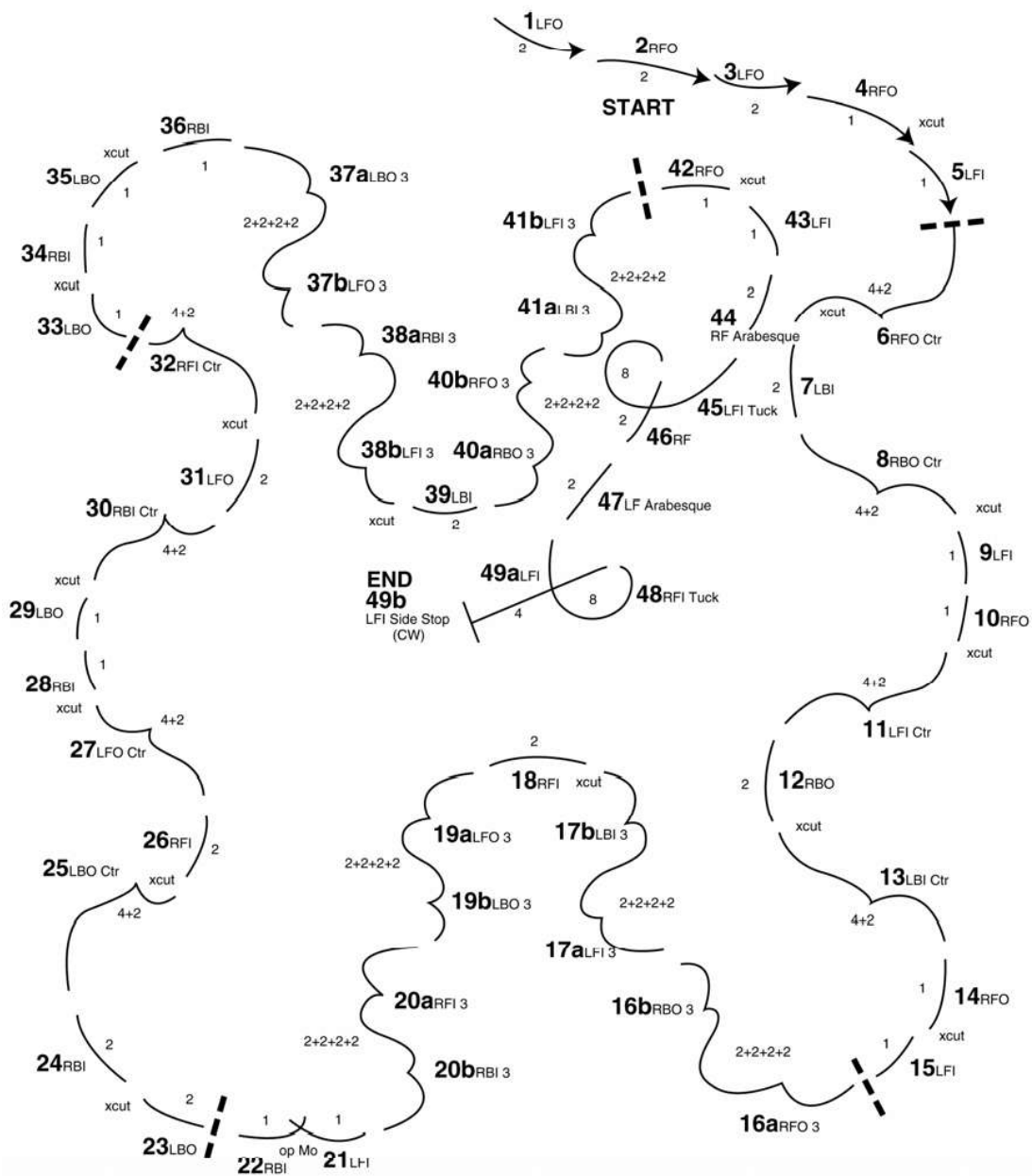


GOLD
COUNTERS AND THREE CHANGE THREES

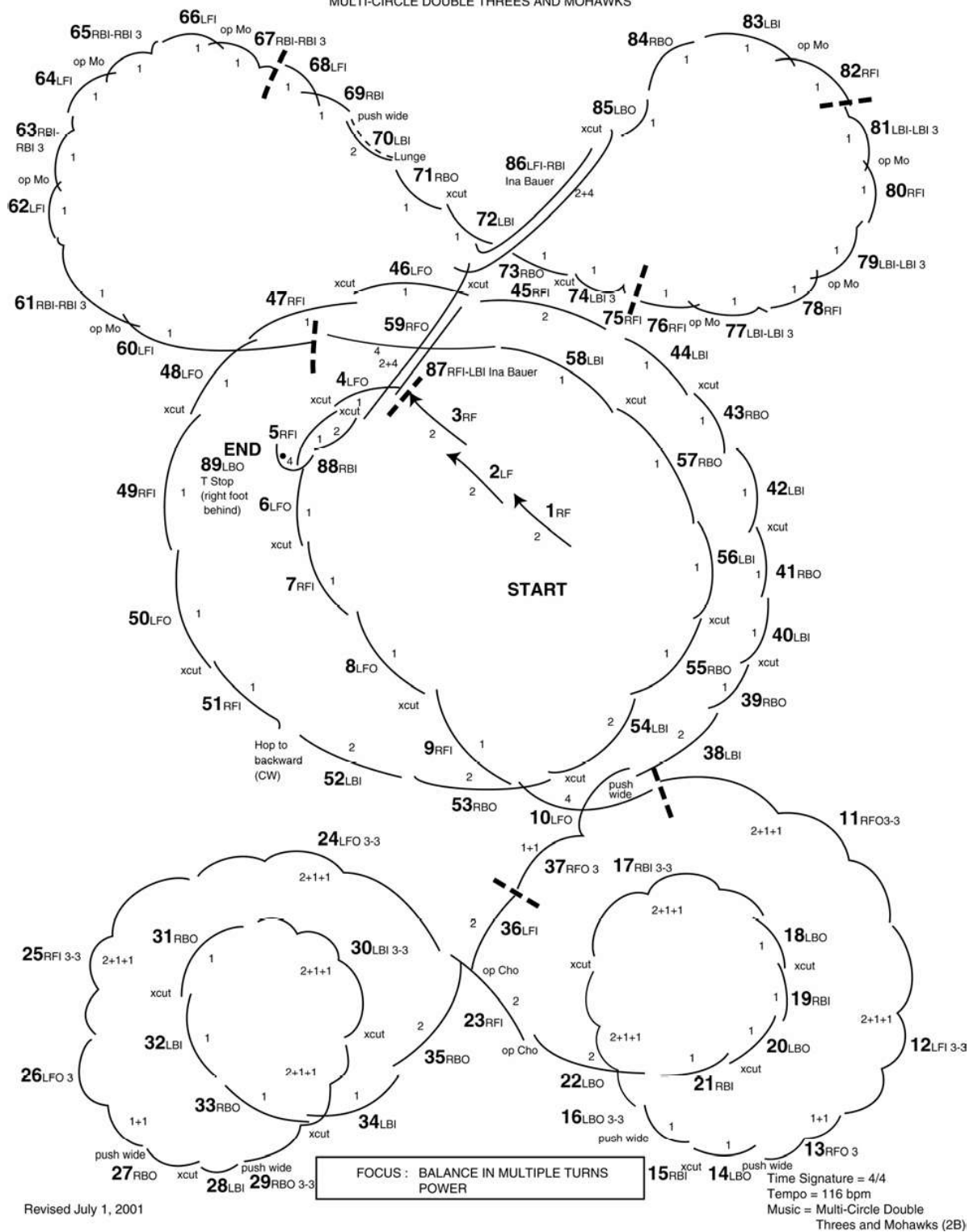


Revised May 7, 2001

