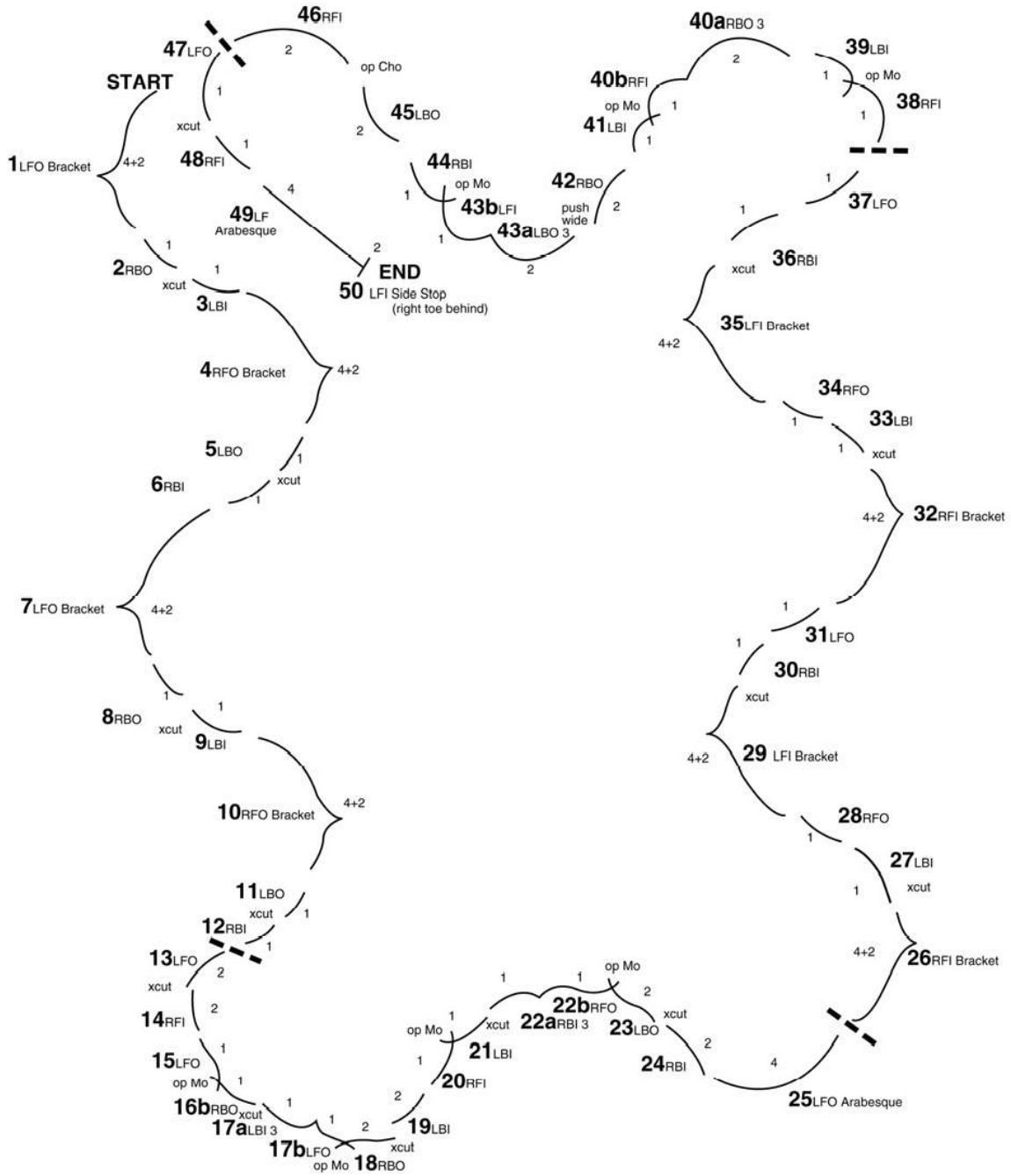


SENIOR BRONZE  
FORWARD BRACKETS



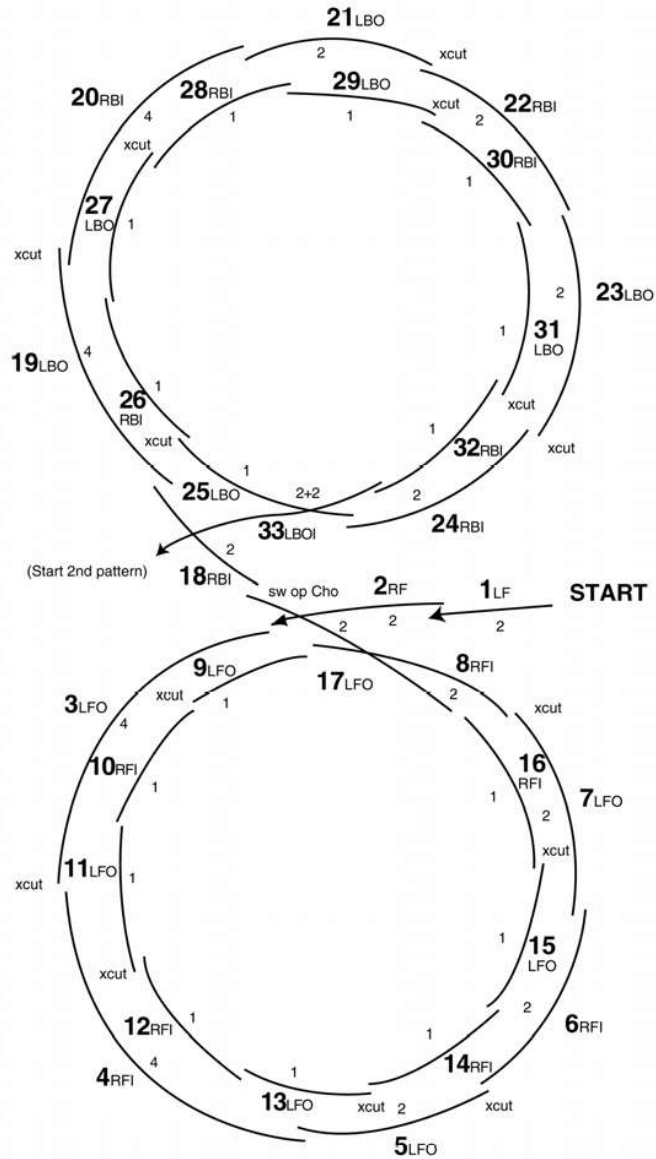
Revised August 30, 2001

