



FSAT MOVES IN THE FIELD TEST

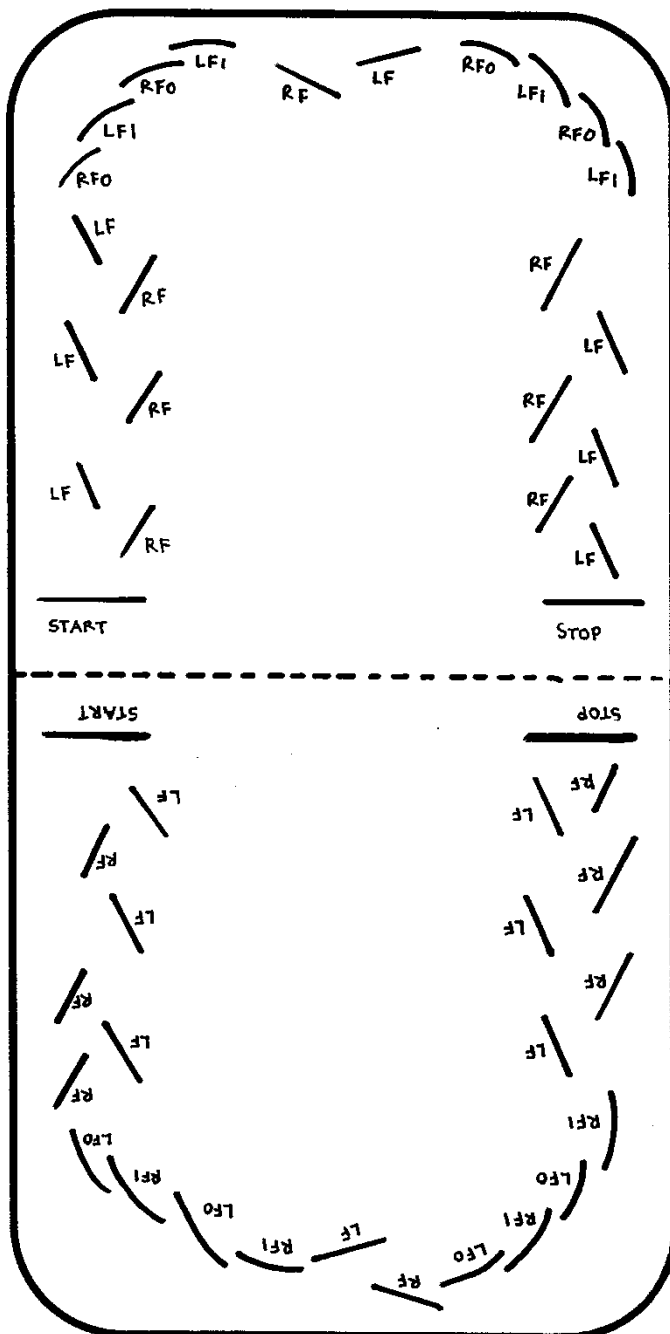
Level 1 Moves in the Field

(Half Ice)

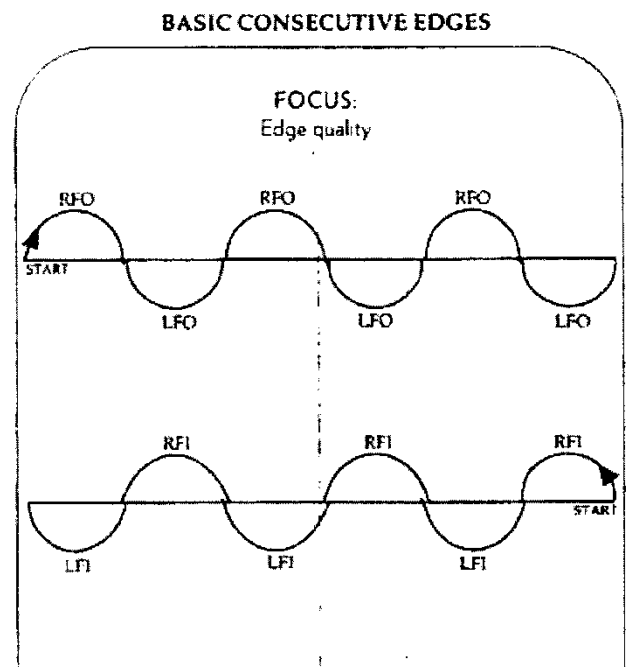
Skills required:

- Forward Skating
- Forward Crossovers
- Forward Edges

Level 1 (A)



Level 1 (B)





