

	Go Forward	Go Backwards	Stop	Turn	Spin	Jump	Challenge Skills
Level 1 (Beginners)	<ul style="list-style-type: none"> *Balance on 2 feet *Marching on the spot *Walk forward eg: Duck Walk *Skate width of the ice 	<ul style="list-style-type: none"> *Walking backwards (8 Steps) 	<ul style="list-style-type: none"> *Falling down, getting up *Able to make snow 	<ul style="list-style-type: none"> *Two-foot quarter bend turn on the spot 	<ul style="list-style-type: none"> *Walk around on the spot 	<ul style="list-style-type: none"> *2 foot jump on the spot 	<ul style="list-style-type: none"> *Forward skate across width of ice without falling *Falling and getting up while moving *Forward skate balance on one foot
Level 2 (Stroking)	<ul style="list-style-type: none"> *Forward consecutive push glide sequence example: 8 thrusts *Forward glide - 2 feet *Forward glide - 2 feet to 1 foot *Forward glide touching toes *Forward 1/2 sit glide *Forward 2 foot sculling *Gliding and sculling performed width of the ice *Introduce "T" or "V" push off (no toe picks) 	<ul style="list-style-type: none"> *Walking backward with some glide 	<ul style="list-style-type: none"> *Forward 2 foot side stop 	<ul style="list-style-type: none"> *2 foot half turn on the spot 	<ul style="list-style-type: none"> *2 foot spin 	<ul style="list-style-type: none"> *2 foot jump while gliding forward 	<ul style="list-style-type: none"> *Forward skate perimeter of ice or 2 widths *Backward skate across width of ice *Tight glide turn on 2 feet *Backward skate balance on one foot

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Level 3 (Elementary)	<ul style="list-style-type: none"> *Slalom pumping (Forward 2 feet to 1 foot) *Circle pumping (Forward 2 feet to 1 foot) *Forward glide one a curve (clockwise/counterclockwise) 2 foot to 1 foot *Walking crosscuts (right over left and left over right) 	<ul style="list-style-type: none"> *Backward consecutive push/glide sequence example: 8 thrusts *Backward glide 2 feet, to 1 foot *Backward 2 foot sculling *all elements to be width of the ice 	<ul style="list-style-type: none"> *Backward snow plow 1.2 snow plow stop 	<ul style="list-style-type: none"> *2 footspin turn forward to backward *2 foot turn backward to forward 	<ul style="list-style-type: none"> *2 foot spin picking up alternating feet 	<ul style="list-style-type: none"> *2 foot jump while gliding backward 	<ul style="list-style-type: none"> *Backward skate perimeter of ice *Forward spiral on a line *"V" start from a back snowplow stop *Inside edges on a line
Level 4 (Basic)	<ul style="list-style-type: none"> * Forward circle thrusts (clockwise and counter) *Forward crosscuts (figure 8 pattern) 	<ul style="list-style-type: none"> *Backward glide on a curve, 2 feet to 1 (clockwise/counterclockwise) *Backward slalom *Backward pumping on circle (clockwise and counter clockwise) 	<ul style="list-style-type: none"> *Forward 2 foot side stop 	<ul style="list-style-type: none"> *Turning on a curve forward to backward (2feet) *Backward to fwd on a curve (2 feet) *Inside/outside 3 turns forward left/right 	<ul style="list-style-type: none"> *Forward one foot spin (one complete turn) *2 foot sit spin (one complete turn) 	<ul style="list-style-type: none"> *2 foot jump forward to backward to forward on curve 	<ul style="list-style-type: none"> *"V" start from a side stop *Backward spiral on a line *Forward lateral movement *Outside edges on a line

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Level 5 (Novice I, Novice II, Dance I)	<ul style="list-style-type: none"> *Forward swing rolls to count (6) *Forward progressives *Forward chasse's *Forward slip chasse's *Edge development fwd and backward (step, step, step, hold on a curve) 	<ul style="list-style-type: none"> *Backward circle thrusts clockwise and counterclockwise *Backward crosscuts on a circle *Backward outside edges *Backward iside edges 	<ul style="list-style-type: none"> *One foot stop 	<ul style="list-style-type: none"> *Left and right Mohawks (on a curve and inside and outside) 	<ul style="list-style-type: none"> *Fwd 2 foot spin more than 2 revolution *1 foot back spin 	<ul style="list-style-type: none"> *1 foot jump fwd to bwd (3 jump) *Bunny hop (left and right foot width of the ice) 	<ul style="list-style-type: none"> *Shoot the duck *Forward/Backward on a curve (inside/outside) *Backward lateral movement *Fast back start from a side stop
Level 6 (Speed, Jump, Dance II)	<ul style="list-style-type: none"> *Fast forward perimeter stroking clockwise and counterclockwise *Forward Russian stroking *Forward skating around the ice and stopping on a signal *Forward skating through a slalom course (7 markers) 	<ul style="list-style-type: none"> *Fast backward perimeter stroking *Backward crosscuts (figure 8 pattern) *Edge development (step,step,step, hold) *Backward swing rolls to count (6) *Backward progressives *Backward chasse's 	<ul style="list-style-type: none"> *2 foot side stop with speed 	<ul style="list-style-type: none"> *Circle stroking with crosscuts and turns *Turning on a curve forward changing feet (mohawk) and turning on a curve backward to forward (one foot)/inside and outside 	<ul style="list-style-type: none"> *1 foot spin with a forward outside spiraling edge *1+revolution *1 foot back spin *more than 1+revolution 	<ul style="list-style-type: none"> *One foot three jump (forward outside to back outside) *Back toe assisted jump (left and right) *Waltz jump 	<ul style="list-style-type: none"> *Any jump with one rotation *Back spin with hop on exit *Bracket *Crosscut entry to any spin with exit hold *Crosscut entry into any jump with landing hold

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Level 7 (Free Style I, Free Style II and Completed)	<ul style="list-style-type: none"> *Full forward edges on a line (inside and outside) *Full forward swing rolls *Full forward progressives *Full forward chasse's and slip chasse's *Fast forward perimeter stroking with crosscuts (clockwise and counterclockwise) 	<ul style="list-style-type: none"> *Full backward edges on a line (inside and outside) *Full backward swing rolls *Full backward progressives *Full backward chasse's *Full forward perimeter stroking with crosscuts (clockwise and counter 	<ul style="list-style-type: none"> *Fast forward skating - stop, fast backward skating - stop 	<ul style="list-style-type: none"> *Simple footwork pattern sequence (including 3 turns and Mohawks) 	<ul style="list-style-type: none"> *One foot spin with backward crosscut entry *Sit spin (1 revolution) *Back sit spin (1 revolution) 	<ul style="list-style-type: none"> *Waltz jump from backward crosscuts *Toe Loop (Cherry Flip) *Salchow *half Flip or Half Lutz *Loop Jump *Flip Jump *Lutz Jump 	<ul style="list-style-type: none"> *Half Axel take off *Axel Jump *Combination Jumps *Footwork sequence with jumps or forward/lateral movement *Camel spin *Back Camel spin *Layback spin *Broken Leg spin *Change sit spin *Change Camel spin *Spread Eagle *Nina Bauer *Double Jumps