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



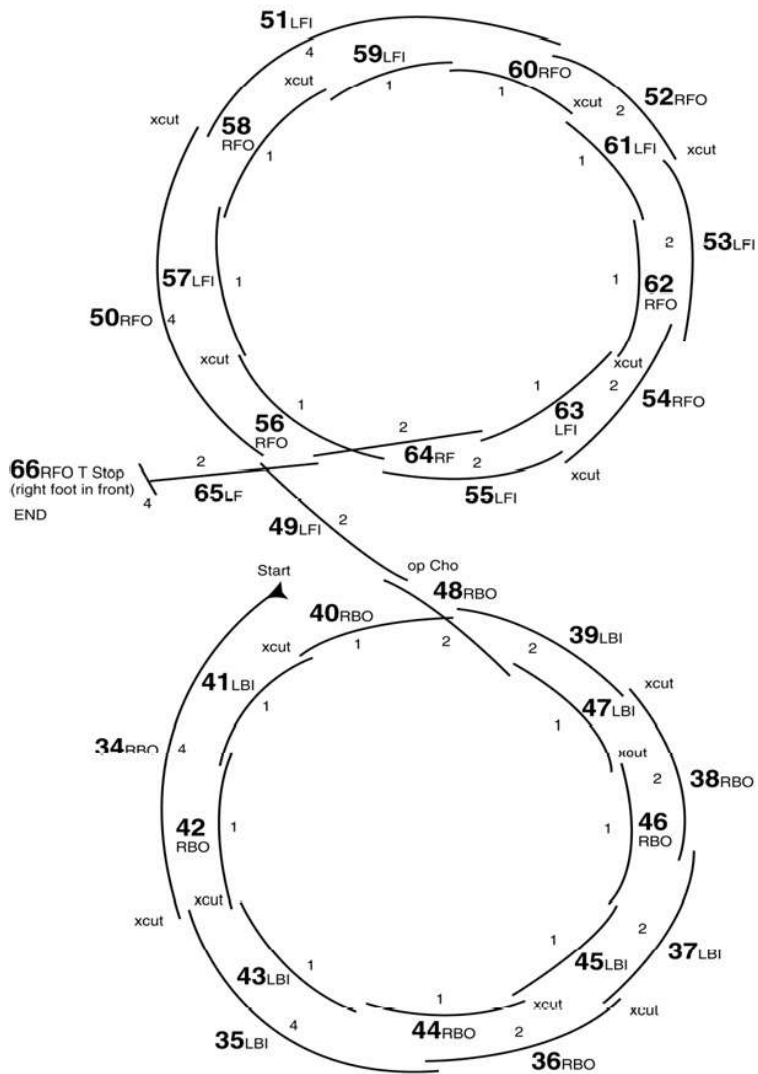
Note: Skater creates circles – approximately 40 foot (12.2 m) diameter.

