

U. S. Figure Skating Basic Skills Program

Basic Skills 1-8



The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

BASIC 1

Basic 1

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6–8 in a row
6. Backward wiggles – 6–8 in a row
7. Snowplow stop
8. Rocking horse – 2–3
9. Two-foot hop in place (optional)

BASIC 2

Basic 2

1. Forward one foot glides – R and L
2. Backward two-foot glide
3. Backward swizzles – 6–8 in a row
4. Two-foot turn from forward to backward in place
5. Moving snowplow stop
6. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

BASIC 3

Basic 3

1. Forward stroking, showing correct use of blade
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
3. Moving forward to backward two-foot turn – clockwise and counterclockwise
4. Backward one-foot glides – R and L
5. Forward slalom
6. Two-foot spin – up to two revolutions

BASIC 4

Basic 4

1. Forward outside edge on a circle – R and L
2. Forward inside edge on a circle – R and L
3. Forward crossovers, clockwise and counterclockwise
4. Forward outside three-turn, R and L from a stand-still position
5. Backward half swizzle pumps on a circle, clockwise and counterclockwise
6. Backward stroking
7. Backward snowplow stop – R and L

BASIC 5

Basic 5

1. Backward outside edge on a circle – R and L
2. Backward inside edge on a circle – R and L
3. Backward crossovers, clockwise and counterclockwise
4. Beginning one-foot spin – up to three revs, optional entry and free-foot position
5. Hockey stop
6. Side toe hop – both directions

BASIC 6

Basic 6

1. Forward inside three-turn – R and L from a standstill position
2. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
3. T-stop – R or L
4. Bunny hop
5. Forward arabesque/spiral on a straight line – R or L
6. Forward lunge – R or L

BASIC 7

Basic 7

1. Forward inside open Mohawk from a standstill position – R to L and L to R
2. Backward outside edge to forward outside edge transition on a circle – R and L
3. Ballet jump – R and L
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
5. Forward inside pivots – R or L

BASIC 8

Basic 8

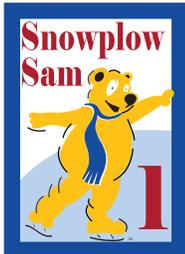
1. Moving forward outside three-turn on a circle – R and L
2. Moving forward inside three-turn on a circle – R and L
3. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
4. One-foot upright spin, optional entry and free-foot position
5. Waltz jump
6. Mazurka – R and L

U. S. Figure Skating Basic Skills Program

Snowplow Sam Program

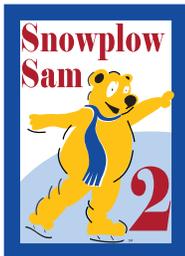


The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



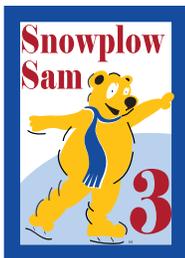
Snowplow Sam 1

1. Sit and stand up with skates on – off ice
2. Sit and stand up – on ice
3. March in place
4. March forward – 8–10 steps
5. March, then glide on two feet
6. Dip in place



Snowplow Sam 2

1. March followed by a long glide
2. Dip while moving
3. Backward wiggles – six in a row
4. Forward two-foot swizzles – 2-3 in a row
5. Rocking horse – one forward, one backward swizzle action
6. Two-foot hop in place



Snowplow Sam 3

1. Forward skating – 8–10 steps
2. Forward one-foot glide – R and L
3. Forward swizzles – 4–6 in a row
4. Backward swizzles – 4–6 in a row
5. Forward snowplow stop with skid
6. Curves

U. S. Figure Skating Basic Skills Program

Adult Curriculum



The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.



Adult 1

1. Falling and recovery
2. Forward strides and gliding
3. Forward swizzles
4. Backward skating
5. Backward swizzles
6. Forward one-foot glides, one time skater's height: R and L
7. Two-foot turns, in place
8. Snowplow stops – R or L
9. Forward curves on two feet
10. Forward half swizzle pumps on a circle



Adult 2

1. Forward stroking
2. Backward half swizzle pumps on a circle, clockwise and counterclockwise
3. Moving two-foot turns on a curve, both directions
4. Forward edges on a circle, outside and inside, clockwise and counterclockwise
5. Forward crossovers, clockwise and counterclockwise
6. Backward one-foot glide – R or L
7. Forward pivot
8. Forward chasses on a circle



