

## LTS Graduate Program

The OIC LTS Graduate Program aims to give skaters an opportunity to continue growing in the sport of figure skating after completion of Free Skate 6. Due to the level of difficulty and intensity of the skills below, skaters should expect to spend more than a single six week session in each level. Skaters are also more than welcome to work towards skills in future levels in addition to their current level. This program aims to supplement private lessons for skaters and is not intended as a replacement for individual instruction with a private coach.

### **Graduate Level 1: Skater Earns Axel Badge Upon Completion of GL1**

Lutz - Loop

Axel from Backward Crossovers

Split or Falling Leaf in combination (i.e. Split - Flip - Loop, Waltz - Falling Leaf - Toe Loop, etc)

Back Camel Spin and/or Back Sit Spin (minimum 3 revs)

Forward Scratch -Back Scratch Spin (minimum 4 revs/ foot)

Camel - Layback Spin (minimum 3 revs/ position)

Backwards Circle 8 (Pre-Juv Moves Pattern)

Backwards Power Pulls

Alternating Outside and Inside 3-turns (Preliminary Moves Pattern)

*Bonus Skill: Forward T-Stop and/or Forward Inside Hockey Stop*

### **Graduate Level 2:**

Axel - Half Loop - Salchow

Axel in combination jump (i.e. w/ Toe, Loop, etc)

Double Salchow

Choice of Sit Spin Variation (i.e. Tuck, Bullet, Pancake, Broken Leg, etc)

Catch Foot Camel (minimum 3 revs in position)

Forward Sit - Back Sit Spin (minimum 4 revs/ foot)

Forward Double 3-turns on axis or circle

Forward and Backwards Outside and Inside Brackets on axis or circle

Forward and Backward Cross Strokes

*Bonus Skill: Bauer or Spread Eagle*

### **Graduate Level 3:**

Axel Combination with Preceding Footwork/ Difficult Entry

Double Toe Loop

Axel - Falling Leaf - Toe Loop

Forward Camel - Back Sit Spin (minimum 4 revs/ position)

Spin Combo of Choice - minimum two positions and one change of foot (min 4 revs/ position)

Solo Spin with Advanced Entry/ Preceding Footwork (minimum 5 revs)

Backward Double 3-turns on axis or circle

Forward and Backward Outside and Inside Counters

Forward Outside and Inside Twizzles

*Bonus Skill: Combination Edge Element (Solo Free Dance - max 12 seconds total)*