FOCUS : POWER

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

SENIOR BRONZE  
POWER CIRCLES II  
(LENGTHWISE IN RINK)

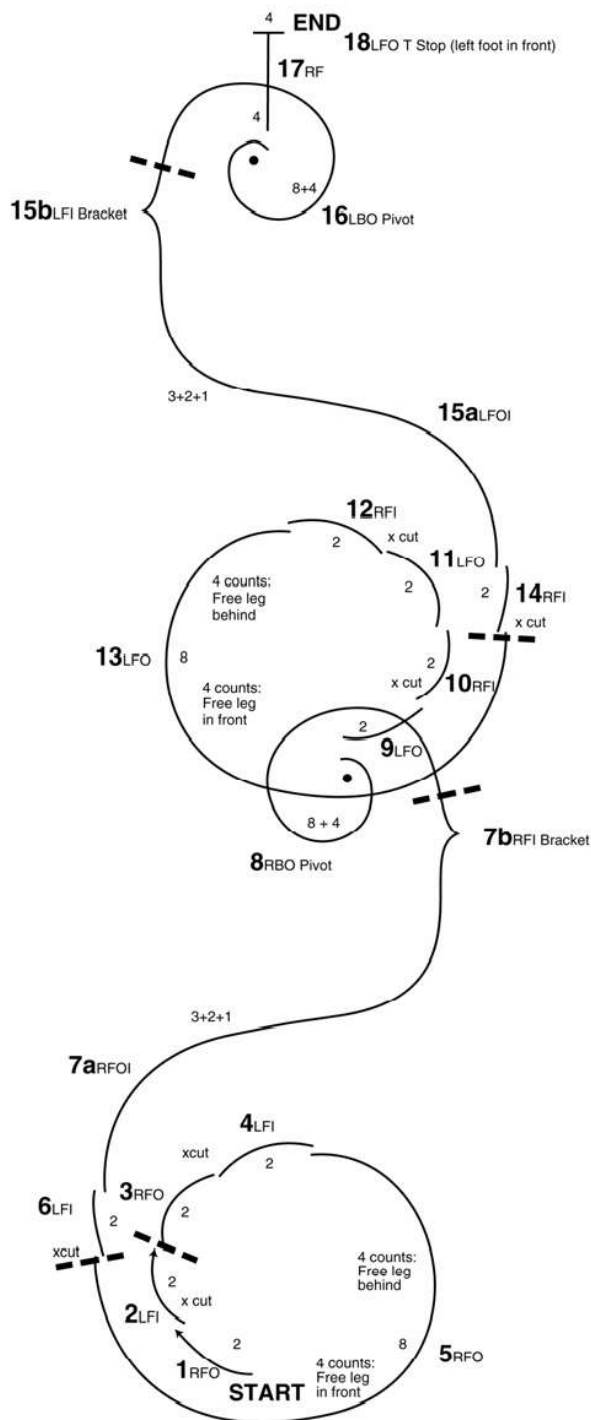
PART 2



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