

# BASIC SKILLS REPORT CARD



POWERED BY



STUDENT NAME

INSTRUCTOR

DATE

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LEVEL ENROLLED

NEXT SESSION ENROLL IN LEVEL

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|  | <input type="checkbox"/> Pass <input type="checkbox"/> Needs Improvement |  |
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| BASIC 1 |   | ACCOMPLISHED |
|---------|---|--------------|
| 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       | Beginning snowplow stop (on one or two feet)  |              |
| ★       | <b>Bonus Skill:</b> Two-foot hop in place   |              |
| BASIC 2 |   | ACCOMPLISHED |
| A       | Scooter pushes (R and L)  |              |
| B       | Forward one-foot glides (R and L)   |              |
| C       | Backward two-foot glide, length of skater's height                                      |              |
| D       | Rocking horse — one forward swizzle, one backward swizzle (repeat twice)                |              |
| E       | Backward swizzles (6-8 in a row)  |              |
| F       | Two-foot turns from forward to backward in place (clockwise and counterclockwise)       |              |
| G       | Moving snowplow stop  |              |
| ★       | <b>Bonus Skill:</b> Curves  |              |
| BASIC 3 |   | ACCOMPLISHED |
| A       | Beginning 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 turns on a circle (clockwise and counterclockwise)  |              |
| D       | Beginning backward one-foot glides — focus on balance                                   |              |
| E       | Backward snowplow stop (R and L)  |              |
| F       | Forward slalom  |              |
| ★       | <b>Bonus Skill:</b> Forward pivots (clockwise and counterclockwise)                     |              |

| BASIC 4 |   | ACCOMPLISHED |
|---------|---|--------------|
| 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 (4-6)                             |              |
| D       | Backward half-swizzle pumps on a circle — 6-8 clockwise and counterclockwise          |              |
| E       | Backward one-foot glides (R and L)  |              |
| F       | Beginning two-foot spin (up to two revolutions)                                       |              |
| ★       | <b>Bonus Skill:</b> Forward lunges — both legs  |              |
| BASIC 5 |   | ACCOMPLISHED |
| A       | Backward outside edge on a circle (R and L)   |              |
| B       | Backward inside edge on a circle (R and L)  |              |
| C       | Backward crossovers — 4-6 clockwise and counterclockwise                              |              |
| D       | Forward outside three-turn (R and L)  |              |
| E       | Advanced two-foot spin, min. 4 revolutions  |              |
| F       | Hockey stop — both directions   |              |
| ★       | <b>Bonus Skill:</b> Side toe hop (R and L)  |              |
| BASIC 6 |   | ACCOMPLISHED |
| A       | Forward inside open mohawk from a standstill (R to L and L to R)                      |              |
| B       | Forward inside three-turn (R and L)   |              |
| C       | Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise |              |
| D       | Backward stroking   |              |
| E       | Beginning one-foot spin (USp), optional free leg and entry position (2-4 revolutions) |              |
| F       | T-stops (R and L)   |              |
| G       | Bunny hop   |              |
| H       | Forward spiral on a straight line (R and L)   |              |
| ★       | <b>Bonus Skill:</b> Shoot the duck (R and L)  |              |