



Student Name:	
Instructor:	
Level Enrolled:	
Next session enroll in level:	
<input type="checkbox"/> Pass <input type="checkbox"/> Needs Improvement	Comments:

Basic 1	Accomplished
A. Sit on ice & stand up	
B. March forward across the ice	
C. Forward 2 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	Accomplished
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 1/2 swizzle pumps; In a straight line (slalom like pattern)	

Basic 3	Accomplished
A. Forward stroking, showing correct use of blade.	
B. Forward 1/2 foot swizzle pumps on a circle: Clockwise & counter clockwise 6-8 consecutive	
C. Moving forward to backward 2-foot turn: Clockwise & counter clockwise.	
D. Backward on 1-foot glides: R & L	
E. Forward Slalom	
F. Two-foot spin, up to 2 revolutions	

Basic 4	Accomplished
A. Forward <i>outside</i> edge on a circle	
B. Forward <i>inside</i> edge on a circle	
C. Forward crossovers. Clockwise & counter clockwise	
D. Forward outside 3-turn, R & L from a stand still position	
E. Backward 1/2 swizzle pumps on a circle; clockwise & counter clockwise	
F. Backward stroking	
G. Backward snowplow stop R & L	

Basic 5	Accomplished
A. Backward <i>outside</i> edge on a circle	
B. Backward <i>inside</i> edge on a circle	
C. Backward crossovers: clockwise & counter clockwise	
D. Beginning one foot spin-up to 3 revolutions	
E. Hockey stop	
F. Side toe hop: both directions	

Basic 6	Accomplished
A. Forward inside 3-turn from R & L, from a standstill position	
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	
F. Forward lunge: R or L	

Basic 7	Accomplished
A. Forward inside open mohawk from a standstill position: R to L & L to R	
B. Backward outside to forward outside edge transition on a circle: R & L	
C. Ballet jump: R or L	
D. Backward crossovers to a backward outside edge glides (landing position): clockwise & counter clockwise	
E. Forward inside pivots: R or L	

Basic 8	Accomplished
A. Moving forward <i>outside</i> 3-turn on a circle: R & L	
B. Moving forward <i>inside</i> 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 & counter clockwise	
D. One-foot upright spin, optional entry & free foot position	
E. Waltz jump	
F. Mazurka: R or L	