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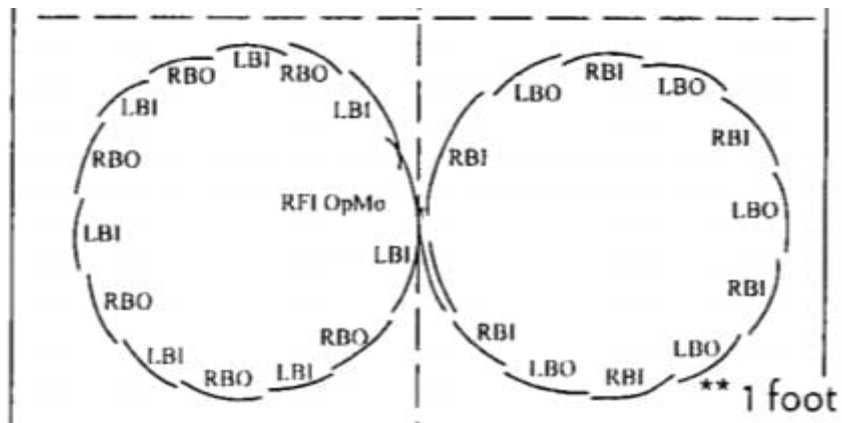
Level 2 Moves in the Field

(Half Ice)

Skills required:

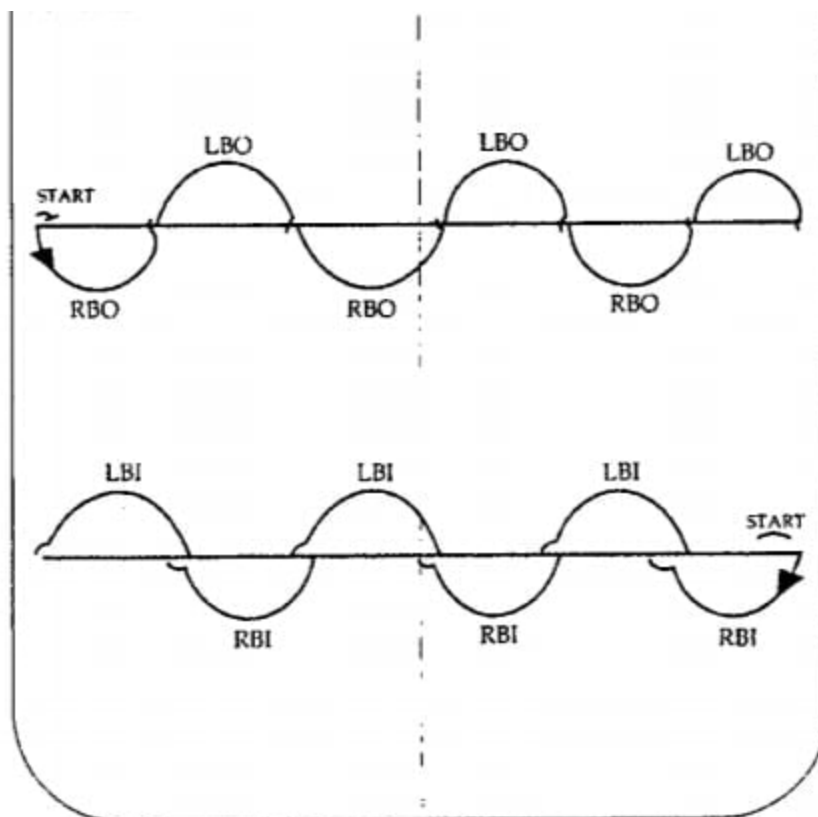
- Backward Skating & Crossovers
- Backward edges

Level 2 (A)



Remark: Figure 8 backward crossovers (4 to 6 crossovers per circle)

Level 2 (B)





