



Sitting down and standing up
 Moving forward
 Walking round in a circle
 2 foot glide bending knees



Moving backwards
 Snowplough stop
 Skating forwards across ice (minimum half way)
 2 foot glide on bend (both directions)



T stop
 Forward inside curve (R&L foot)
 Forward sculling (bubbles or lemons)
 Backward sculling (bubbles or lemons)
 Forward 1 foot balance in straight line (R&L foot)



Forward Chasses (both directions)
 Forward 2 foot turn
 Backward skating followed by a 2 foot glide
 Forward outside curve (R & L Foot)



Forward Crossover (both directions)
 2 foot spin (minimum 1 rotation)
 Backward 1 foot balance in a straight line (R&L foot)
 Backward skating with a snow plough stop



2 foot slalom across the ice
 Backward Chasses (both directions)
 Forward outside three turn (R&L foot)
 Stepping from backwards to forwards both directions



Continuous forward inside curves
 Continuous forward outside curves
 Forward inside three turns (R&L foot)
 Backward crossovers (both directions)



Forward inside Mohawks (R&L foot)
 Forward drag
 2 continuous forward outside three turns (R&L foot)
 2 backward crossovers with a sustained back outside edge (R&L foot)



Right Inside three, step fwd, cross step, step onto left inside three. Continuous backward inside curves (minimum 2 on each foot)
 Continuous backward outside curves (minimum 2 on each foot)
 2 backward crossovers with a sustained back inside curve (R&L foot)



Simple step sequence
 Forward crossovers in a figure of eight pattern
 Backward crossovers in a figure eight pattern
 Forward outside - inside change of edge (R&L foot)