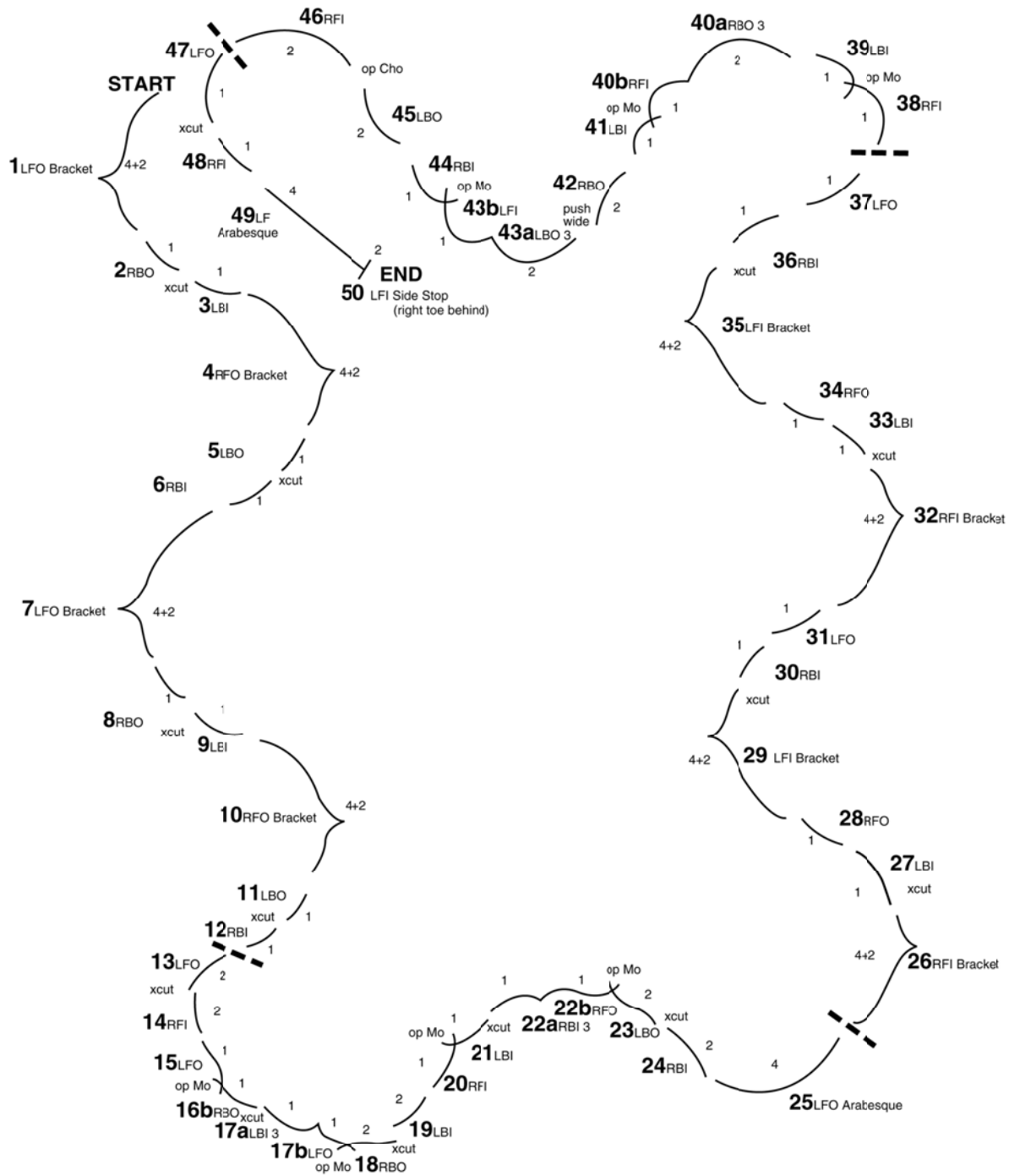


SENIOR BRONZE
FORWARD BRACKETS



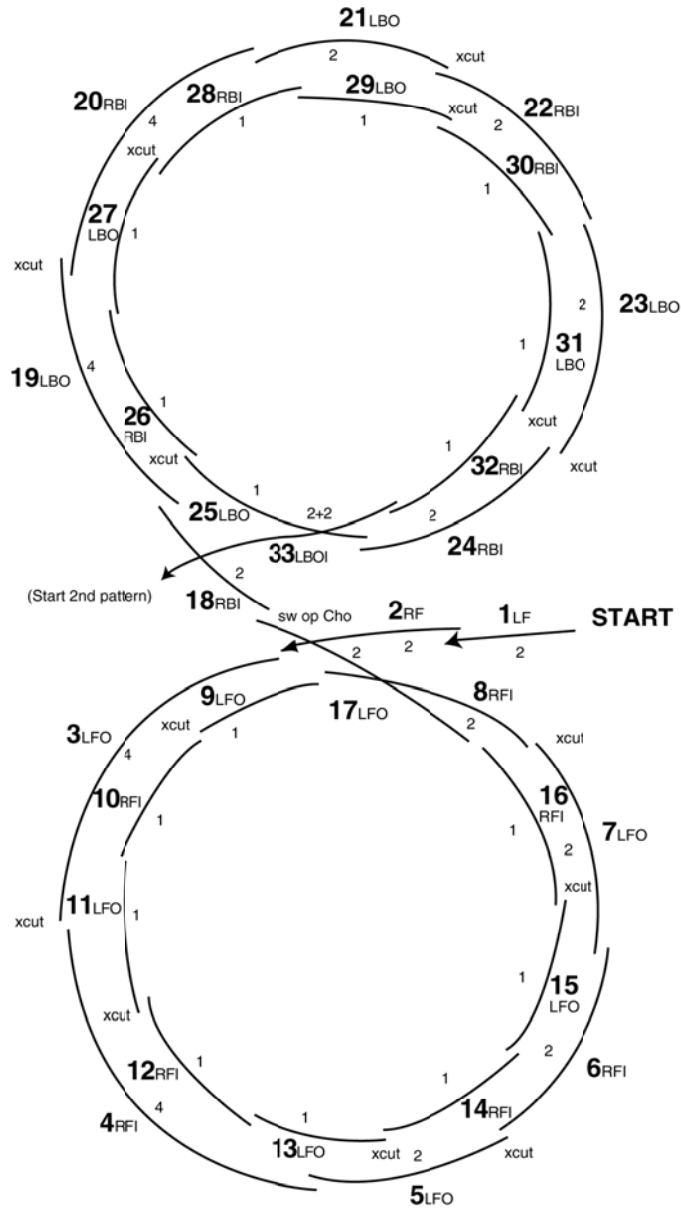
Revised August 30, 2001

FOCUS : CONTROL OF FORWARD BRACKETS
AGILITY

Time Signature = 4/4
