

Beginner

1. Beginner 1

- a. Standing and falling off the ice
- b. Sit on ice and stand up
- c. March forward across the ice
- d. Forward two-foot glide
- e. Dip
- f. Forward swizzles – 2-4 in a row
- g. Marching backwards
- h. Beginning one-foot glides – R – L (no specific time requirement)
- i. Beginning snowplow stop on two feet or one foot
- j. Bonus skill: Two foot hop

2. Beginner 2

- a. Scooter pushes – R and L
- b. Forward one-foot glides – R and L (length of skater's height)
- c. Forward swizzles – 6-8 in a row
- d. Backward two-foot glide – beginning (from swizzles or marching)
- e. Rocking horse (one forward swizzle, one backward swizzle) – repeat twice
- f. Backward swizzles – 2-4 in a row
- g. Two-foot turns from forward to backward in place – clockwise and counterclockwise
- h. Moving snowplow stop
- i. Bonus skill: Curves

3. Beginner 3

- a. Beginning forward stroking showing correct use of blade (Pushing with the 45 degree angle and keep leg straight behind before switching)
- b. Beginning backward one-foot glides – R and L
- c. Backward snowplow stop – R and L
- d. Forward half swizzle pumps on a circle – 6-8 consecutive clockwise and counterclockwise
- e. Forward outside edge on a circle – R and L
- f. Forward inside edge on a circle – R and L
- g. Forward pivots – clockwise and counterclockwise

4. Beginner 4
 - a. Forward crossovers – clockwise and counterclockwise
 - b. Backward half swizzle pumps on a circle – clockwise and counterclockwise
 - c. Moving forward to backward two-foot turns on a circle – clockwise and counterclockwise
 - d. Forward slalom
 - e. Backward one-foot glides – R and L
 - f. Beginning two-foot spin – up to two revolutions
 - g. Bonus skill: Forward lunges – both legs
5. Beginner 5
 - a. Backward outside edge on a circle – R and L
 - b. Backward inside edge on a circle – R and L
 - c. Backward crossovers – clockwise and counterclockwise (focus on technical)
 - d. Forward outside three-turn – R and L
 - e. Advanced two-foot spin – 4-6
 - f. Beginning 1 foot spin
 - g. Bunny hop
 - h. T-stops – R and L
 - i. Bonus skill: Side toe hop – R and L
6. Beginner 6
 - a. Backward crossovers – focus on quality
 - b. Forward inside three-turn – R and L
 - c. Moving backward to forward two-foot outside turn on a circle – clockwise and counterclockwise
 - d. Backward stroking
 - e. One-foot spin – 2-4 revolutions, optional free-leg position and entry
 - f. Beginning back spin
 - g. Forward inside open mohawk from a standstill position (R to L and L to R)
 - h. Forward spiral on a straight line – R or L
 - i. Bonus skill: Shoot the duck – R or L