

FREESTYLE TEST



ISIASIA MEMBER. NO. _____

SKATER NAME _____
(Family Name) (First Name)

DATE OF BIRTH _____
DD / MM / YYYY

ICE RINK _____

ISIASIA COACH NAME _____

EXAMINER _____
(Family Name) (First Name)

TEST DATE _____

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

FST_en_v16a

REQUIRED MANEUVERS (0-10)									PROGRAM (0-10)							
FREESTYLE 1	FORWARD PIVOT	2 FOOT SPIN	ARABESQUE	BACKWARD EDGES	1/2 FLIP	WALTZ JUMP		MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 1.5 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 2	BALLET JUMP	Jump Seq: Waltz/Turn/One-Half Flip	1/2 LUTZ	1 FOOT SPIN	2 FWD. ARABESQUES	DANCE STEP SEQ		MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 1.5 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 3	BKWD. O / I PIVOT	SALCHOW JUMP	CHANGE FOOT SPIN	BACK ARABESQUE	TOE LOOP / TOE WALLEY	DANCE STEP SEQ		MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 1.5 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 4	FLIP JUMP	LOOP JUMP	SIT SPIN	1/2 LOOP JUMP	2 BKWD. ARABESQUES	BACK 3-TURNS DANCE STEP SEQ		MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 2.0 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 5	LUTZ JUMP	AXEL JUMP	CAMEL SPIN	COMBO SPIN	BACK SCRATCH SPIN	URNS-DANCE STEP SEQ		MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 2.0 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 6	SPLIT JUMP	SPLIT FALLING LEAF	AXEL 1/2LOOP-FLIP	DOUBLE SALCHOW	X FOOT / LAYBACK/ SIT-CHG - SIT SPIN	SPIN COMBO	SERP. DANCE STEP SEQ	MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 2.5 MIN	PRO-GRAM SCORE	TOTAL
FREESTYLE 7	DBL. TOE LOOP / DBL. TOE WALLEY	2 WALLEYS IN SEQ	COMBO SPIN	FLYING CAMEL SPIN	1 FT AXEL - 1/2 FLIP - AXEL	OPPOSITE JUMP	URNS-DANCE STEP SEQ	MAN-EUVER SCORE	POSTURE	EXTRA CONTENT	CORRECT-NESS	PATTERN	RHYTHM	DURATION 3.0 MIN	PRO-GRAM SCORE	TOTAL

In order to achieve a unified standard, Freestyle 8-9; Couple 8-9; Dance 8-9; and Pair 6-9 if not judged at an authorized test session, the skater must send a DVD, unedited, single camera, showing all the required compulsory. Ice Skating Institute Asia (ISIA) will select a panel of judges for these high level tests.

Video Test Form is available at the ISIA website and each video test is subject for a non-refundable fee of US\$55.00/HK\$440.00.

For guidelines on all Level 10 tests, please refer to the ISI Handbook. These tests must be graded by five examiners selected by ISIA at an ISIA appointed event/test session.