Adult 3

1. Backward edges on a circle, outside and inside, clockwise and counterclockwise
2. Backward crossovers, clockwise and counterclockwise
3. Inside Mohawk, either direction
4. Basic forward outside and forward inside consecutive edges (4-6)
5. Backward snowplow stops – R and L
6. Forward progressives
7. Beginning two-foot spin



Adult 4

1. Forward three turns, outside and inside – R and L
2. Perimeter stroking with crossover end patterns
3. Forward outside to inside change of edge sequence
4. Alternate backward crossovers with two-foot transition
5. Footwork sequence – 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle and repeat
6. Power three-turns – one direction only
7. Backward chasses on a circle

U. S. Figure Skating Basic Skills Program

Hockey Curriculum



The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.

Necessary equipment:

- Hockey skates
- Certified hockey helmet (ice approved)



Hockey 1

1. Sit on ice and stand up
2. Proper stance
3. March forward across the ice
4. Forward two-foot glide, one time skater's height
5. Dip or squat
6. Scooter pushes or T-push
7. Forward swizzles
8. Snowplow stop
9. Backward skating



Hockey 2

1. Backward stance
2. Skating forward using full strides
3. Forward one-foot glides – R and L
4. Backward hustle
5. Backward swizzles
6. Glide turns, both directions
7. Moving snowplow stops



Hockey 3

1. Forward C-cuts (half swizzle pumps) on a circle – R and L
2. Hockey turns, R and L, with speed in and out of turn
3. Forward slalom
4. Forward stop and starts
5. Backward V-stop
6. Lateral marching crossovers, both directions



Hockey 4

1. Forward one-foot pushes on a circle
2. Forward crossover glides – hold feet in crossed position for two counts
3. Forward crossovers – clockwise and counterclockwise
4. Alternating backward C-cuts in a line (half swizzle pumps)
5. Backward one-foot glide, R and L, one time skater's height
6. Mohawks – R to L and L to R
7. Hockey stop

Endorsed by:



U. S. Figure Skating Basic Skills Program

Special Olympics Badge Program



The Special Olympics Sports Skills Program is designed for people with mental retardation who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

Badge 1

1. Stand unassisted for five seconds
2. Fall and stand up unassisted
3. Knee dip standing still unassisted
4. March forward 10 steps assisted



Badge 2

1. March forward 10 steps unassisted
2. Swizzles, standing still – three repetitions
3. Backward wiggle or march assisted
4. Two-foot glide forward for distance of at least length of body

Badge 3

1. Backward wiggle or march
2. Five forward swizzles covering at least 10 feet
3. Forward skating across the rink
4. Forward gliding dip covering at least length of body – L and R

Badge 4

1. Backward two-foot glide covering at least length of body
2. Two-foot jump in place
3. One-foot snowplow stop – L and R
4. Forward one-foot glide covering at least length of body – L and R

Badge 5

1. Forward stroking across rink
2. Five backward swizzles covering at least 10 feet
3. Forward two-foot curves left and right across rink
4. Two-foot turn front to back, on the spot

Badge 6

1. Gliding forward to backward two-foot turn
2. Five consecutive forward one-foot swizzles on circle – L and R
3. Backward one-foot glide length of body – L and R
4. Forward pivot

Badge 7

1. Backward stroking across the rink
2. Gliding backward to forward two-foot turn
3. T-stop left of right
4. Forward two-foot turn on a circle – L and R

Badge 8

1. Five consecutive forward crossovers: L and R
2. Forward outside edge – L and R
3. Five consecutive backward half swizzles on a circle: – L and R

Badge 9

1. Forward outside three-turn – L and R
2. Forward inside edge – L and R
3. Forward lunge or shoot the duck at any depth
4. Bunny hop

Badge 10

1. Forward inside three-turn – L and R
2. Five consecutive backward crossovers – L and R
3. Hockey stop
4. Forward spiral three times length of body

Badge 11

1. Consecutive forward outside edges – minimum two on each foot
2. Consecutive forward inside edges – minimum two on each foot
3. Forward inside Mohawk – L and R
4. Consecutive backward outside edges – minimum two on each foot
5. Consecutive backward inside edges – minimum two on each foot

Badge 12

1. Waltz jump
2. One-foot spin – minimum of three revolutions
3. Forward crossover, inside Mohawk, backward crossover, step forward – step sequence should be repeated clockwise and counterclockwise
4. Combination of three moves chosen from badges 9-12

U. S. Figure Skating Basic Skills Program

Therapeutic 1-14



The Therapeutic Badge Program is designed to help physically challenged skaters develop skills and enhance their skating experience. The program encourages skaters to continue in the sport of skating for physical recreation and activity while taking limitations into consideration. Assisted is with the help of a person. If skaters use an assistive device without a person, they are unassisted.



