

FREE DANCE 5 & 6 TEST



(1) MBR. NO.# _____ (1) SKATER NAME _____
(Family Name) (First Name)

BIRTHDATE _____ Rink / Club _____
DD / MM / YYYY

(2) MBR. NO.# _____ (2) SKATER NAME _____
(Family Name) (First Name)

BIRTHDATE _____ Rink / Club _____
DD / MM / YYYY

MBR. NO.# _____ Examiner _____ FDT5-6_en_v14a
(Family Name) (First Name)

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 _____ Test Location _____

FREE DANCE 5 PROGRAM

(Duration 2.0 min.)

- Dance Spin _____
- 2 x Dance Lifts _____
- Dance Step Sequence (min. 10 steps) _____
- Alternating Drop 3's _____
- Series of 8 steps (Willow Waltz or Ten Fox) _____

(SCORING1 – 10)

Posture _____	Position _____	Correctness _____	Pattern _____
Timing _____	Unison _____	Duration (2.0) _____	Interpretation _____

FREE DANCE 5 TEST RESULT **PASS** _____ **INCOMPLETE** _____

FREE DANCE 6 PROGRAM

(Duration 2.5 min.)

- Dance Spin _____
- 2 x Dance Lifts _____
- Side-by-side 1-foot Twizzles (1 1/2 revolutions) _____
- Serpentine Dance Step Sequence _____
- Series of 8 steps (14-Step or Tango) _____

(SCORING1 – 10)

Posture _____	Position _____	Correctness _____	Pattern _____
Timing _____	Unison _____	Duration (2.5) _____	Interpretation _____

FREE DANCE 6 TEST RESULT **PASS** _____ **INCOMPLETE** _____

Notes: _____