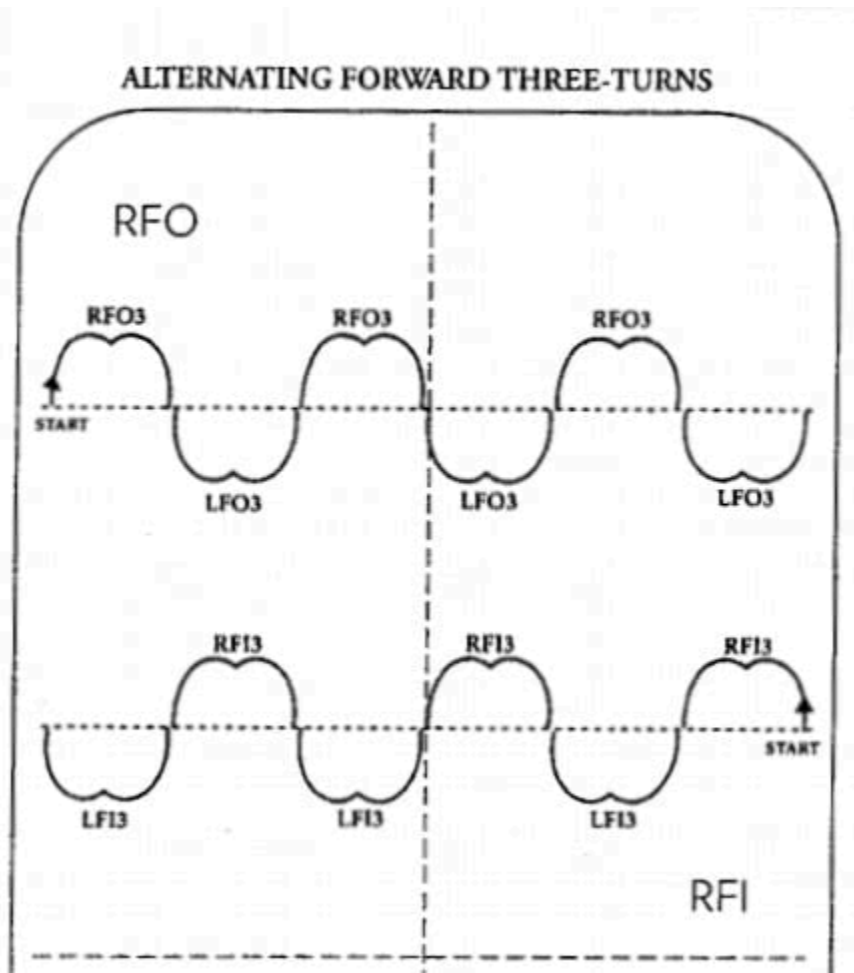
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Level 3 Moves in the Field

(Half Ice)

Skills required:

- Three Turns





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Level 4 Moves in the Field

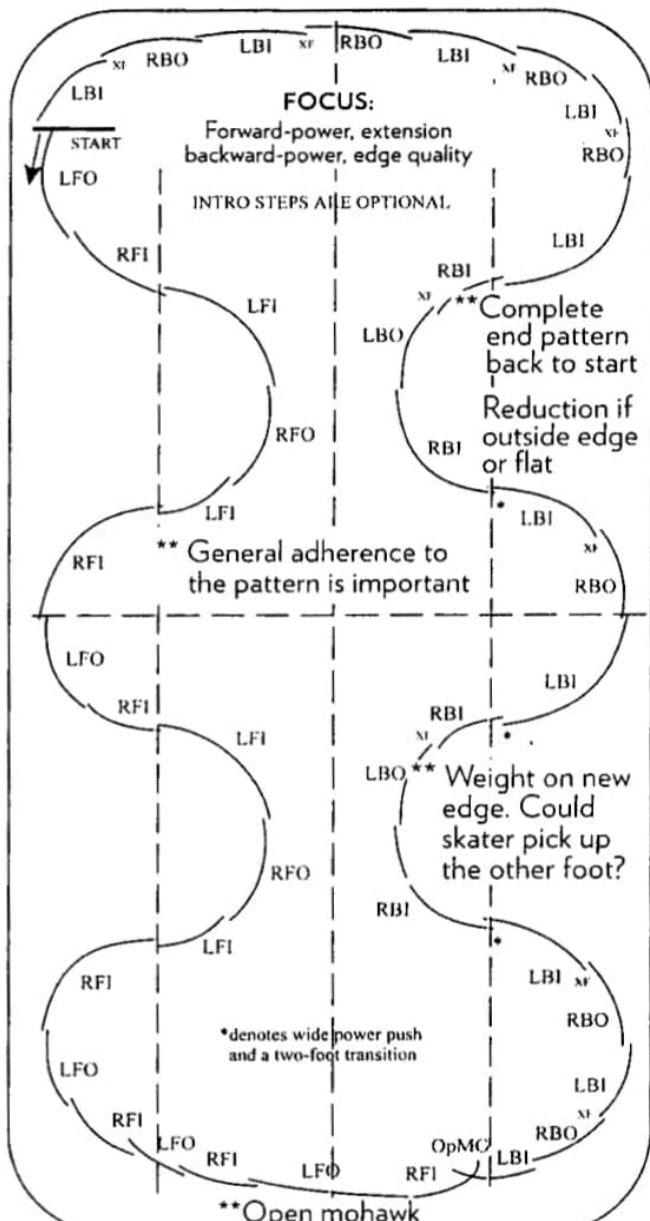
(Full Ice)

Skills required:

