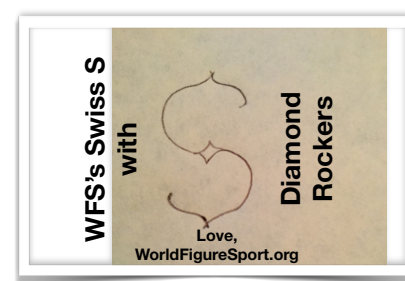
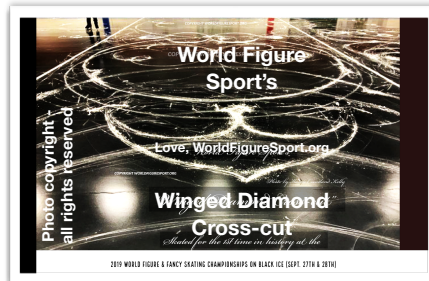
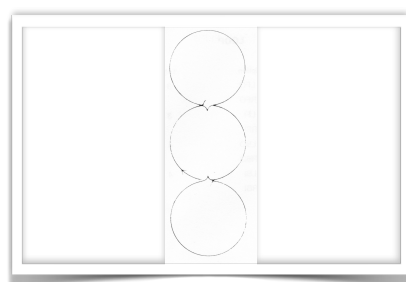


# FIGURE EIGHTS: THE LIFE FORCE OF FIGURE SKATING - DVD

## WORLD FIGURE SPORT'S SKATING EXAM CHART FOR FIGURES

DVD Reference Guide on left & World Figure Sport's Double Platinum Exam on right



Questions contact: Mrs. Kelly, MA, Olympian, WFS's Chef de Mission of Education & Sport - WorldFigureSport.org 518-304-3029 copyright-all rights reserved

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5th Figure Menu	Title	Title & Chapter	World Figure Sport's Double Platinum Exam	Advanced Level 2	Knowledge Type	WFS's Exam Date & Level Achieved
One Foot 8	RFOI-LFIO	1 & 1	Backward One Foot Paragraph 8	RBOI-LBIO & LBOI-RBIO	Fundamental	
One Foot 8	LFOI-RFIO	1 & 2	Forward Paragraph 3 (3s related to Rockers)	RFO-LFO & LFO-RFI	Fundamental	
C. Double 3	RBOI-LBIO	1 & 3	Rockers (related to 3s)	RFO-LBO & LFO-RBO & -LBI & LFI-RBI	Fundamental	
C. Double 3	LFIO-RBIO	1 & 4	Change Brackets	RFOI-LBOI & LFOI-RBOI & RFIO-LBIO & LFIO-RBIO	Fundamental	
Bracket	RFO-LBI	1 & 5	Forward Paragraph Loops	RFO-LBO & LFO-RBO & RFI-LBI & LFI-RBI	Fundamental	
Bracket	LFO-RBI	1 & 6	Maltese Cross	Starting on RFO & LFO	Expanded	
C. Loop	RFOI-LFIO	1 & 7	Winged Diamond Cross-cut	Starting on RFO & LFO	Expanded	
C. Loop	LFIO-RFIO	1 & 8	Swiss S with Diamond Rockers	RFOIBr-RBOR repeat + train Left side	Expanded	