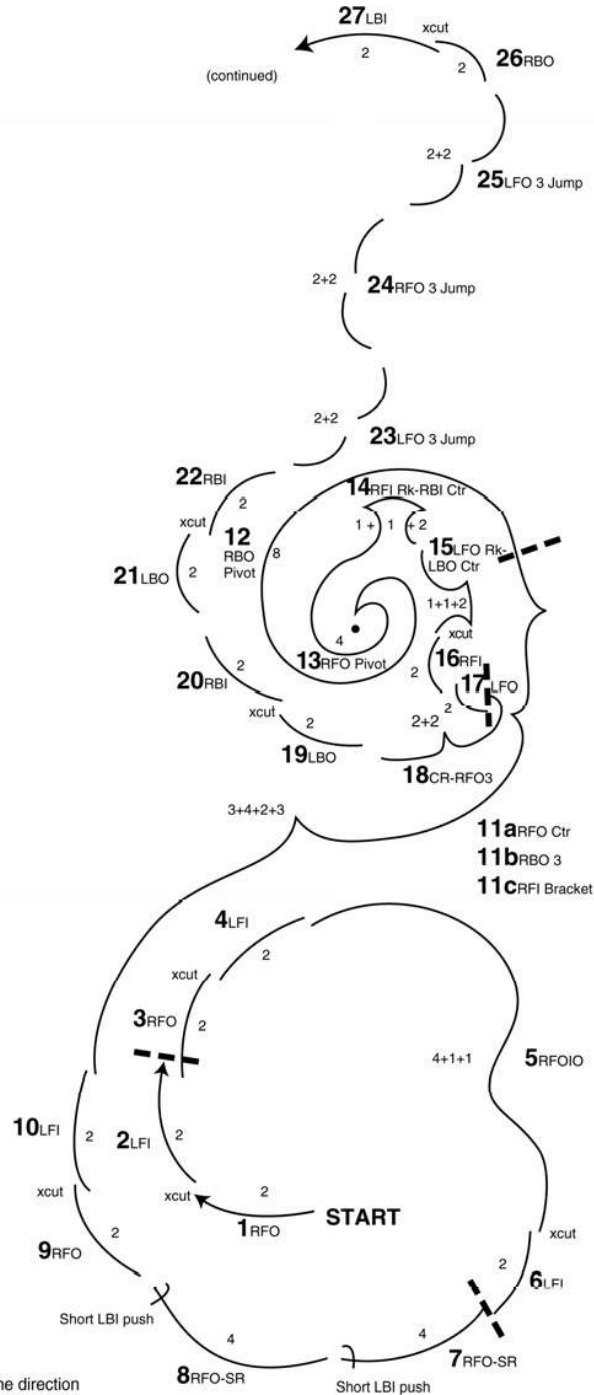
FOCUS : CONTROL OF COUNTERS
AGILITY

Time Signature = 4/4
Tempo = 120 bpm
Music = Counters and
Three Change Threes (2A)

