

Silver Skill Progression

2014-2015

Basic Skill Level

MIF

SHSA Skill

Full Rotaion jumps/change of position spin Skills						
Back Scratch Spin						x
Loop			FS4			
Flip Jump			FS5			
Sit Spin			FS4			
Camel Spin			FS5			

Beg. Edge and Spin Comb./Adv. Single Jump Skills						
Spiral Combinations			FS4,FS5			
5 step Mohawk sequence			FS6		x	
Lutz			FS6			
Camel/Sit			FS6			
Split/Stag			FS6			
Axel			FS6			