

# U. S. Figure Skating Basic Skills Program

## Basic Skills 1-8



The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

### BASIC 1

#### Basic 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 wiggles – 6–8 in a row
- G. Snowplow stop
- H. Rocking horse – 2–3
- I. Two-foot hop in place (optional)

### BASIC 2

#### Basic 2

- A. Forward one foot glides – R and L
- B. Backward two-foot glide
- C. Backward swizzles – 6–8 in a row
- D. Two-foot turn from forward to backward in place
- E. Moving snowplow stop
- F. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

### BASIC 3

#### Basic 3

- A. Forward stroking, showing correct use of blade
- B. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
- C. Moving forward to backward two-foot turn – clockwise and counterclockwise
- D. Backward one-foot glides – R and L
- E. Forward slalom
- F. Two-foot spin – up to two revolutions

### BASIC 4

#### Basic 4

- A. Forward outside edge on a circle – R and L
- B. Forward inside edge on a circle – R and L
- C. Forward crossovers, clockwise and counterclockwise
- D. Forward outside three-turn, R and L from a stand-still position
- E. Backward half swizzle pumps on a circle, clockwise and counterclockwise
- F. Backward stroking
- G. Backward snowplow stop – R and L

### BASIC 5

#### Basic 5

- A. Backward outside edge on a circle – R and L
- B. Backward inside edge on a circle – R and L
- C. Backward crossovers, clockwise and counterclockwise
- D. Beginning one-foot spin – up to three revs, optional entry and free-foot position
- E. Hockey stop
- F. Side toe hop – both directions

### BASIC 6

#### Basic 6

- A. Forward inside three-turn – R and L from a standstill position
- B. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
- C. T-stop – R or L
- D. Bunny hop
- E. Forward spiral on a straight line – R or L
- F. Forward lunge – R or L

### BASIC 7

#### Basic 7

- A. Forward inside open Mohawk from a standstill position – R to L and L to R
- B. Backward outside edge to forward outside edge transition on a circle – R and L
- C. Ballet jump – R and L
- D. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- E. Forward inside pivots – R or L

### BASIC 8

#### Basic 8

- A. Moving forward outside three-turn on a circle – R and L
- B. Moving forward inside three-turn on a circle – R and L
- C. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
- D. One-foot upright spin, optional entry and free-foot position
- E. Waltz jump
- F. Mazurka – R and L

# U. S. Figure Skating Basic Skills Program

## Snowplow Sam Program



The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



### Snowplow Sam 1

- A. Sit and stand up with skates on – off Ice
- B. Sit and stand up – on Ice
- C. March in place
- D. March forward – 8–10 steps
- E. March, then glide on two feet
- F. Dip in place



### Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles – six in a row
- D. Rocking horse – one forward, one backward swizzle action
- E. Forward two-foot swizzles – 2-3 in a row
- F. Two-foot hop in place (optional)



### Snowplow Sam 3

- A. Forward skating – 8–10 steps
- B. Forward one-foot glide – R and L
- C. Forward swizzles – 4–6 in a row
- D. Backward swizzles – 4–6 in a row
- E. Forward snowplow stop with skid
- F. Curves

# U. S. Figure Skating Basic Skills Program

## Free Skate Curriculum



Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.



### Free skate 1

- A. Advanced forward stroking
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Advanced back outside three-turns clockwise and counterclockwise (R and L)
- D. Scratch spin from back crossovers – three revolutions minimum
- E. Waltz jump – from 2-3 back crossovers
- F. Half flip



### Free skate 2

- A. Basic back outside and back inside consecutive edges (4-6)
- B. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
- C. Continuous forward progressive chasse sequence – clockwise and counterclockwise
- D. Waltz threes, R and L
- E. Beginning back spin – two turns
- F. Waltz jump, side toe hop, waltz jump sequence
- G. Toe loop



### Free skate 3

- A. Forward and backward crossovers in figure 8 pattern
- B. Waltz 8
- C. Advanced forward consecutive swing rolls (4-6)
- D. Backward inside three-turn: R and L
- E. Backspin with free foot in crossed leg position – three revolutions minimum
- F. Salchow
- G. Half Lutz jump
- H. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise



### Free skate 4

- A. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
- B. Forward power three-turns: R and L
- C. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
- D. Sit spin – three revolutions
- E. Loop jump
- F. Waltz jump-loop jump combination



### Free skate 5

- A. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
- B. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
- C. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
- D. Camel spin – three revolutions minimum
- E. Forward upright spin to back scratch spin – three revolutions, each foot
- F. Loop/loop combination
- G. Flip jump
- H. Waltz jump-falling leaf-toe loop jump sequence



### Free skate 6

- A. Alternating back crossovers to back outside edges
- B. Five-step Mohawk sequence – clockwise and counterclockwise
- C. Camel-sit spin combination – four revolutions total
- D. Split jump or stag jump
- E. Waltz jump-half loop-Salchow
- F. Lutz jump
- G. Axel – walk through, preparation, jump  
*Axel does not need to be landed to pass this test.*