- Forward and Backward Power Stroking
- Forward Double Three-Turns

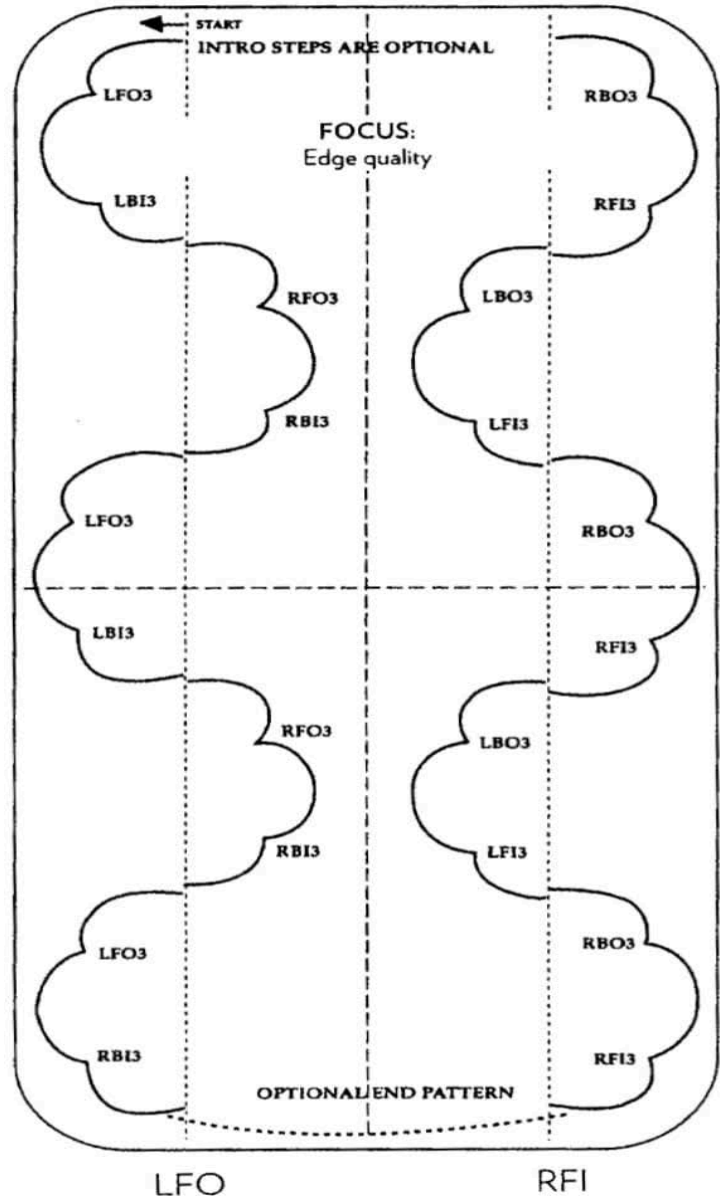
Level 4 (A)

FORWARD AND BACKWARD PERIMETER POWER STROKING



Level 4 (B)

FORWARD DOUBLE THREE-TURNS





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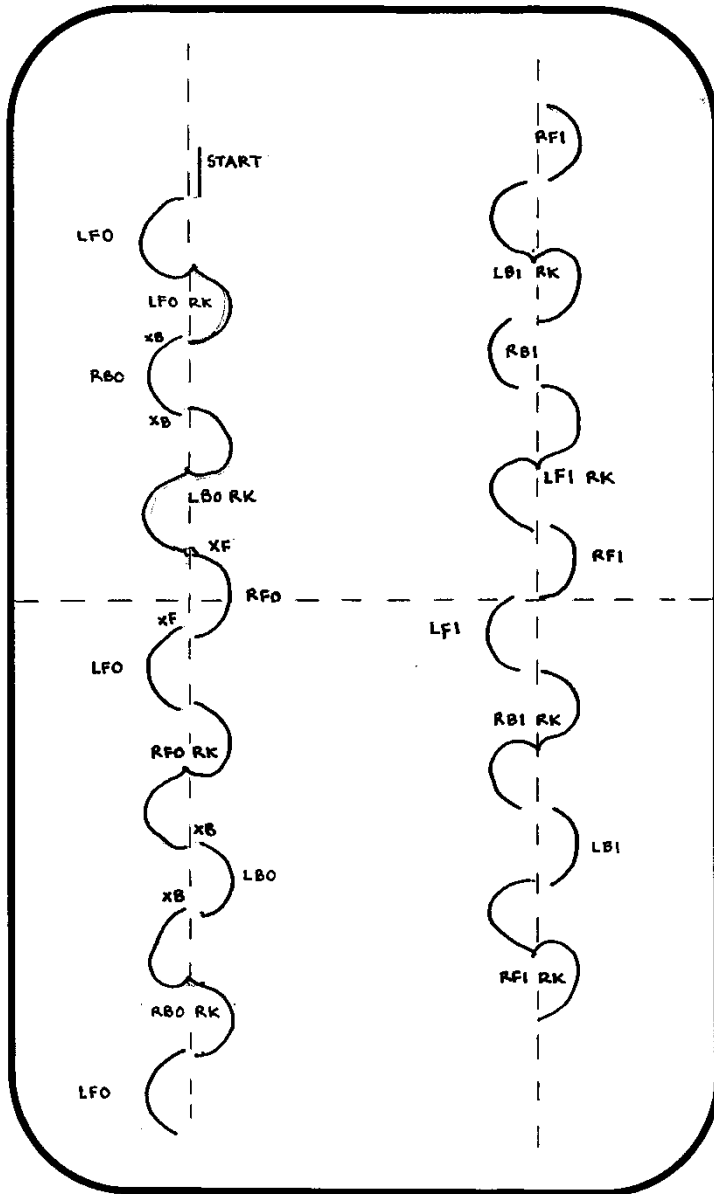
Level 5 (Basic Novice) Moves in the Field