GOLD
MULTI-CIRCLE DOUBLE THREES AND MOHAWKS



GOLD
EXPANDING EXERCISE (i)
(CLOCKWISE) PART 1

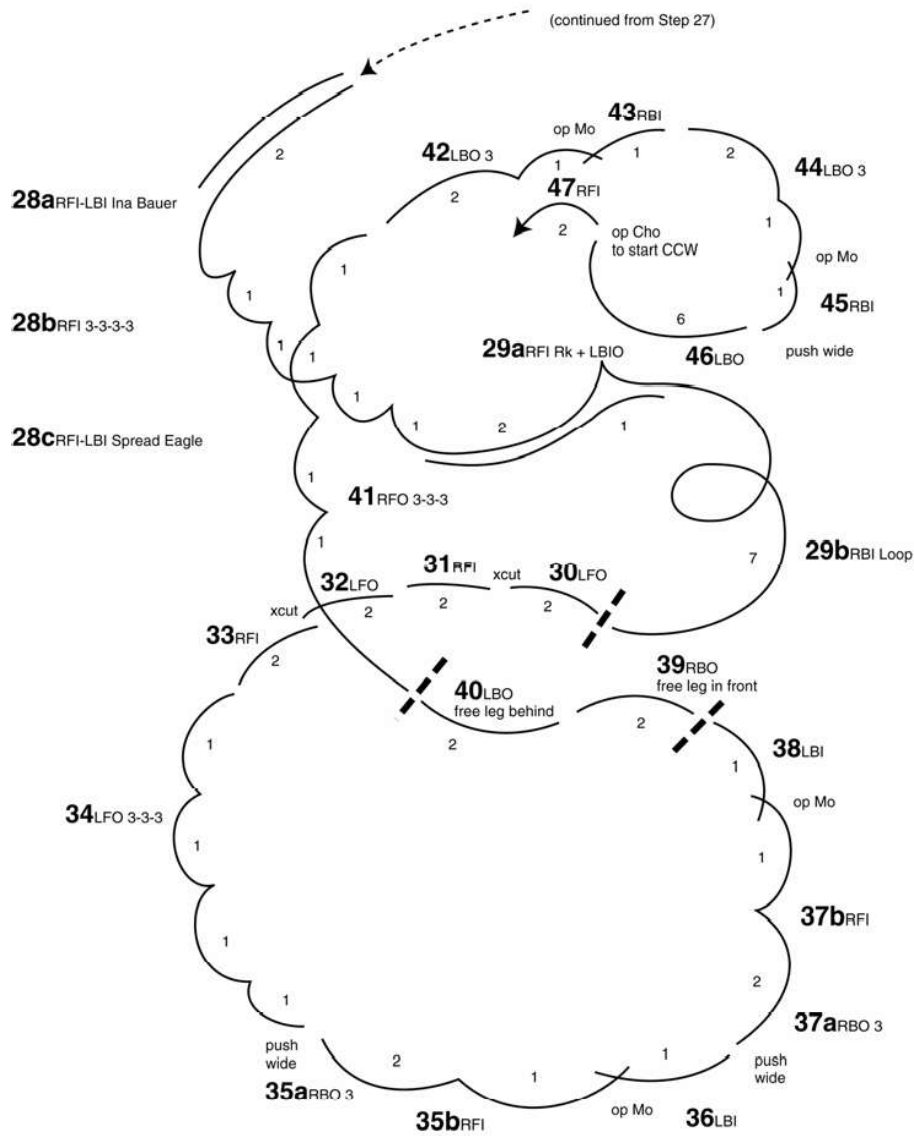


- Note 1: Clockwise refers to the direction of the opening circle (Steps 1-6).
