

# 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 the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

<b>Basic 1</b>	<b>Basic 2</b>	<b>Basic 3</b>	<b>Basic 4</b>
<ul style="list-style-type: none"> <li><b>A.</b> Sit on ice and stand up</li> <li><b>B.</b> March forward across the ice</li> <li><b>C.</b> Forward two-foot glide</li> <li><b>D.</b> Dip</li> <li><b>E.</b> Forward swizzles: 6-8 in a row</li> <li><b>F.</b> Backward wiggles: 6-8 in a row</li> <li><b>G.</b> Snowplow stop</li> <li><b>H.</b> Rocking horse: 2-3</li> <li><b>I.</b> Two-foot hop in place (optional)</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Forward one foot glides: R &amp; L</li> <li><b>B.</b> Backward two-foot glide</li> <li><b>C.</b> Backward swizzles: 6-8 in a row</li> <li><b>D.</b> Two-foot turn from forward to backward in place</li> <li><b>E.</b> Moving snowplow stop</li> <li><b>F.</b> Forward alternating ½ swizzle pumps, in a straight line (slalom-like pattern)</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Forward stroking, showing correct use of blade</li> <li><b>B.</b> Forward ½ swizzle pumps on a circle: 6-8 consecutive clockwise &amp; counter clockwise</li> <li><b>C.</b> Moving forward to backward two-foot turn; clockwise &amp; counter clockwise</li> <li><b>D.</b> Backward one-foot glides: R &amp; L</li> <li><b>E.</b> Forward Slalom</li> <li><b>F.</b> Two-foot spin: up to 2 revolutions</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Forward outside edge on a circle: R &amp; L</li> <li><b>B.</b> Forward inside edge on a circle: R &amp; L</li> <li><b>C.</b> Forward crossovers, clockwise &amp; counter clockwise</li> <li><b>D.</b> Forward outside three-turn, R &amp; L from a stand still position</li> <li><b>E.</b> Backward ½ swizzle pumps on a circle, clockwise and counter clockwise</li> <li><b>F.</b> Backward stroking</li> <li><b>G.</b> Backward snowplow stop: R &amp; L</li> </ul>
<b>Basic 5</b>	<b>Basic 6</b>	<b>Basic 7</b>	<b>Basic 8</b>
<ul style="list-style-type: none"> <li><b>A.</b> Backward outside edge on a circle: R &amp; L</li> <li><b>B.</b> Backward inside edge on a circle: R &amp; L</li> <li><b>C.</b> Backward crossovers, clockwise &amp; counter clockwise</li> <li><b>D.</b> Beginning one-foot spin: up to 3 rev, optional entry &amp; free foot position</li> <li><b>E.</b> Hockey stop</li> <li><b>F.</b> Side toe hop: both directions</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Forward inside three turn: R &amp; L from a standstill position</li> <li><b>B.</b> Moving backward to forward two-foot turn on a circle, clockwise &amp; counter clockwise</li> <li><b>C.</b> T-stop: R or L</li> <li><b>D.</b> Bunny hop</li> <li><b>E.</b> Forward arabesque/spiral on a straight line: R or L</li> <li><b>F.</b> Forward lunge: R or L</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Forward inside open Mohawk from a standstill position: R to L and L to R</li> <li><b>B.</b> Backward outside edge to forward outside edge transition on a circle: R &amp; L</li> <li><b>C.</b> Ballet jump: R &amp; L</li> <li><b>D.</b> Backward crossovers to a backward outside edge glides (landing position), clockwise &amp; counter clockwise</li> <li><b>E.</b> Forward inside pivots, R or L</li> </ul>	<ul style="list-style-type: none"> <li><b>A.</b> Moving forward outside three-turn on a circle: R &amp; L</li> <li><b>B.</b> Moving forward inside three-turn on a circle: R &amp; L</li> <li><b>C.</b> 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 &amp; counter clockwise</li> <li><b>D.</b> One-foot upright spin, optional entry &amp; free foot position</li> <li><b>E.</b> Waltz jump</li> <li><b>F.</b> Mazurka: R &amp; L</li> </ul>