Difficult turns:

- Rockers
- Twizzles

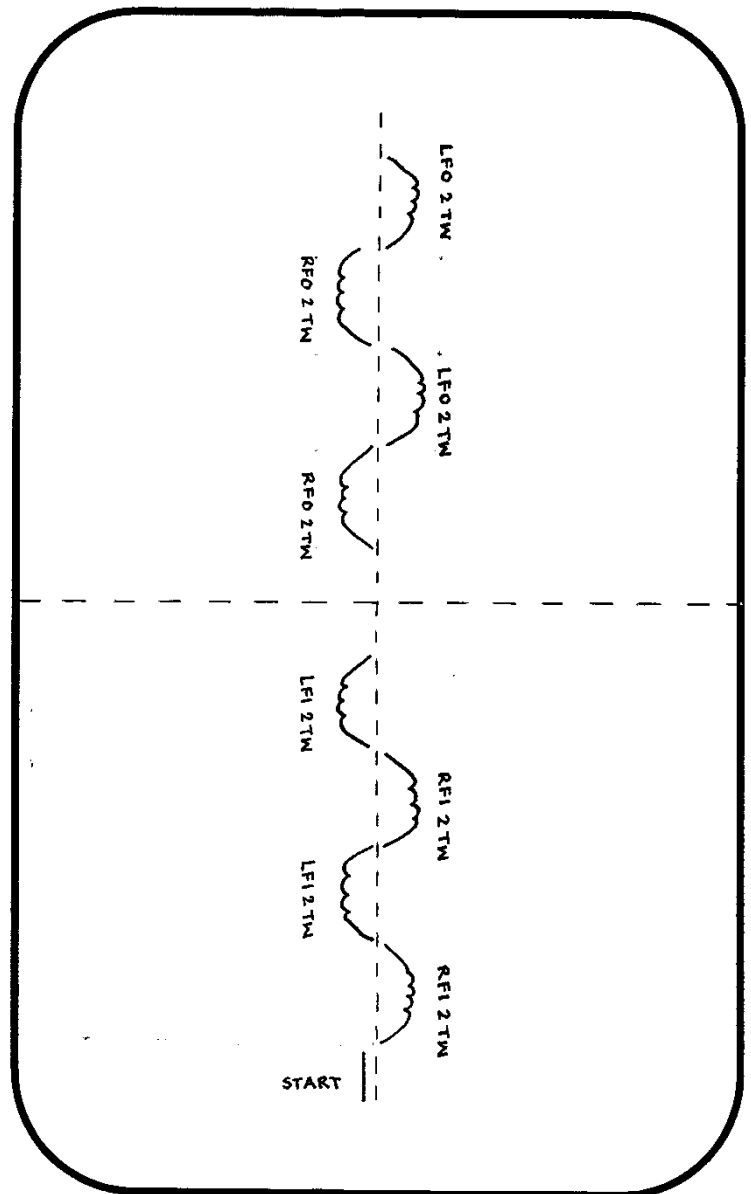
Level 5 (A)

ROCKERS



Level 5 (B)