Therapeutic 1 - OFF ICE

1. Stand in skates
2. Fall and stand up
3. Knee dip standing still
4. March forward 10 steps



Therapeutic 2 - ON ICE

1. Stand on ice
2. Fall and stand up
3. Knee dip in place
4. March forward 10 steps



Therapeutic 3

1. March forward 10 steps
2. Three swizzles standing still
3. Backward wiggle and march assisted
4. Forward two-foot glide



Therapeutic 4

1. Backward wiggle or march
2. Five forward swizzles
3. Forward skating
4. Forward gliding dip



Therapeutic 5

1. Backward two-foot glide
2. Two-foot jump in place
3. One-foot snowplow stop, R or L
4. Forward one-foot glide



Therapeutic 6

1. Forward stroking across the rink
2. Five backward swizzles
3. forward two-foot curves
4. Two-foot turn front to back standing still



Therapeutic 7

1. Gliding forward to backward two-foot turn
2. Five forward one-foot swizzles, R or L
3. Backward one-foot glide, R or L
4. Forward pivot



Therapeutic 8

1. Backward stroking across the rink
2. Gliding backward to forward two-foot turn
3. T-stop R or L
4. Forward two-foot turn on a circle, R and L



Therapeutic 9

1. Forward outside edge on a circle
2. Forward inside edge on a circle
3. Five forward crossovers
4. Five backward half swizzles, R or L
5. Two-foot spin



Therapeutic 10

1. Forward outside three-turn, R and L
2. Forward lunge or shoot the duck
3. Bunny hop
4. Back outside edge on a circle, R and L
5. Back inside edge on a circle, R and L



Therapeutic 11

1. Forward inside three-turn, R and L
2. Five backward crossovers, R and L
3. Hockey stop
4. Forward spiral



Therapeutic 12

1. Two forward outside edges
2. Two forward inside edges
3. Forward Mohawk, R and L



Therapeutic 13

1. Backward outside edges
2. Two backward inside edges
3. Two-foot to one-foot spin
4. Side toe hop, R or L



Therapeutic 14

1. One-foot spin
2. Forward crossover inside Mohawk backward crossover step forward
3. Backward crossovers to a back outside edge
4. Waltz jump from a standing or moving position

Personal Goal Badge

Accomplished by setting and achieving a personal goal that is a personal challenge for the skater

U. S. Figure Skating Basic Skills Program

Free Skate Curriculum



Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.



Free skate 1

1. Advanced forward stroking
2. Basic forward outside and forward inside consecutive edges (4-6)
3. Advanced back outside three-turns clockwise and counterclockwise (R and L)
4. Scratch spin from back crossovers – three revolutions minimum
5. Waltz jump – from 2-3 back crossovers
6. Half flip



Free skate 2

1. Basic back outside and back inside consecutive edges (4-6)
2. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
3. Continuous forward progressive chasse sequence – clockwise and counterclockwise
4. Waltz threes
5. Beginning back spin – two turns
6. Waltz jump, side toe hop, waltz jump sequence
7. Toe loop



Free skate 3

1. Forward and backward crossovers in figure 8 pattern
2. Waltz 8
3. Advanced forward consecutive swing rolls (4-6)
4. Backward inside three-turn: clockwise and counterclockwise
5. Backspin with free foot in crossed leg position – three revolutions minimum
6. Salchow
7. Half Lutz jump
8. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise



Free skate 4

1. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
2. Forward power three-turns: R and L
3. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
4. Sit spin – three revolutions
5. Loop jump
6. Waltz jump-loop jump combination



Free skate 5

1. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
2. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
3. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
4. Camel spin – three revolutions minimum
5. Forward upright spin to back scratch spin – three revolutions, each foot
6. Loop/loop combination
7. Flip jump
8. Waltz jump-falling leaf-toe loop jump sequence
9. Lutz jump