 Note 2: Exercise utilizes the full ice surface.

FOCUS : EDGE QUALITY
 BALANCE
 CONTROL OF ALL TURNS

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

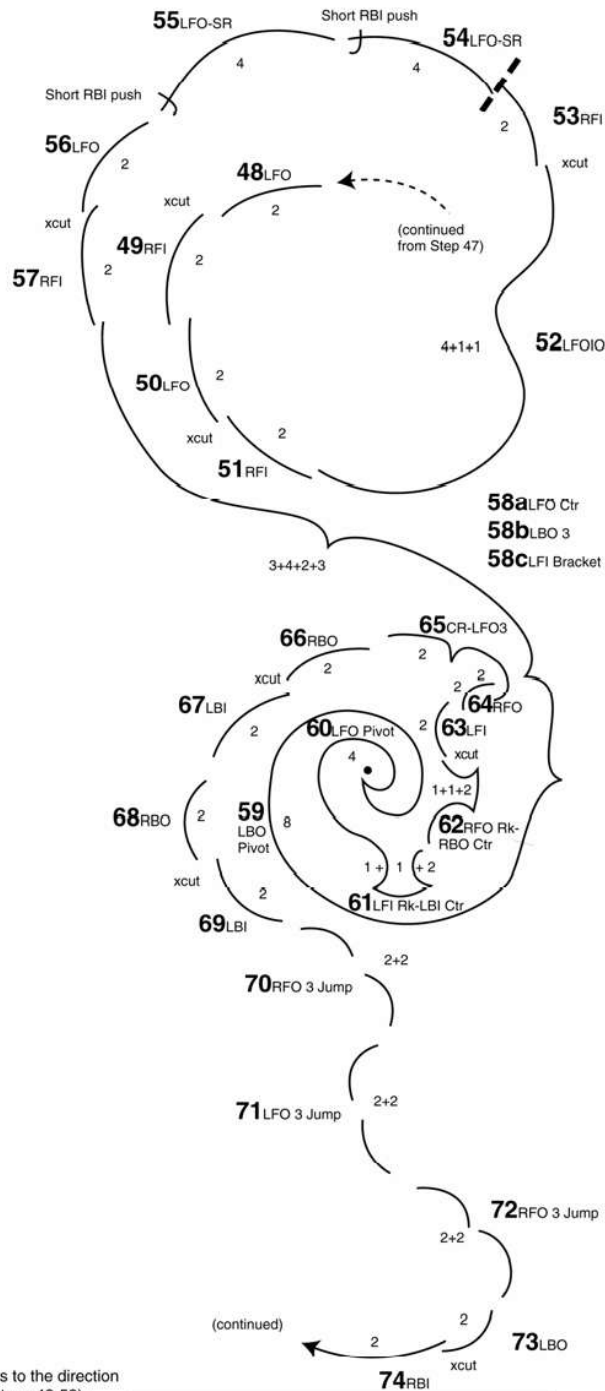
GOLD
EXPANDING EXERCISE (i)
(CLOCKWISE) PART 2



