

D

Ε

counterclockwise

Backward skating into a long two-foot glide

Forward chasses on a circle, clockwise and

Backward snowplow stop (R and L)





STUDENT NAME		INSTRUCTOR		DATE	
LEVEL ENROLLED				NEXT SESSION ENROLL IN LEVE	L
		Pass Needs Improvement			
ADULT 1		ACCOMPLISHED	ADULT 4	DULT 4	
Α	Falling and recovery on ice		A Forward outsi	de edge on a circle (R and L)	
В	Forward marching		<b>B</b> Forward inside	Forward inside edge on a circle (R and L)	
С	Forward two-foot glide			Forward crossovers, clockwise and counter-	
D	Forward swizzles (4-6 in a row)		1.000	Backward one-foot glides (R and L)	
E	One forward swizzle/one backward swizzle (rocking horse)		Backward half	-swizzle pumps on a circle,	
F	Dip			clockwise and counterclockwise  Hockey stop, both directions	
_	[		1 Hockey Stop, k	oth directions	
G	Forward snowplow stop (one or two feet)		ADIUTE		ACCOMPLICATED
	DULT 2	ACCOMPLISHED	ADULT 5	ida adaa aa siirala (Dand I)	ACCOMPLISHED
		ACCOMPLISHED	A Backward outs	side edge on circle (R and L)	ACCOMPLISHED
AI	DULT 2	ACCOMPLISHED	B Backward inside  Backward inside  Backward cross  Backw	de edge on a circle (R and L)	ACCOMPLISHED
AI	<b>DULT 2</b> Forward skating across the width of the ice	ACCOMPLISHED	B Backward inside		ACCOMPLISHED
AI A B	Forward skating across the width of the ice Forward one-foot glides (R and L)	ACCOMPLISHED	A Backward out:  B Backward insid  C Backward cross clockwise	de edge on a circle (R and L)	ACCOMPLISHED
AI A B	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom	ACCOMPLISHED	B Backward inside C Backward cross clockwise     Forward outside C Backward cross clockwise	de edge on a circle (R and L) sovers, clockwise and counter-	ACCOMPLISHED
AI A B C	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom Backward wiggles	ACCOMPLISHED	B Backward inside C Backward cross clockwise     Forward outside C Backward cross clockwise	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six	ACCOMPLISHED
AI A B C D	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom Backward wiggles Backward swizzles (4-6 in a row)	ACCOMPLISHED	A Backward outs B Backward insid C Backward cros clockwise D Forward outsid E Forward swing	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six	ACCOMPLISHED
AI A B C D	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom Backward wiggles Backward swizzles (4-6 in a row) Two-foot turns in place  DULT 3 Forward stroking with proper blade use (be-		A Backward outs B Backward insid C Backward cross clockwise D Forward outsid E Forward swing F Beginning two ADULT 6 A Forward strok	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six -foot spin  ng with crossover end patterns	
AL A B C D E F AL A	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom Backward wiggles Backward swizzles (4-6 in a row) Two-foot turns in place  DULT 3  Forward stroking with proper blade use (begin with repetitive one-foot pushes)		A Backward outs B Backward insid C Backward cross clockwise D Forward outsid E Forward swing F Beginning two ADULT 6 A Forward strok	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six -foot spin	
AI A B C D E F	Forward skating across the width of the ice Forward one-foot glides (R and L) Forward slalom Backward wiggles Backward swizzles (4-6 in a row) Two-foot turns in place  DULT 3 Forward stroking with proper blade use (be-		A Backward outs B Backward insid C Backward cross clockwise D Forward outsid E Forward swing F Beginning two ADULT 6 A Forward strok B Backward strok patterns	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six -foot spin  ng with crossover end patterns	
AL A B C D E F AL A	Forward skating across the width of the ice  Forward one-foot glides (R and L)  Forward slalom  Backward wiggles  Backward swizzles (4-6 in a row)  Two-foot turns in place  DULT 3  Forward stroking with proper blade use (begin with repetitive one-foot pushes)  Forward half-swizzle pumps on the circle,		A Backward outs B Backward inside C Backward cross clockwise D Forward outside E Forward swing F Beginning two ADULT 6 A Forward strok B Backward strop patterns C Forward inside	de edge on a circle (R and L) sovers, clockwise and counter- de three-turn (R and L) rolls to a count of six -foot spin  ng with crossover end patterns king with crossover end	

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.

Two-foot spin into one-foot spin (USp)

F

G

Lunge