

# ALPHA - DELTA TEST 基本二至五級測試



MBR. NO.# 會員編號 \_\_\_\_\_ SKATER NAME 學員姓名 \_\_\_\_\_  
(Family Name 姓氏) (First Name 名字)

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

MBR. NO.# 會員編號 \_\_\_\_\_ Examiner 主考官 \_\_\_\_\_  
(Family Name 姓氏) (First Name 名字)

MBR. NO.# 會員編號 \_\_\_\_\_ Rink 冰場 / Club 俱樂部 \_\_\_\_\_ A-DT\_tc\_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 郵政總局 郵政信箱 579 號，Ice Skating Institute Asia 收。冰場或俱樂部只需保存複印本。

TEST DATE 測試日期 \_\_\_\_\_

Pass 合格 / Incomplete 未完成  
or points 或評分  
(see TEST Standards 見測試標準)

## ALPHA TEST 基本二級

Maneuvers Required 動作要求:

- |  |             |     |
|--|-------------|-----|
| 1. Forward Stroking                          | 蹬冰滑行        | ( ) |
| 2. Right Forward Crossover (Right over Left) | 右前交叉步滑行-逆時針 | ( ) |
| 3. Left Forward Crossover (Left over Right)  | 左前交叉步滑行-順時針 | ( ) |
| 4. One-Foot Snowplow Stop                    | 單腳內刀刃停止     | ( ) |

Posture 姿勢:

- |                                   |           |     |
|-----------------------------------|-----------|-----|
| 1. Back Straight                  | 背直        | ( ) |
| 2. Knees Bent                     | 膝蓋微屈      | ( ) |
| 3. Free Leg Extended, Toe Pointed | 輔腿伸展、腳尖繃住 | ( ) |
| 4. Arm Position                   | 手臂位置      | ( ) |
| 5. Hand Position                  | 手位置       | ( ) |

Comments 評語: \_\_\_\_\_

## BETA TEST 基本三級

Maneuvers Required 動作要求:

- |   |              |     |
|---|--------------|-----|
| 1. Backward Stroking                          | 蹬冰倒滑         | ( ) |
| 2. Right Backward Crossover (Right over Left) | 右交叉步倒滑 - 逆時針 | ( ) |
| 3. Left Backward Crossover (Left over Right)  | 左交叉步倒滑 - 順時針 | ( ) |
| 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 姿勢:

- |                                   |           |     |
|-----------------------------------|-----------|-----|
| 1. Back Straight                  | 背直        | ( ) |
| 2. Knees Bent                     | 膝蓋微屈      | ( ) |
| 3. Free Leg Extended, Toe Pointed | 輔腿伸展、腳尖繃住 | ( ) |
| 4. Arm Position                   | 手臂位置      | ( ) |
| 5. Hand Position                  | 手位置       | ( ) |

Comments 評語: \_\_\_\_\_

## GAMMA TEST 基本四級

Maneuvers Required 動作要求:

- |  |             |     |
|--|-------------|-----|
| 1. Right Forward Outside 3-Turn            | 右前外刀刃 3 字轉  | ( ) |
| 2. Left Forward Outside 3-Turn             | 左前外刀刃 3 字轉  | ( ) |
| 3. Right Forward Inside Mohawk Combination | 右前內刀刃轉向舞步   | ( ) |
| 4. Left Forward Inside Mohawk Combination  | 左前內刀刃轉向舞步   | ( ) |
| 5. Hockey Stop                             | 雙腳轉彎(冰球式)停止 | ( ) |

Posture 姿勢:

- |                                   |           |     |
|-----------------------------------|-----------|-----|
| 1. Back Straight                  | 背直        | ( ) |
| 2. Knees Bent                     | 膝蓋微屈      | ( ) |
| 3. Free Leg Extended, Toe Pointed | 輔腿伸展、腳尖繃住 | ( ) |
| 4. Arm Position                   | 手臂位置      | ( ) |
| 5. Hand Position                  | 手位置       | ( ) |

Comments 評語: \_\_\_\_\_

## DELTA TEST 基本五級

Maneuvers Required 動作要求:

- |   |                     |     |
|---|---------------------|-----|
| 1. Right Forward Inside 3-Turn            | 右前內刀刃 3 字轉          | ( ) |
| 2. Left Forward Inside 3-Turn             | 左前內刀刃 3 字轉          | ( ) |
| 3. Forward Outside & Forward Inside Edges | 前外，前內圓弧             | ( ) |
| 4. F./B. Shoot the Duck or F. Lunge       | 單腳(前/後)蹲踞滑行 / 前沖式滑行 | ( ) |
| 5. Bunny Hop                              | 兔仔跳                 | ( ) |

Posture 姿勢:

- |                                   |           |     |
|-----------------------------------|-----------|-----|
| 1. Back Straight                  | 背直        | ( ) |
| 2. Knees Bent                     | 膝蓋微屈      | ( ) |
| 3. Free Leg Extended, Toe Pointed | 輔腿伸展、腳尖繃住 | ( ) |
| 4. Arm Position                   | 手臂位置      | ( ) |
| 5. Hand Position                  | 手位置       | ( ) |

Comments 評語: \_\_\_\_\_