FOCUS : EDGE QUALITY
BALANCE
CONTROL OF ALL TURNS

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

GOLD
EXPANDING EXERCISE
(COUNTERCLOCKWISE) PART 3



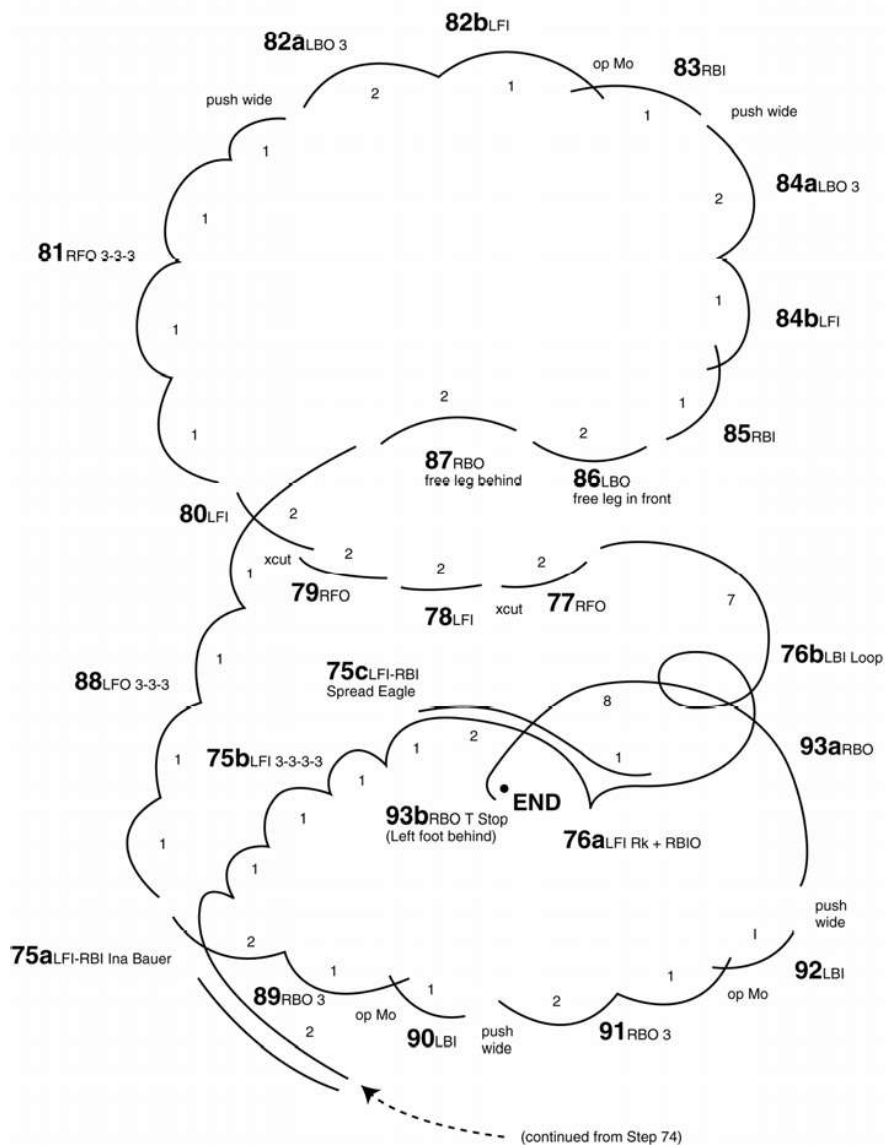
Note 1: Counterclockwise refers to the direction of the opening circle (Steps 48-53).

Note 2: Exercise utilizes the full ice surface.
Revised August 30, 2001

FOCUS : EDGE QUALITY
BALANCE
CONTROL OF ALL TURNS

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

GOLD
EXPANDING EXERCISE
(COUNTERCLOCKWISE) PART 4



FOCUS : EDGE QUALITY
BALANCE
CONTROL OF ALL TURNS

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