Free skate 6

1. Alternating back crossovers to back outside edges
2. Five-step Mohawk sequence – clockwise and counterclockwise
3. Camel-sit spin combination – five revolutions
4. Split jump-stag jump
5. Waltz jump-half loop-Salchow
6. Lutz jump
7. Axel – walk through, preparation, jump
Axel does not need to be landed to pass this test.
8. Five-step Mohawk sequence – clockwise and counterclockwise

U. S. Figure Skating Basic Skills Program

Synchronized Skating Curriculum



The Basic Skills Synchronized badge program is a fun introduction to the five basic elements:

- Circle
- Wheel
- Intersection/Transition
- Line
- Block



Synchro 1

1. Circle – forward pumps clockwise and counterclockwise, followed by a forward outside edge and a forward inside edge glide
2. Line – forward skating, covering the length of the ice, followed by a snowplow stop
3. Block – shoulder hold, forward skating, 10 steps in a simple block formation, followed by a snowplow stop
4. Wheel – “S” wheel or four spoke with back pumps
5. Holds – shoulder to shoulder, hand to hand



Synchro 2

1. Circle – containing two-foot turn from forward to backward and a forward outside and forward inside edge glide
2. Line – forward skating, with at least one forward crossover, R over L and one L over R
3. Block – forward skating including steps and turns from Basic 3-6
4. Wheel – four spoke or two spoke with backward skating
5. Intersection – one line forward intersection; two-foot glide at point of intersection
6. Transitions – a wheel and circle



Synchro 3

1. Circle – a circle that contains a forward inside Mohawk and a forward outside three-turn
2. Line – includes the step sequence from instructors manual
3. Block – two configurations
4. Wheel – parallel wheel or two spoke if there are not enough skaters
5. Intersection – one line forward intersection with a one-foot glide at the point of intersection
6. Transitions – circle and line, line and intersection



Synchro 4

1. Circle – a circle that includes the combination move (element C) from Basic 8
2. Line – a line including both forward and backward skating
3. Block – a block with at least two configurations and steps from Basic 3-8
4. Wheel – wheel of choice
5. Intersection – forward with a forward lunge
6. Transition – combine at least three elements

U. S. Figure Skating Basic Skills Program

Artistry in Motion (AIM) Curriculum



The new Artistry in Motion (AIM) program is designed to educate skaters on the basic principles and philosophy of choreography and style. The badge program will give them a foundation in basic body alignment, movement and line. Using this program will contribute to the training of the complete figure skater. Artistry in Motion praises the creative mind of every skater.

Requirements:

- Must have passed Basic 8
- Instructors must choose appropriate selections of music from the suggested list for each level
- Must use the AIM video and instructors manual, and follow the specific guidelines



Artistry in Motion 1

1. Introduction to basic dance movement and terminology
2. Introduction to rhythm/musical styles
3. Eye focus, facial expression
4. Basic head movements
5. Introduction to overall body awareness/levels
6. Program construction



Artistry in Motion 2

1. Introduction to classical music
2. Introduction to correct upper body placement
3. Development of port de bras
4. Utilization of basic dance movements in classical style
5. Program mapping
6. Demonstration of a compulsory program – To be choreographed by the skater, one minute in length



Artistry in Motion 3

1. Introduction to jazz/contemporary music programs
Development of lower body extension
 - Ina Bauer
 - Spread eagles
 - Unique spirals
2. Knee/body slides
3. Footwork and edge work sequences into jumps
4. Two spiral sequences (see manual for patterns)
5. Music interpretation exercise



Artistry in Motion 4

1. Development of artistic presentation in skating programs
2. Advanced spins (see manual)
3. Incorporation of body levels
4. Footwork and edge work sequences to music to be choreographed by the skater – 20 steps each
5. Demonstration of a program choreographed by the skater, music of skater's choice, 1-1 ½ minutes in length, to include elements from Freeskate 6 and below

U. S. Figure Skating Basic Skills Program

Dance Curriculum



(Dances may be skated solo for testing Dance 1–6)

The Dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U. S. Figure Skating test structure. These tests may be taken with or without a partner.



