



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

Free Skate 1	Accomplished
A. Advanced forward stroking	
B. 4-6 Basic forward outside & forward inside consecutive edges	
C. Advanced back outside 3-turns: clockwise & counter clockwise R & L	
D. Scratch spin from back crossovers: minimum 3 revolutions	
E. Waltz jump from 2-3 back crossovers	
F. Half flip	

Free Skate 4	Accomplished
A. Spiral sequence: <ul style="list-style-type: none"> • FI Sprial • FI Mohawk • BO Spiral (clockwise & counter clockwise) 	
B. Forward Power 3-turns: R & L	
C. Continuous backward progressive, chasse sequence on a circle (clockwise & counter clockwise)	
D. Sit spin: 3 revolutions	
E. Loop jump	
F. Waltz jump/Loop jump combination	

Free Skate 2	Accomplished
A. 4-6 Basic back outside & back inside consecutive edges	
B. Forward outside & forward inside spirals: clockwise & counter clockwise R & L	
C. Continuous forward progressive chasse sequence: clockwise & counter clockwise	
D. Waltz threes	
E. Beginning back spin: 2 turns	
F. Waltz jump, side toe hop, waltz jump sequence	
G. Toe loop	

Free Skate 5	Accomplished
A. Backward outside 3-turn, Mohawk into 3 backward crossovers (repeat 3 times)	
B. Spiral sequence: <ul style="list-style-type: none"> • Forward outside spiral • Forward outside 3-turn • 1 backward crossover • Back inside spiral (clockwise & counter clockwise) 	
C. Forward outside slide chasse swing roll sequence: 3-6 times, alternating feet)	
D. Camel spin (minimum 3 revolutions)	
E. Forward upright spin to back scratch spin: 3 revolutions, each foot	
F. Loop/loop combination	
G. Flip jump	
H. Waltz jump/falling leaf/toe loop jump sequence	

Free Skate 3	Accomplished
A. Forward & backward crossovers in figure 8 pattern	
B. Waltz eight	
C. 4-6 Advanced forward consecutive swing rolls	
D. Backward inside 3-turn: clockwise & counter clockwise	
E. Backspin with free foot in crossed leg position: minimum 3 revolutions	
F. Salchow	
G. Half Lutz jump	
H. Waltz jump/toe loop combo or Salchow/toe loop combo	

Free Skate 6	Accomplished
A. Alternating back crossovers to back outside edges	
B. Five-step Mohawk sequence: clockwise & counter clockwise	
C. Camel/sit spin combination : 5 revolutions	
D. Split jump/Stag jump	
E. Waltz jump - 1/2 loop - salchow	
F. Lutz jump	
G. Axel*: walk through, preparation, jump	

**Axel does not need to be landed to pass this test. Skater should have an understanding of the mechanics.*