Tempo = 116 bpm
Music = Forward Brackets (5A)

SENIOR BRONZE
POWER CIRCLES II
(LENGTHWISE IN RINK)

PART 1



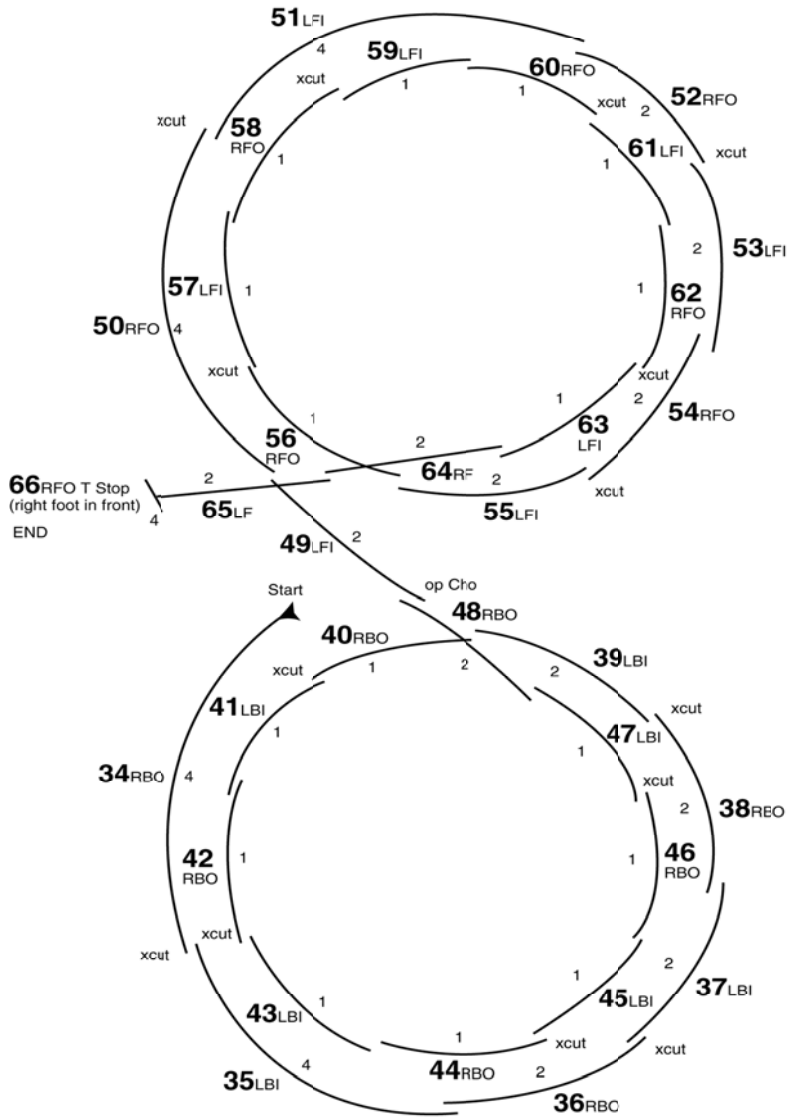
Note: Skater creates circles – approximately 40 foot (12.2 m) diameter.