TWIZZLES





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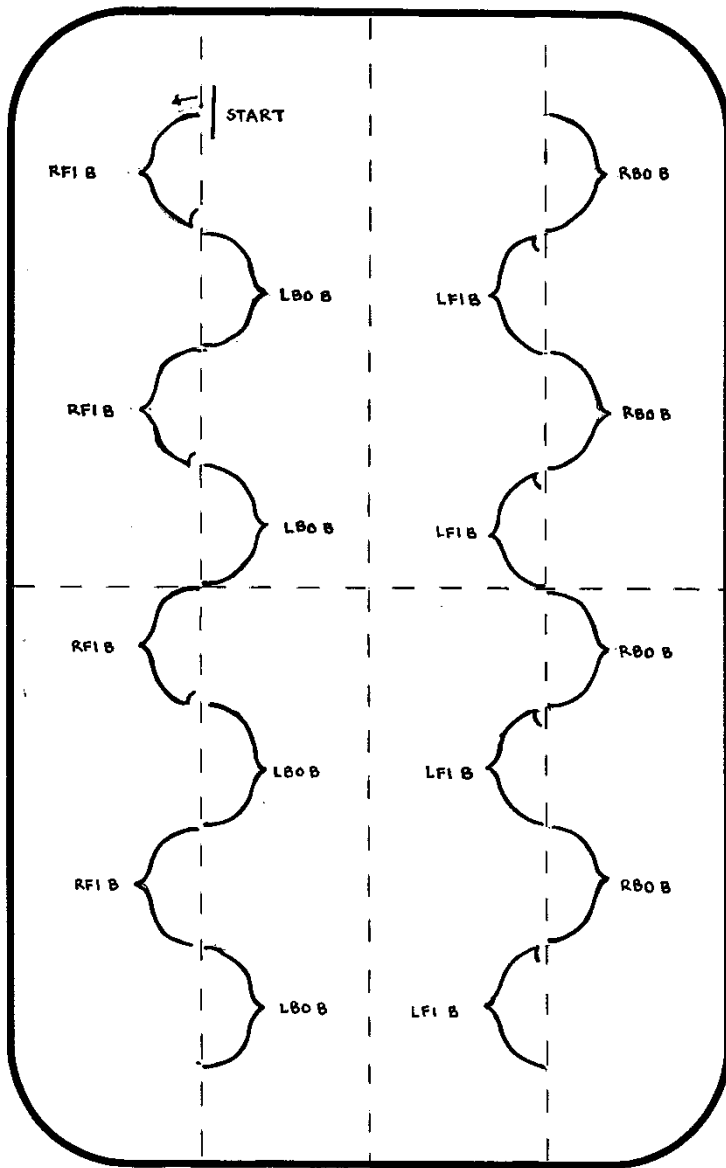
Level 6 (Intermediate Novice) Moves in the Field

Difficult turns:

- Brackets
- Loops (Forward outside & Backward inside)

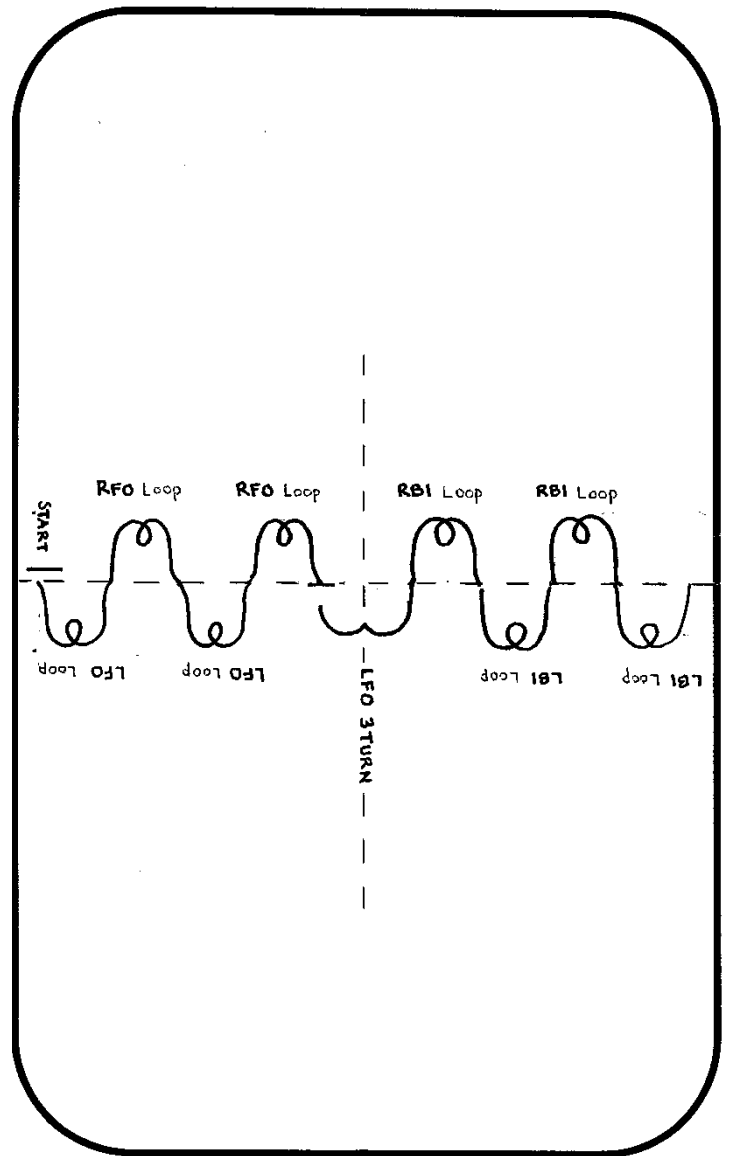
Level 6 (A)

BRACKETS



Level 6 (B)

