

FREE SKATE:

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format. Instructors will focus on quality and mastery of skills.

PRE-FREE SKATE

A Backward crossovers to a backward outside edge glide (landing position), clockwise and counterclockwise

B Backward outside edge to a forward outside edge transition on a circle (R and L)

C Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, repeat three times clockwise and counterclockwise

D One-foot upright spin (USp), optional entry and free-foot position (minimum three revolutions)

E Mazurka (R and L) F Waltz jump (1Wz)

« Bonus Skill: Backward inside pivots, clockwise and counterclockwise

FREE SKATE 1

A Forward power stroking, clockwise and counterclockwise

B Basic forward outside and forward inside consecutive edges (4-6)

C Backward outside three-turns (R and L)

D Upright spin (USp), entry from back crossovers (min. four revolutions)

E Half flip (1HF) F Toe loop (1T)

« Bonus Skill: Waltz jump-waltz jump sequence (1Wz+1Wz)

FREE SKATE 2

A Alternating forward outside and inside spirals on a continuous axis (two sets)

B Basic backward outside and backward inside consecutive edges (4-6)

C Backward inside three-turns (R and L)

D Beginning back spin (USp) (min. 1-2 revolutions)

E Half Lutz (1HLz) F Salchow (1S)

« Bonus Skill: Variation of a forward spiral, skater's choice

FREE SKATE 3

A Alternating backward crossovers to back outside edges (4 sets)

B Alternating mohawk/crossover sequence (R to L and L to R)

C Waltz three-turns (forward outside three-turn, backward outside edge glide), clockwise and counterclockwise

D Advanced back spin (USp) with free foot in crossed leg position (min. three revolutions)

E Loop jump (1Lo)

F Waltz jump-toe loop (1Wz+1T) or Salchowtoe loop (1S+1T) combination

« Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

FREE SKATE 4

A Forward power three-turns, 3 sets each (R and L)

B Waltz eight SPINS

C Forward upright spin (USp) to backward upright spin (USp) (3 revs. each foot)

D Sit spin (SSp) (min. three revolutions)

E Half loop (1HLo)

F Flip (1F)

« Bonus Skill: Split jump, stag jump or split falling leaf

FREE SKATE 5

- A Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B Five-step mohawk sequence, clockwise and counterclockwise
- C Camel spin (CSp) (min. three revolutions)
- D Waltz jump-loop jump combination (1Wz+1Lo)
- E Lutz jump (1Lz)
- « Bonus Skill: Loop-loop combo (1Lo+1Lo)

FREE SKATE 6

- A Forward power pulls (R and L)
- B Choreographic step sequence (ChSt), skater's choice, using a variety of threeturns, mohawks and toe steps
- C Camel-sit spin combination (CoSp) (min. two revolutions each position)
- D Layback (LSp), attitude or cross-foot spin (USp) (three revolutions)
- E Waltz jump-Euler-Salchow jump sequence (1Wz+1Eu+1S)
- F Beginning Axel (1A)
- « Bonus Skill: Backward outside pivot (optional entry)

AXEL

- A Take-off position #1 (entry edge) on floor
- B Take-off position #2 (step up) on floor
- C Air position on floor
- D Landing position on floor
- E Axel (1A) walk-through
- F Axel (1A) on the floor
- G Gliding take-off position #1 (entry edge)
- H Take-off position #2 (step up and weight transfer)
- I Gliding backward in air position
- J Gliding landing position
- K Straddle waltz jump-back spin-jump out to landing position
- L Axel (1A) from a standstill, side toe hop, or forward outside edge roll
- F Axel (1A) from backward crossovers

EXTRA EXERCISES: There are many useful exercises that can be used to assist skaters in learning and accomplishing Axels in an efficient and safe manner. Below are a few examples.

OFF-ICE EXERCISES

- A Off-ice vertical jump exercises
- B Off-ice rotational jump exercises

ON-ICE EXERCISES

- A Lunge + bunny hop + lunge + bunny hop
- B Half-bell jump
- C Bell jump
- D Waltz jump-loop jump (1Wz+1Lo)
- E Back spin (USp) (for jumps) exercises
- F Traveling back three-turns A