FOCUS : POWER

Time Signature = 4/4
Tempo = 116 bpm
Music = Power Circles I & II
(4B/5B)

SENIOR BRONZE
POWER CIRCLES II
(LENGTHWISE IN RINK)

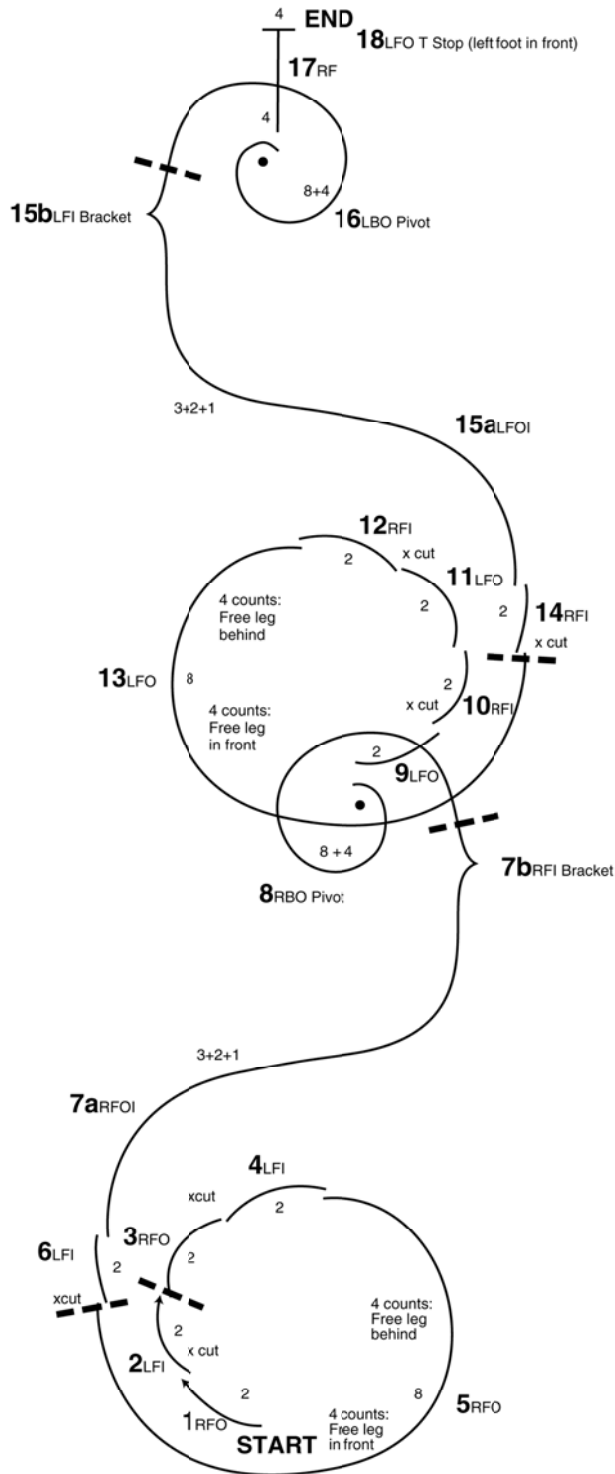
PART 2



FOCUS : POWER

Time Signature = 4/4
Tempo = 116 bpm
Music = 5B

SENIOR BRONZE
EXPANDING EXERCISE



Revised August 30, 2001

FOCUS : CONTROL OF SWING ROLL - CHANGE OF EDGE
POWER

Time Signature = 4/4
Tempo = 124 bpm
Music = Expanding
Exercise