop - Right Foot Outside Edge 丁字停止 - 右外刀刃 ( )
5. T-Stop - Left Foot Outside Edge 丁字停止 - 左外刀刃 ( )

Posture 姿势:

1. Back Straight 背直 ( )
2. Knees Bent 膝盖微屈 ( )
3. Free Leg Extended, Toe Pointed 辅腿伸展, 脚尖绷住 ( )
4. Arm Position 手臂位置 ( )
5. Hand Position 手位置 ( )

Comments 评语: \_\_\_\_\_

## GAMMA TEST 基本四级

Maneuvers Required 动作要求:

1. Right Forward Outside 3-Turn 右前外刀刃 3 字转 ( )
2. Left Forward Outside 3-Turn 左前外刀刃 3 字转 ( )
3. Right Forward Inside Mohawk Combination 右前内刀刃转向舞步 ( )
4. Left Forward Inside Mohawk Combination 左前内刀刃转向舞步 ( )
5. Hockey Stop 双脚转弯(冰球式)停止 ( )

Posture 姿势:

1. Back Straight 背直 ( )
2. Knees Bent 膝盖微屈 ( )
3. Free Leg Extended, Toe Pointed 辅腿伸展, 脚尖绷住 ( )
4. Arm Position 手臂位置 ( )
5. Hand Position 手位置 ( )

Comments 评语: \_\_\_\_\_

## DELTA TEST 基本五级

Maneuvers Required 动作要求:

1. Right Forward Inside 3-Turn 右前内刀刃 3 字转 ( )
2. Left Forward Inside 3-Turn 左前内刀刃 3 字转 ( )
3. Forward Outside & Forward Inside Edges 前外, 前内圆弧 ( )
4. F./B. Shoot the Duck or F. Lunge 单脚(前/后)蹲踞滑行 / 前冲式滑行 ( )
5. Bunny Hop 兔子跳 ( )

Posture 姿势:

1. Back Straight 背直 ( )
2. Knees Bent 膝盖微屈 ( )
3. Free Leg Extended, Toe Pointed 辅腿伸展, 脚尖绷住 ( )
4. Arm Position 手臂位置 ( )
5. Hand Position 手位置 ( )

Comments 评语: \_\_\_\_\_