

Transitions Menu

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Non-Listed Element Transitions



Skating Movement Transitions



Footwork Transitions



Body Movement Transitions

Footwork Transitions

Steps

- Stroking
- Progressives
- Crossovers
- Edges
- Change of Edges
- Cross Rolls
- Toe Steps
- Mohawks
- Choctaws

Turns

- Three Turns
- Double Threes
- Twizzles
- Brackets
- Counters
- Loops
- Rockers

Directions

- Forward
- Backward
- Clockwise
- Counter Clockwise



*“ There is not any present moment that is unconnected with some future one. The life of every man is a continued chain of incidents, **each link** of which hangs upon the former. **The transition** from cause to effect, from event to event, is often carried on by secret steps, which our foresight cannot divine, and our sagacity is unable to trace”.*

Skating Movement Transitions

- Spread Eagles
- Ina Bauers
- Pivots
- Hydrogliding Movements
- Spirals
- Lunges
- Arabesques

- Both Edges
- Body
- Head
- Arms
- Legs

- Forward
- Backward
- Clockwise
- Counter Clockwise



*“In every age of well-marked **transition**, there is a pattern of habitual dumb practice and emotion which is passing and there is oncoming a new complex of habit”.*



Body Movement Transitions

- Arms
- Head
- Torso



“As we watch TV or films, there are no organic transitions, only edits. The idea of A becoming B, rather than A jumping to B, has become something foreign”.



Non-Listed Element Transitions

- Hops
- Mazurkas
- Inside take off axels
- Eulers (half loops)
- Falling Leaves
- Walleys
- Split Jumps
- Ballet Jumps
- Butterflies



*“Since in music we deal with notes, not words, with chords, with **transitions**, with color and expression, the musical meaning always based on those notes as written and nothing else—has to be divined”.*

Transitional Tools

- **Footwork**
- **Skating movement**
- **Body Movement**
- **Non-Listed Elements**

“Action and reaction, ebb and flow, trial and error, change—this is the rhythm of living.

Out of over-confidence, fear; out of our fear, clearer vision, fresh hope.

And out of hope, progress”.



Judging the Transitions

- Variety
- Difficulty
- Intricacy
- Quality



Variety

The varied use of different transition tools including the variety of holds in Ice Dance.

Difficulty

The use of difficult footwork and or movements with simultaneous use of different body parts.

Intricacy

A series of different transition tools linking into each other and immediately into and out of listed elements.

Quality

The cleanness and clarity of transitional tools in accordance with the music chosen including unison in Pair Skating and Ice Dance.

Short Program Transitions Tool

ELEMENT 1

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

ELEMENT 2

- Footwork Transitions- _____
- Skating Movement Transitions- _____
- Body Movement Transitions- _____
- Footwork Transitions- _____

ELEMENT 3

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

ELEMENT 4

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

ELEMENT 5

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

ELEMENT 6

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

ELEMENT 7

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

Free Program Transitions Tool

ELEMENT 1

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 2

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 3

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 4

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 5

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 6

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 7

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 8

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 9

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 10

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 11

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

ELEMENT 12

Footwork Transition- _____

Skating Movement Transitions- _____

Body Movement Transitions- _____

Non-Listed Element Transitions- _____

END