

Planned programm content sheet für Stilprogramme

Name des Läufers:

Test Niveau:

Inter-Bronze:	3 ½ Steps:	½ SpSq ½ CiSt clockwise + ½ CiSt counterclockwise
Bronze:	2 different steps:	SpSq and S1St or CiSt
Inter-Silber:	2 different steps:	SpSq and S1St or SeSt
Silber:	3 different steps:	SpSq or CiSt clockwise or CiSt counterclockwise or S1St or SeSt
Inter-Gold:	3 different steps:	SpSq or CiSt clockwise or CiSt counterclockwise or S1St or SeSt
Gold:	3 different steps:	SpSq or CiSt clockwise or CiSt counterclockwise or S1St or SeSt

Time from start of the step	Steps in order of skating