

Basic Skills

Basic Skills forms a strong foundation for skaters to explore the world of skating. Each level introduces new skills and techniques, encouraging skaters to advance while having fun in a healthy and social environment.

Basic Skills 1

- Sit on ice and stand up
- March forward across the ice
- Forward two-foot glide
- Dip
- Forward swizzles — 6–8 in a row
- Backward wiggles — 6–8 in a row
- Beginning snowplow stop on two feet or one foot
- Bonus skill: Two-foot hop in place

Basic Skills 2

- Scooter pushes — R and L
- Forward one-foot glides — R and L
- Backward two-foot glide — Glide the length of skater's height
- Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
- Backward swizzles — 6–8 in a row
- Two-foot turns from forward to backward in place — clockwise and counterclockwise
- Moving snowplow stop
- Bonus skill: Curves

Basic Skills 3

- Beginning forward stroking showing correct use of blade
- Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
- Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
- Beginning backward one-foot glides — focus on balance
- Backward snowplow stop — R and L
- Forward slalom
- Bonus skill: Forward pivots – clockwise and counterclockwise

Basic Skills 4

- Forward outside edge on a circle — R and L
- Forward inside edge on a circle — R and L
- Forward crossovers — clockwise and counterclockwise
- Backward half swizzle pumps on a circle — clockwise and counterclockwise
- Backward one-foot glides — R and L
- Beginning two-foot spin — Up to two revolutions
- Bonus skill: Forward lunges — both legs

Basic Skills 5

- Backward outside edge on a circle — R and L
- Backward inside edge on a circle — R and L
- Backward crossovers — clockwise and counterclockwise
- Forward outside three-turn — R and L
- Advanced two-foot spin — 4–6
- Hockey stop — both directions
- Bonus skill: Side toe hop — R and L

Basic Skills 6

- Forward inside three-turn — R and L
- Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
- Backward stroking
- Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
- T-stops – R and L
- Bunny hop
- Forward spiral on a straight line — R or L
- Bonus skill: Shoot the duck — R or L