

Learn to Skate Levels 1-3

Level 1:

1. Fall down & get up
2. Forward skating
3. Backward skating
4. Forward two-foot glide
5. Forward two-foot sit glide
6. Backward two-foot glide
7. Stationary two-foot jump
8. Stationary 360° march
9. Stationary 180° turn
10. Snow slide steps

Level 2:

1. Forward push/glide skating
2. Forward sculling (bubbles)
3. Forward one-foot glide
4. Forward two-foot curve glide
5. Backward push/glide skating
6. Backward two-foot sit glide
7. Forward two-foot jump
8. Forward 180° glide turn
9. Walking crossovers
10. Snowplow stop

Level 3:

1. Forward two-foot slalom (skiing)
2. Forward circle pushes
3. Backward sculling (bubbles)
4. Backward one-foot glide
5. Forward two-foot quick turn
6. Backward two-foot quick turn
7. Backward two-foot jump
8. Snowplow stop with speed

Intro to Figure Skating Levels 4-7

Level 4:

1. Forward crossovers
2. Forward stationary T-push/glide
3. Forward one-foot curve glide
4. Forward inside edges
5. Forward spiral
6. Backward two-foot slalom (skiing)
7. Backward two-foot curve glide
8. Backward stop
9. Two-foot spin
10. Two-foot rotating jump

Level 5:

1. Forward outside edges
2. Backward one-foot curve glide
3. Backward circle pushes
4. Forward drag
5. Forward inside 3-turn
6. Forward 360° glide turn
7. Backward C-step
8. Forward two-foot side stop (hockey stop)
9. Backward stop with speed
10. Two-foot sit spin

Level 6:

1. Backward crossovers
2. Backward inside edges
3. Forward C-step
4. Forward outside 3-turn
5. Forward two-foot multi turns
6. Forward one-foot side stop
7. Backward spiral
8. Forward power jump (bunny hop)
9. Alternating foot spin
10. Forward one-foot spin

Level 7

1. Forward one-foot slalom (skiing)
2. Backward outside edges
3. Forward one-foot spin with spiraling edge
4. Backward one-foot spin
5. Forward pivot
6. Waltz jump
7. Backward 360° two-foot jump
8. Backward drag

Figure Skating

| Level | Jump | Spin | Field Movements | Skills |
|--------------------|--|---|---|---|
| Freestyle 1 | Waltz jump from backward crossovers Toe loop jump | Forward one-foot spin with spiraling edge Backward one-foot spin | Forward spiral on a curve Choice of: one-foot sit glide, inside spread eagle, or backward drag | Forward swing rolls Forward cross rolls Forward chasses or progressive |
| Freestyle 2 | Salchow jump Waltz jump/toe loop jump combination Toe loop/toe loop jump combination | Forward one-foot corkscrew spin with spiraling edge Backspin with spiraling edge | Backward pivot Choice of: backward spiral on a curve, outside spread eagle, or Ina Bauer | Backward swing rolls Backward cross rolls Backward chasses or progressive |
| Freestyle 3 | Loop jump Salchow/toe loop jump combination | Sit spin Backspin in corkscrew position | Falling leaf Choice of: teacup spiral, Y-spiral, or backward one-foot sit glide | Forward swing change of edge Forward two-foot twizzle |
| Freestyle 4 | Flip jump Salchow/loop jump combination Loop/loop jump combination | Camel spin Back sit spin | Split jump Field movement sequence with at least 3 positions (change of foot optional) | Backward swing change of edge Forward one-foot twizzle |
| Freestyle 5 | Lutz jump Flip/loop jump combination Jump combination with 3+ different jumps | Camel/sit spin combination Change foot sit spin Back camel spin | Field movement sequence with at least 3 positions (on same leg) | Forward swing change of edge/3-turn sequence |
| Freestyle 6 | Axel jump Lutz/loop jump combination Jump combination including euler or half loop | Layback spin or other variation on an upright spin Spin combination with 3+ positions Flying spin – camel or sit spin | Field movement sequence with at least 3 positions, change of edge required, (change of foot optional) | Backward swing change of edge/3-turn sequence |

Stroking – all skills must be performed in “figure form” with proper control in both directions

Stroking 1:

1. Forward perimeter skating with crossovers
2. Forward perimeter skating with sustained two-foot glides
3. Forward perimeter skating with sustained one-foot glides
4. Forward figure 8 crossovers

Stroking 2:

1. Forward perimeter skating with swing rolls
2. Forward Russian stroking
3. Backward perimeter skating with crossovers
4. Backward figure 8 crossovers

Stroking 3:

1. Backward perimeter skating with swing rolls
2. Backward Russian stroking
3. Backward perimeter skating with sustained two-foot glides
4. Backward perimeter skating with sustained one-foot glides

Edge/Turns

Edge/Turns 1:

1. Backward inside 3-turn
2. Backward outside 3-turn
3. Forward inside bracket
4. Forward outside bracket

Edge/Turns 2:

1. Backward inside bracket
2. Backward outside bracket
3. Forward inside rocker or counter
4. Forward outside rocker or counter

Edge/Turns 3:

1. Inside loop turn – FWD & BWD
2. Outside loop turn – FWD & BWD
3. Backward inside rocker or counter
4. Backward outside rocker or counter