

# Teen/Adult

## 1. Teen/Adult 1

- a. Sit on ice and stand up
- b. March forward across the ice
- c. Forward two-foot glide
- d. Dip
- e. Forward swizzles – 6-8 in a row
- f. Backward marching – 6-8 in a row
- g. Backward two-foot glide - length of skaters height
- h. Beginning snowplow stop on two feet or one foot
- i. Scooter pushes – R and L
- j. Forward one-foot glides – R and L
- k. Two-foot turns from forward to backward in place – clockwise and counterclockwise
- l. Moving snowplow stop
- m. Bonus skill: Curves
- n. Optional: Two-foot hop in place

## 2. Teen/Adult 2

- a. Forward stroking using the blade properly (begin with repetitive one-foot pushes)
- b. Forward slalom
- c. Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise & counterclockwise
- d. Forward outside edge on a circle – R and L
- e. Forward inside edge on a circle – R and L
- f. Forward crossovers - R and L
- g. Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- h. Forward chasses on a circle, clockwise and counterclockwise
- i. Backward snowplow stop, R and L
- j. Backward one-foot glide – glide the length of skater's height
- k. Rocking horse (one forward swizzle, one backward swizzle) – repeat twice
- l. Backward swizzles – 6-8 in a row
- m. Forward pivots – clockwise and counterclockwise
- n. Hockey stop - R and L
- o. Bonus skill: forward lunges or bunny hop

3. Teen/Adult 3

- a. Backward stroking
- b. Backward outside edge on a circle – R and L
- c. Backward inside edge on a circle – R and L
- d. Backward crossovers – clockwise and counterclockwise
- e. T-stops – R and L
- f. Beginning two-foot spin – up to 4 revolutions
- g. Optional: one foot spin 2-4 revolutions (for Freestyle)
- h. Forward outside three-turn – R and L
- i. Forward inside three-turn – R and L
- j. Forward inside open mohawk from a standstill position (R to L and L to R)
- k. Optional skills: spiral down the line, side-toe hop or instructors preference