

Intro Levels 1-7

Level 1: Forward push-glide sequence
Backward push-glide sequence
Forward 2-foot glide
Forward 2-foot sit glide
Forward 1-foot glide – L&R
Forward 2-foot jump
Forward double sculling
Snow slide steps – L&R

Level 2: Forward 2-foot glide on a curve – CW&CCW
Forward 1-foot glide on a curve – CW&CCW,
L&R
Forward 2-foot slalom
Backward 2-foot glide
Backward 1-foot glide – L&R
Backward 2-foot jump
Backward double sculling
Walking crossovers – L&R
Snowplow stop

Level 3: Forward circle pushes – CW&CCW
2-foot turn, forward to backward & backward to
forward
Backward 2-foot glide on a curve – CW&CCW
Backward 1-foot glide on a curve – CW&CCW,
L&R
Bunny hop
Forward inside edges
Snowplow stop with speed
2-foot spin

Level 4: Forward crossovers – CW&CCW
2-foot jump, forward to backward & backward
to forward
2-foot turn into circle – CW&CCW
Backward mohawks – inside & outside
Forward outside edges
Backward stop
Backward 2-foot slalom
2-foot sit spin

Level 5: Backward circle pushes – CW&CCW
2-foot jump on a curve, forward to backward &
backward to forward – CW&CCW
Forward spiral – L&R
Backward inside edges
Forward inside 3-turn – L&R
Forward outside 3-turn – L&R
360° 2-foot glide turn
Forward 1-foot side-stop – L or R
Alternating-foot spin

Level 6: Backward crossovers – CW&CCW
Forward inside Mohawk – L&R
Forward drag – L&R
Inside 3-jump – L&R
Outside 3-jump – L&R
Back outside edges
Forward 1-foot spin

Level 7: All 4 edges – FO, FI, BO, BI
Forward 2-foot side stop (hockey stop) –
CW&CCW
Forward 1-foot slalom
Forward pivot – L&R
Backward 1-foot spin
Waltz jump
BONUS SKILL: Backward drag

Figure Skating Levels 1-6

Freestyle 1: Waltz jump with speed or from backward crossovers
Toe loop jump
Forward spiral on a curve –inside or outside edge
Back spiral – L&R
Forward 1-foot spin with spiraling edge
BONUS SKILL: Shoot-the-duck

Freestyle 2: Salchow jump
Waltz jump/toe loop jump combination
Back spiral on a curve – inside or outside edge
Backward 1-foot spin with spiraling edge
Backward pivot

Freestyle 3: Salchow jump/toe loop jump combination
Loop jump
Sit spin
Catch-foot (teacup) or Y spiral
Catch-foot (teacup) or Y spiral on a curve

Freestyle 4: Salchow jump/loop jump combination
Loop jump/loop jump combination
Flip jump
Spread eagle – inside or outside edge
Camel spin
Split jump

Freestyle 5: Flip jump/loop jump combination
Lutz jump
Backward catch-foot (teacup) or Y spiral
Ina Bauer
Camel spin/sit spin combination
Sit change sit spin

Freestyle 6: Lutz jump/loop jump combination
Axel jump
Layback spin or other variation on an upright spin
Flying spin – camel or sit spin

Stroking

- Stroking 1: Forward figure 8 stroking
Backward figure 8 stroking
Figure 8 stroking – forward going clockwise, backward going counter clockwise
Figure 8 stroking – forward going counter clockwise, backward going clockwise
- Stroking 2: Forward Russian stroking – clockwise
Forward Russian stroking – counter clockwise
Backward Russian stroking – clockwise
Backward Russian stroking – counter clockwise
- Stroking 3: Forward stroking around the rink – swing rolls down sides – clockwise
Forward stroking around the rink – swing rolls down sides – counter clockwise
Backward stroking around the rink – swing rolls down sides – clockwise
Backward stroking around the rink – swing rolls down sides – counter clockwise

Edges

- Edges 1: Forward outside to inside swing change of edge – R&L
Forward inside to outside swing change of edge – R&L
Right back outside 3-turn
Left back outside 3-turn
Right back inside 3-turn
Left back inside 3-turn
- Edges 2: Forward outside to inside change of edge + 3-turn – R&L
Forward inside to outside change of edge + 3-turn – R&L
Backward outside to inside swing change of edge – R&L
Backward inside to outside swing change of edge – R&L
- Edges 3: Backward outside to inside change of edge + 3-turn – R&L
Backward inside to outside change of edge + 3-turn – R&L
Forward inside bracket – R&L
Forward outside bracket – R&L
- Edges 4: RFI-LBO Choctaw
LFI-RBO Choctaw
RFI 3-turn, left cross, LBI 3-turn sequence on circle x3
LFI 3-turn, right cross, RBI 3-turn sequence on circle x3
- Edges 5: Forward outside loop – R&L
Forward inside loop – R&L
Backward outside loop – R&L
Backward inside loop – R&L
LBI 3-turn/LFO bracket sequence x3
RBI 3-turn/RFO bracket sequence x3