

# FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as an Aspire program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

## PRE-FREE SKATE



### PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8)

#### SKATING SKILLS

- |   |  |
|---|--|
| A | Backward crossovers to a backward outside edge glide (landing position), clockwise and counterclockwise  |
| B | Backward outside edge to a forward outside edge transition on a circle (R and L)   |
| C | Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, repeat three times clockwise and counterclockwise |

#### SPINS

- |   |  |
|---|--|
| D | One-foot upright spin (USp), optional entry and free-foot position (minimum three revolutions) |
|---|--|

#### JUMPS

- |   |   |
|---|---|
| E | Mazurka (R and L)   |
| F | Waltz jump (1Wz)  |
| ★ | Bonus Skill: Backward inside pivots, clockwise and counterclockwise |

## FREE 2 SKATE



### FREE SKATE 2

#### SKATING SKILLS

- |   |  |
|---|--|
| A | Alternating forward outside and inside spirals on a continuous axis (two sets) |
| B | Basic backward outside and backward inside consecutive edges (4-6)             |
| C | Backward inside three-turns (R and L)  |

#### SPINS

- |   |  |
|---|--|
| D | Beginning back spin (USp) (min. 1-2 revolutions) |
|---|--|

#### JUMPS

- |   |   |
|---|---|
| E | Half Lutz (1HLz)  |
| F | Salchow (1S)  |
| ★ | Bonus Skill: Variation of a forward spiral, skater's choice |

## FREE 3 SKATE



### FREE SKATE 3

#### SKATING SKILLS

- |   |   |
|---|---|
| A | Alternating backward crossovers to back outside edges (4 sets)  |
| B | Alternating mohawk/crossover sequence (R to L and L to R)   |
| C | Waltz three-turns (forward outside three-turn, backward outside edge glide), clockwise and counterclockwise |

#### SPINS

- |   |  |
|---|--|
| D | Advanced back spin (USp) with free foot in crossed leg position (min. three revolutions) |
|---|--|

#### JUMPS

- |   |   |
|---|---|
| E | Loop jump (1Lo)   |
| F | Waltz jump-toe loop (1Wz+1T) or Salchow-toe loop (1S+1T) combination          |
| ★ | Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps |

## FREE 1 SKATE



### FREE SKATE 1

#### SKATING SKILLS

- |   |  |
|---|--|
| A | Forward power stroking, clockwise and counterclockwise           |
| B | Basic forward outside and forward inside consecutive edges (4-6) |
| C | Backward outside three-turns (R and L)                           |

#### SPINS

- |   |  |
|---|--|
| D | Upright spin (USp), entry from back crossovers (min. four revolutions) |
|---|--|

#### JUMPS

- |   |   |
|---|---|
| E | Half flip (1HF)                                       |
| F | Toe loop (1T)   |
| ★ | Bonus Skill: Waltz jump-waltz jump sequence (1Wz+1Wz) |

Note: The skating school has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

# FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as an Aspire program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

## FREE 4 SKATE

FREE SKATE 4	
SKATING SKILLS	
A	Forward power three-turns, 3 sets each (R and L)
B	Waltz eight
SPINS	
C	Forward upright spin (USp) to backward upright spin (USp) (3 revs. each foot)
D	Sit spin (SSp) (min. three revolutions)
JUMPS	
E	Half loop (1HLo)
F	Flip (1F)
★ Bonus Skill: Split jump, stag jump or split falling leaf	

## FREE 5 SKATE

FREE SKATE 5	
SKATING SKILLS	
A	Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
B	Five-step mohawk sequence, clockwise and counterclockwise
SPINS	
C	Camel spin (CSp) (min. three revolutions)
JUMPS	
D	Waltz jump-loop jump combination (1Wz+1Lo)
E	Lutz jump (1Lz)
★ Bonus Skill: Loop-loop combo (1Lo+1Lo)	

## FREE 6 SKATE

FREE SKATE 6	
SKATING SKILLS	
A	Forward power pulls (R and L)
B	Choreographic step sequence (ChSt), skater's choice, using a variety of three-turns, mohawks and toe steps
SPINS	
C	Camel-sit spin combination (CoSp) (min. two revolutions each position)
D	Layback (LSp), attitude or cross-foot spin (USp) (three revolutions)
JUMPS	
E	Waltz jump-Euler-Salchow jump sequence (1Wz+1Eu+1S)
F	Beginning Axel (1A)
★ Bonus Skill: Backward outside pivot (optional entry)	

Note: The skating school has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.