

Freestyle

1. Freestyle 1

- a. Beginner backward outside/inside consecutive edges
- b. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- c. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- d. Forward power stroking, clockwise and counterclockwise
- e. Upright spin, back crossovers entry (minimum 4 revs) (beginning upright spin B5)
- f. Waltz Jump
- g. Half flip
- h. Toe loop

2. Freestyle 2

- a. Skating across the rink step into inside mohawk, step down and enter backward inside curve on both feet while pressing on the left foot and then change the edge by pressing on the right foot, after the curve complete one backward crossover and step to a forward inside edge
- b. Backward outside three-turns (R and L)
- c. Advanced back spin (minimum three revolutions) (beginning back spin B6)
- d. Waltz jump-side toe hop-waltz jump sequence
- e. Half Lutz
- f. Salchow

3. Freestyle 3

- a. Alternating forward outside and inside spirals on a continuous axis – two sets
- b. Backward inside three-turns (R and L)
- c. Forward upright spin to backward upright spin (3 revolutions, each foot)
- d. Sit spin (minimum 3 revolutions)
- e. Euler/half loop
- f. Loop jump
- g. Waltz jump-toe loop or Salchow-toe loop combination

4. Freestyle 4

- a. Alternating mohawk/crossover sequence (R to L and L to R)
- b. Waltz three-turns (forward outside three-turn, backward outside edge glide), clockwise and counterclockwise
- c. Camel spin (minimum three revolutions)
- d. Flip
- e. Waltz jump-loop jump combination
- f. Lutz jump

5. Freestyle 5

- a. Forward power three-turns (R and L), 3 sets each
- b. Waltz eight, clockwise and counterclockwise
- c. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- d. Camel-sit spin combination (minimum two revolutions each position)
- e. Loop loop combination
- f. Waltz jump-half loop-Salchow jump sequence

6. Freestyle 6

- a. Five-step mohawk sequence, clockwise and counterclockwise
- b. Forward power pulls (R and L)
- c. Creative step sequence, skater's choice, using a variety of three-turns, mohawks, and toe steps
- d. Layback or attitude spin or cross-foot spin (three revolutions)
- e. Axel