

# 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 a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

## Pre-Free Skate (combination of Basic 7 and 8)



### Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise

C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise

D. 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, clockwise and counterclockwise

### Spins:

E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

### Jumps:

F. Mazurka (R and L)

G. Waltz jump

★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

## Free Skate 1



### Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

### Spin:

D. Upright spin, entry from back crossovers (min. four to six revolutions)

### Jumps:

E. Half flip

F. Toe loop

★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

## 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 (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

### Spin:

D. Beginning back spin (up to two revolutions)

### Jumps:

E. Half Lutz

F. Salchow

★ Bonus Skill: Variation of a forward spiral, skater's choice

## Free Skate 3



### Skating Skills:

- A. Alternating backward crossovers to back outside edges - Four 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

### Spin:

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

### Jumps:

E. Loop jump

F. Waltz jump-toe loop or Salchow-toe loop combination

★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

## Free Skate 4



### Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

### Spins:

C. Forward upright spin to backward upright spin (3 revs., each foot)

D. Sit spin (minimum three revolutions)

### Jumps:

E. Half loop

F. Flip

★ Bonus Skill: Split jump, stag jump or split falling leaf

## 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 (minimum three revolutions)

### Jumps:

D. Waltz jump-loop jump combination

E. Lutz jump

★ Bonus Skill: Loop-loop combination

## Free Skate 6



### Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

### Spins:

C. Camel-sit spin combination (minimum two revolutions each position)

D. Layback or attitude spin or cross-foot spin (three revolutions)

### Jumps:

E. Waltz jump-half loop-Salchow jump sequence

F. Axel

★ Bonus Skill: Backward outside pivot, entry optional

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.