

# 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

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6–8 in a row
6. Backward wiggles – 6–8 in a row
7. Snowplow stop
8. Rocking horse – 2–3
9. Two-foot hop in place (optional)

### BASIC 2

#### Basic 2

1. Forward one foot glides – R and L
2. Backward two-foot glide
3. Backward swizzles – 6–8 in a row
4. Two-foot turn from forward to backward in place
5. Moving snowplow stop
6. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

### BASIC 3

#### Basic 3

1. Forward stroking, showing correct use of blade
2. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
3. Moving forward to backward two-foot turn – clockwise and counterclockwise
4. Backward one-foot glides – R and L
5. Forward slalom
6. Two-foot spin – up to two revolutions

### BASIC 4

#### Basic 4

1. Forward outside edge on a circle – R and L
2. Forward inside edge on a circle – R and L
3. Forward crossovers, clockwise and counterclockwise
4. Forward outside three-turn, R and L from a stand-still position
5. Backward half swizzle pumps on a circle, clockwise and counterclockwise
6. Backward stroking
7. Backward snowplow stop – R and L

### BASIC 5

#### Basic 5

1. Backward outside edge on a circle – R and L
2. Backward inside edge on a circle – R and L
3. Backward crossovers, clockwise and counterclockwise
4. Beginning one-foot spin – up to three revs, optional entry and free-foot position
5. Hockey stop
6. Side toe hop – both directions

### BASIC 6

#### Basic 6

1. Forward inside three-turn – R and L from a standstill position
2. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
3. T-stop – R or L
4. Bunny hop
5. Forward arabesque/spiral on a straight line – R or L
6. Forward lunge – R or L

### BASIC 7

#### Basic 7

1. Forward inside open Mohawk from a standstill position – R to L and L to R
2. Backward outside edge to forward outside edge transition on a circle – R and L
3. Ballet jump – R and L
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
5. Forward inside pivots – R or L

### BASIC 8

#### Basic 8

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