LOOPS





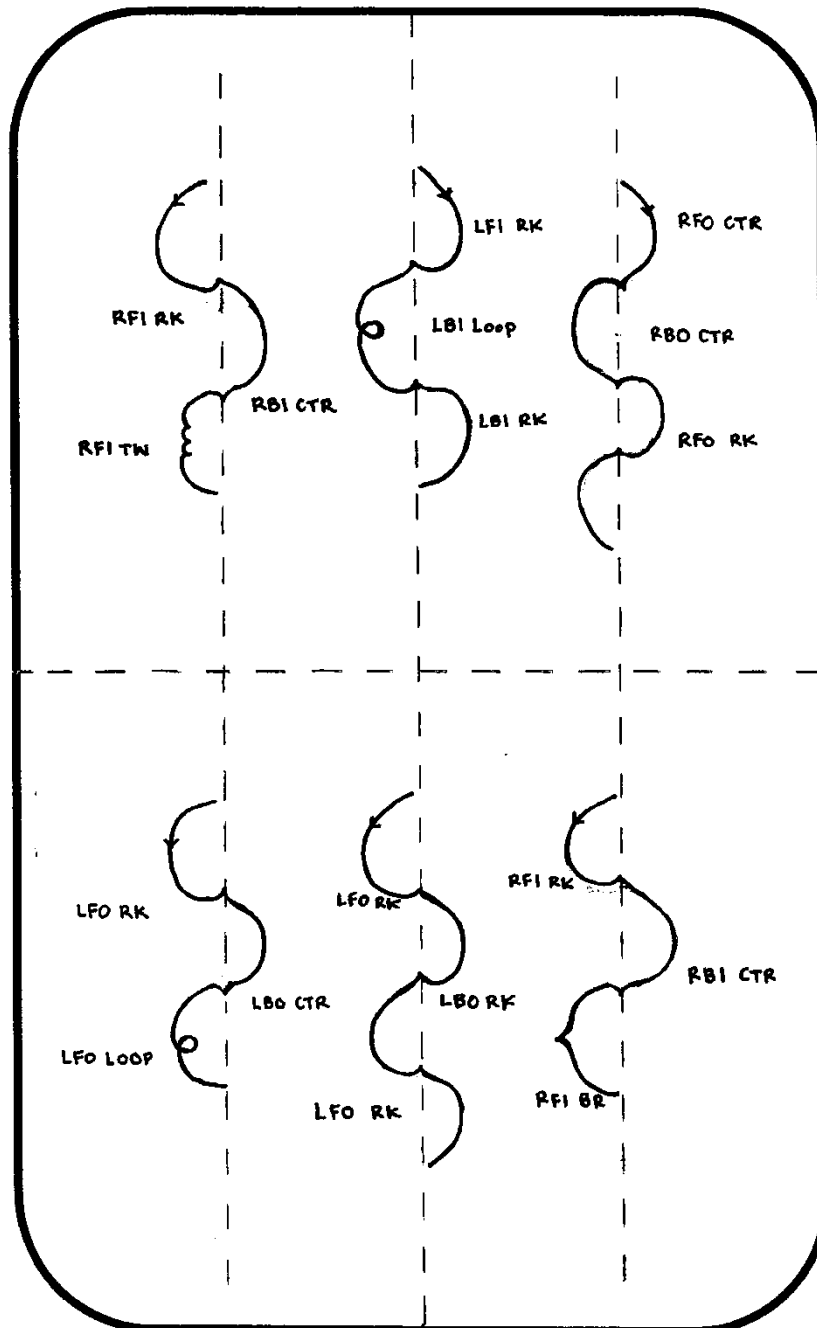
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Level 8 (Junior) Moves in the Field

Requirement: Skaters must perform two combinations of 3 difficult turns on each foot* executed with continuous flow within the sequence.

หมายเหตุ: Cluster ขาละสองแบบ รวมเป็น 4 cluster เมื่อทำต่อเนื่องจะมี difficult turns รวมเป็น 12 turn (แม้จะซ้ำกัน) ทำให้มีความยาวเทียบเท่า step หนึ่ง pattern

