



Transitions

KEY THOUGHT: CONNECTION

DEFINITION: The varied and/or intricate footwork, positions, movements and holds that link all the elements. In singles, pairs and synchronized skating, this also includes the entrances and exits of all technical elements.

CRITERIA:

1. **Variety**
 2. **Difficulty:** Taxes the body's core; can be intricate, also with difficulty if more parts of the body are used, plus more movements.
 3. **Intricacy:** A series of complex movements, complex movements. Complex means many different KINDS of movements; also takes more time and space even if it is in personal space; uses more phrasing of music when connecting elements.
 4. **Quality** (including unison in pairs and dance)
 5. **Balance of workload between partners in pairs and dance**
- Transitions can be short or long, including the use of blade, body, head, arms and legs as dictated by the music. A minimum use of crossovers.

Week 3: Transitions



“Connection”

— Variety

- Footwork Transitions
- Skating Movement Transitions
- Body Movement Transitions
- Non-Listed Transitions

— Difficulty

— Intricacy

— Quality

Footwork Transitions



✓ Steps
Stroking, progressives, crossovers, edges, change of edge, cross roles, toe steps, mohawks & choctaws

✓ Turns
Three turns, double threes, twizzles, brackets, counters, rockers & loops

✓ Directions
Forward, backward, clockwise and counter clockwise

Skating Movement Transitions

✓ Spread Eagles	✓ Hydroblading
✓ Ina Bauers	✓ Spirals
✓ Pivots	✓ Lunges

Body Movement Transitions



✓ Head

✓ Arms

✓ Torso

✓ Legs

Non-Listed Element Transitions

✓ Hop

✓ Mazurka

✓ Inside Axel

✓ Half loop type jump

✓ Falling Leaf

✓ Walley

✓ Split Jump

✓ Ballet Jump

✓ Butterfly



Strategies for Transition Score

- ✓ Consciously create unique movement between each element
- ✓ Work to fill the “blank spots” in your program
- ✓ Think how to enter and exit each element with something special
- ✓ Avoid long preparations into jumps!
(think of how to disguise these preparations)