

FREE SKATE REPORT CARD



POWERED BY



STUDENT NAME

INSTRUCTOR

DATE

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LEVEL ENROLLED

NEXT SESSION ENROLL IN LEVEL

	<input type="checkbox"/> Pass <input type="checkbox"/> Needs Improvement	
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	PRE-FREE SKATE	ACCOMPLISHED
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 (min. three revolutions)	
E	Mazurka (R and L)	
F	Waltz jump (1Wz)	
★	Bonus Skill: Backward inside pivots, clockwise and counterclockwise	

	FREE SKATE 1	ACCOMPLISHED
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	ACCOMPLISHED
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	ACCOMPLISHED
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 Salchow-toe loop (1S+1T) combination	
★	Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps	

	FREE SKATE 4	ACCOMPLISHED
A	Forward power three-turns, 3 sets each, (R and L)	
B	Waltz eight	
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	ACCOMPLISHED
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 combination (1Lo+1Lo)	

	FREE SKATE 6	ACCOMPLISHED
A	Forward power pulls (R and L)	
B	Choreographic step sequence (ChSt), skater's choice, using a variety of three-turns, mohawks and toe steps	
C	Camel-sit spin combination (CoSp) (min. two revs. 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)	