ตัวอย่าง Cluster แบบต่างๆ



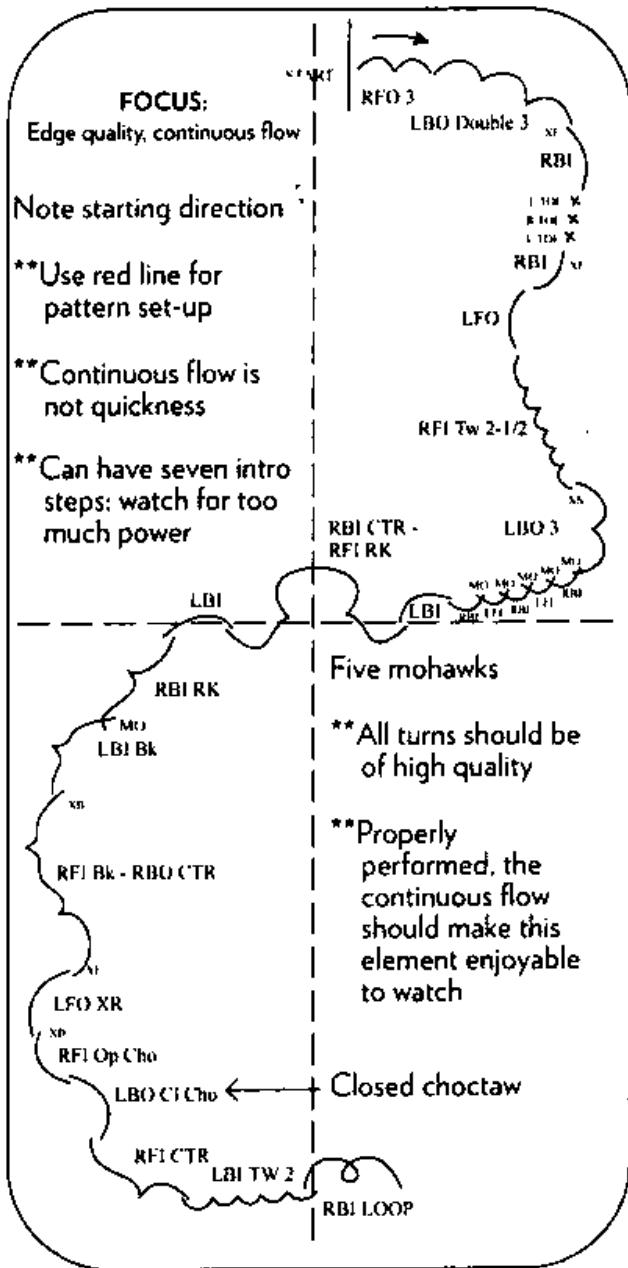


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Level 9 (Senior) Moves in the Field

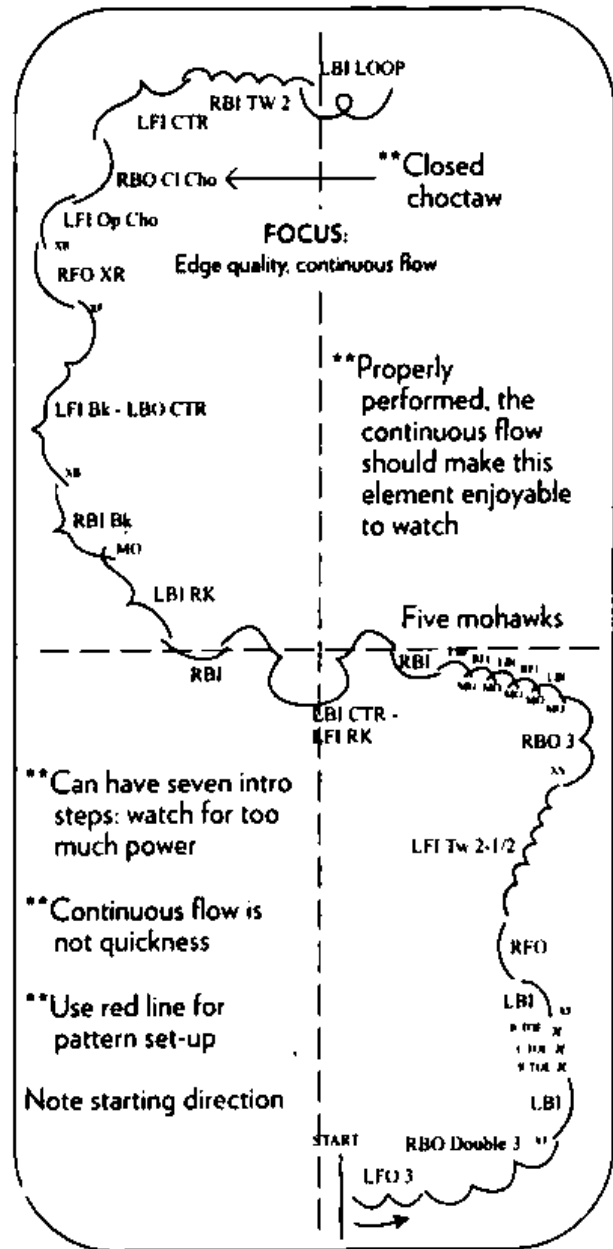
Requirement: Skaters must perform one of the two patterns. (Step sequences that contain all the difficult turns and steps)

SERPENTINE STEP SEQUENCE - A



**Cover full length of ice

SERPENTINE STEP SEQUENCE - B



**Cover full length of ice