

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

BASIC 1

Basic 1

- Sit on ice and stand up
- March forward across the ice
- Forward two-foot glide
- Dip
- Forward swizzles – 6–8 in a row
- Backward wiggles – 6–8 in a row
- Snowplow stop
- Rocking horse – 2–3
- Two-foot hop in place (optional)

BASIC 2

Basic 2

- Forward one foot glides – R and L
- Backward two-foot glide
- Backward swizzles – 6–8 in a row
- Two-foot turn from forward to backward in place
- Moving snowplow stop
- Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

BASIC 3

Basic 3

- Forward stroking, showing correct use of blade
- Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
- Moving forward to backward two-foot turn – clockwise and counterclockwise
- Backward one-foot glides – R and L
- Forward slalom
- Two-foot spin – up to two revolutions

BASIC 4

Basic 4

- Forward outside edge on a circle – R and L
- Forward inside edge on a circle – R and L
- Forward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L from a stand-still position
- Backward half swizzle pumps on a circle, clockwise and counterclockwise
- Backward stroking
- Backward snowplow stop – R and L

BASIC 5

Basic 5

- Backward outside edge on a circle – R and L
- Backward inside edge on a circle – R and L
- Backward crossovers, clockwise and counterclockwise
- Beginning one-foot spin – up to three revs, optional entry and free-foot position
- Hockey stop
- Side toe hop – both directions

BASIC 6

Basic 6

- Forward inside three-turn – R and L from a standstill position
- Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
- T-stop – R or L
- Bunny hop
- Forward spiral on a straight line – R or L
- Forward lunge – R or L

BASIC 7

Basic 7

- Forward inside open Mohawk from a standstill position – R to L and L to R
- Backward outside edge to forward outside edge transition on a circle – R and L
- Ballet jump – R and L
- Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- Forward inside pivots – R or L

BASIC 8

Basic 8

- Moving forward outside three-turn on a circle – R and L
- Moving forward inside three-turn on a circle – R and L
- Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
- One-foot upright spin, optional entry and free-foot position
- Waltz jump
- Mazurka – R and L