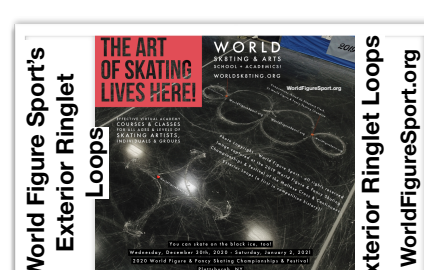


# FIGURE EIGHTS: THE LIFE FORCE OF FIGURE SKATING - DVD

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

DVD Reference Guide on left & World Figure Sport's Black Diamond on right



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8th Figure Menu	Title	Title & Chapter	World Figure Sport's Black Diamond Exam	Elite Level	Knowledge Type	WFS's Exam Date & Location
Paragraph Double 3s	RFO-LFI & LFO-RFI	1 & 29, 30	Swedish Cross-cut Sand Shell	Start RFI & LFI	Expanded	
Paragraph Double 3s	RBO-LBI & LBO-RBI	1 & 31, 32	Le grand trio de coupes - Cross-cut, Diamond & Swedish Cross-cuts	Start RFI & LFI	Expanded	
Paragraph Brackets	RFO-LFI & LFO-RFI	1 & 33, 34	Exterior Ringlet Loops	Start RFO & LFO	Expanded	
Paragraph Brackets	RBO-LBI & LBO-RBI	1 & 35, 36	Paragraph Loop de Loops	Start RBO-LBI & LBO-RBI	Expanded	
Paragraph Loops	RFO-LFI, LFO-RFI, RBO-LBI, LBO-RBI	1 & 37, 38, 39, 40	Special Figure Composition from WFS's Archives	World Class Level	Expanded	