Dance 1

1. Forward outside swing rolls to a count of six
2. Alternating forward progressives in sequence to a count of six
3. Description and demonstration of Kilian hold
4. Corner steps on Dutch Waltz (LFO/RFI – three beats each)
5. Skate Dutch Waltz pattern with music



Dance 4

1. Consecutive inside chasse with wide step sequence
2. Four-beat edge with double knee bend and leg expression in step 6 from Cha Cha
3. Slalom motion, with close feet and lifting knee action
4. End pattern of Cha Cha step sequences with crosses, showing edge quality (note: optional steps)
5. Skate Cha Cha pattern with music



Dance 2

1. Continuous forward progressive – chasse clockwise and counterclockwise
2. Forward slide chasses to a count of four, on a circle – clockwise and counterclockwise (minimum of four slide chasse)
3. Consecutive forward swing rolls to a count of four
4. Forward outside cross rolls (cross strokes)
5. Description and demonstration of the reverse Kilian position
6. Skate Canasta Tango pattern with music



Dance 5

1. Forward swing rolls to a count of four
2. Forward inside open Mohawk
3. Backward swing rolls to a count of four
4. Backward chasse
5. Demonstrate Waltz position (closed position) and hand-in-hand position for partners. Demonstrate moving to and from waltz position and hand-in-hand position with partner
6. Skate Swing Dance pattern with music



Dance 3

1. Continuous promenade progressives on a circle to a count of four
2. Consecutive inside swings to a count of four
3. Skate the lilt action in step 5
4. Cross behind steps on end pattern of the Rhythm Blues (note: optional steps)
5. Skate Rhythm Blues pattern with music



Dance 6

1. Swing roll with change of edge in relation to an axis – Proper counting: four beat forward outside edge, two beat forward inside edge
2. Advanced open Mohawk with closed free foot position on exit
3. Cross behind inside chasse
4. Rounded end pattern step sequence in steps 10–16
5. Two outside edges
6. Demonstrate Kilian position and reverse Kilian position. Demonstrate changing these positions.
7. Skate Fiesta Tango pattern with music



U. S. Figure Skating Basic Skills Program

Pairs Curriculum



The Pairs levels are designed so that when skaters graduate from Pairs 6, they have a strong foundation on which to build. Skaters should show good use of edges, basic degree of unison, basic skills mastered, basic spin positions acquired, single jumps learned with a partner and basic lifts. This can be used as a primer to the U.S. Figure Skating preliminary pairs test. Each pair shall consist of a female and a male. The candidates for the pairs curriculum should have passed at least Basic 8 or have the recommendation of the class instructor. The candidates in a pairs test shall have passed the preceding test with either the same or a different partner.

Each Pairs badge is divided into sections depending on the level:

- Hand Holds and Positions
- Moves in the Field
- Individual Spins
- Pair Spins
- Jumps Side By Side
- Lifts

PAIRS 1

Pairs 1

1. Hold and position – basic hand-to-hand hold with a side-by-side position
2. Advanced forward stroking side-by-side, both directions
3. Advanced forward stroking side-by-side, both directions with a handhold
4. Advanced forward crossovers in a figure 8 with a hand-to-hand hold, both directions
5. Bunny hops side-by-side

PAIRS 2

Pairs 2

1. Hold and position – basic Waltz hold and position
2. Advanced backward crossovers to back outside edge, side by side, both directions
3. Advanced backward crossovers to back outside edge, side by side, both directions with a handhold
4. Advanced backward crossovers in a figure 8 with a hand-to-hand hold, both directions
5. Waltz jumps side by side – from 2-3 backward crossovers

PAIRS 3

Pairs 3

1. Hold and position – Kilian and reverse Kilian hold and position
2. Continuous forward progressive chasse sequence, clockwise and counterclockwise
Spirals:
 - One skater forward/one skater backward hand-to-hand hold
 - Skaters in Kilian position
3. Circling pairs spin
4. Two-foot spin, side by side
5. Half flip jumps, side by side

PAIRS 4

Pairs 4

1. Hold and position – open dance lift position with armpit grip
2. Five-step Mohawk sequence
3. Pull spiral – Male on back outside edge (back outside pivot optional); Female in forward spiral outside or inside. One hand to one hand hold.
4. Scratch spins (upright spin) side by side from backward crossovers, minimum of three revolutions
5. Toe loops, side by side
6. Waltz spin
7. Waltz lift

