

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

- A. Forward one-foot glide: R & 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 ½ swizzle pumps in a straight line (slalom-like pattern)

Basic 3

- A. Forward stroking showing correct use of blade
- B. Forward ½ swizzle pumps on a circle: 6-8 consecutive (clockwise & counter clockwise)
- C. Moving forward to backward two-foot turn: clockwise & counter clockwise
- D. Backward one-foot glides: R & L
- E. Forward slalom
- F. Two-foot spin: up to 2 revolutions

Basic 4

- A. Forward outside edge on a circle: R & L
- B. Forward inside edge on a circle: R & L
- C. Forward crossovers: clockwise & counter clockwise
- D. Forward outside three-turn from a stand still position: R & L
- E. Backward ½ swizzle pumps on a circle: clockwise & counter clockwise
- F. Backward stroking
- G. Backward snowplow stop: R & L

Basic 5

- A. Backward outside edge on a circle: R & L
- B. Backward inside edge on a circle: R & L
- C. Backward crossovers: clockwise & counter clockwise
- D. Beginning one-foot spin: up to 3 revolutions, optional entry & free foot position
- E. Hockey stop
- F. Side toe hop: both directions

Basic 6

- A. Forward inside 3-turn, R & L from a standstill
- B. Moving backward to forward two-foot turn on a circle: clockwise & counter clockwise
- C. T-stop: R or L
- D. Bunny hop
- E. Forward arabesque/spiral on a straight line: R or L
- F. Forward lunge: R or L

Basic 7

- A. Forward inside open Mohawk from a stand still position: R to L & L to R
- B. Backward outside edge to forward outside edge transition on a circle: R & L
- C. Ballet jump: R or L
- D. Backward crossovers to a backward outside edge glide (landing position): clockwise or counter clockwise
- E. Forward inside pivots: R or L

Basic 8

- A. Moving forward outside 3-turn on a circle: R&L
- B. Moving forward inside 3-turn on a circle: R&L
- C. Combination move: forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge: repeat 3 times, clockwise and counter clockwise
- D. One foot upright spin, optional entry and free foot position
- E. Waltz jump
- F. Mazurka: R or L