PAIRS 5

Pairs 5

1. Hold and position – waist lift position, one partner behind the other, and lift position, with hand-to-hand grip
2. Pull spiral – male on back outside edge (back outside pivot option); Female in backward spiral outside or inside. One hand to one hand hold.
3. Back scratch spin, side by side
4. Flip jumps, side by side
5. Upright spin in Kilian position
6. Loop lift (waist lift position, one partner behind the other)

PAIRS 6

Pairs 6

1. Pull spiral – Male on back outside edge (back outside pivot optional); Female in backward spiral outside. One hand to one hand hold.
2. Sit spins side by side from backward crossovers, minimum of three revolutions
3. Loop jumps, side by side
4. Camel spin in Kilian position
5. Lutz lift

U. S. Figure Skating Basic Skills Program

Speed Curriculum



The Speedskating track for the Basic Skills program introduces beginning speedskating techniques for skaters after they have learned the basic skating fundamentals in Basic Skills 1–4. These techniques include basic positions, edges, turns, starts and speed development. Skaters will be ready for racing after completing the Speed 1–6 badge levels.



Speed 1

1. Demonstrate basic position
2. Two foot glides, straight line – 20 feet
3. Two foot glides, straight line – 10 feet in position
4. One foot glides – straight line, R and L, 10 feet each
5. Demonstrate start position
6. Demonstrate basic skating position
7. Demonstrate knowledge of the size of track (111 meters)
8. Execute stroke
9. Skate three laps around hockey circles in basic position



Speed 2

1. Two foot glide on a curve – 20 feet on proper edges (L outside edge and R inside edge)
2. One foot glides on curve, R and L, inside and outside edges – 10 feet
3. Forward crossovers on hockey circle, both directions
4. Demonstrate proper start
5. Skate one lap around track in basic position
6. Skate one lap in 11 seconds around hockey circles
7. One foot glides – straight line, R and L – 10 feet in position
8. Demonstrate understanding of start command



Speed 3

1. Forward crossovers with edge pushes – two consecutive hockey circles to left in position
2. Demonstrate basic arm swing for straight-aways
3. Demonstrate basic arm swing around end of track
4. Demonstrate proper start acceleration
5. Sculling for one lap around track in position
6. Skate five laps in position around hockey circles
7. Skate two laps in 20 seconds around hockey circles



Speed 4

1. Execute basic arm swing for one lap around track
2. Execute proper straightaway speed skating stride
3. Demonstrate proper foot placement while skating the track
4. One foot turn to the left balancing on right foot – strong inside edge on track
5. Skate four laps in position around full track
6. Skate three laps in 36 seconds around hockey circles



Speed 5

1. Execute basic arm swing – five laps around track
2. Tight 180 degree turns on one foot – medium speed, RI edge
3. Tight 180 degree turns on one foot – medium speed, LO edge
4. Backward crossovers – both directions in a figure eight
5. Skate 333 meters in 1:30
6. Backward one foot glides (R and L) in position – 10 feet
7. Lutz jump



Speed 6

1. Slalom course – two feet elements in position
2. Slalom course – one foot, shifting from inside to outside edges, R & L foot in position
3. Tight 180 degree turns on one foot – full speed, RI edge
4. Tight 180 degree turns on one foot – full speed, LO edge
5. Skate 333 meters in 1:20
6. Skate 777 meters in 3:00
7. Five-step Mohawk sequence: clockwise and counterclockwise

U. S. Figure Skating Basic Skills Program

Theatre On Ice Curriculum



This curriculum will incorporate the TOI elements of choreography, skating movements and the rapport between skaters and/or sub groups of skaters at an introductory level. Emphasis should be on demonstration of the elements and control of the skating skills for the badge levels required.

The four themes chosen for the curriculum are Joy, Fear, Anger and Growth.



Theatre On Ice 1

1. Theme – Joy
2. Choreographic Process – Repetition
3. Movement or Gesture – Rapid Movement



Theatre On Ice 2

1. Theme – Fear
2. Choreographic Process – Cascade
3. Movement or Gesture – Round Movement



Theatre On Ice 3

1. Theme – Anger
2. Choreographic Process – Mirror
3. Movement or Gesture – Sharp Movement



Theatre On Ice 4

1. Theme – Growth
2. Choreographic Process – Canon
3. Movement or Gesture – Slow Movement