

The Basic Eights

The skills learned in Basic 1-8 will supply your skater with the fundamentals to advance to any area of ice-skating.

Basic 1

- A. Sit on the ice and stand up
- B. March forward across the ice
- C. Forward two foot glide
- D. Dip
- E. Forward swizzles, 6-8 in a row
- F. Backward wiggles, 6-8 in a row
- G. Snowplow stop (one or both feet)
- H. Rocking horse
- I. Two foot hop in place

Basic 2

- A. Forward one foot glides, right and left (held for 5 seconds)
- B. Backward two foot glide (held for 5 seconds)
- C. Backward swizzles (6-8 in a row)
- D. Two foot turn from forward to backward in place
- E. Moving snowplow stop (one or both feet)
- F. Forward alternating $\frac{1}{2}$ swizzle pumps in a straight line (slalom like pattern)

Basic 3

- A. Forward stroking showing correct use of the blade (no toe pushes!)
- B. Forward $\frac{1}{2}$ swizzle pumps on a circle, clockwise and counter clockwise, 6-8 consecutive
- C. Moving forward to backward two foot turn, clockwise and counter clockwise
- D. Backward one foot glides, right and left (held for 5 seconds)
- E. Forward Slalom
- F. Two foot spin, two revolutions

Basic 4

- A. Forward outside edge on a circle, left and right (held for 5 seconds)
- B. Forward inside edge on a circle, left and right (held for 5 seconds)
- C. Forward crossovers, clockwise and counter clockwise, 5 consecutive
- D. Forward outside three turn from a standstill position, right and left
- E. Backward $\frac{1}{2}$ swizzle pumps on a circle, clockwise and counter clockwise
- F. Backward stroking
- G. Backward snowplow stop, right and left

Basic 5

- A. Backward outside edge on a circle, right and left
- B. Backward inside edge on a circle, right and left
- C. Backward crossovers, clockwise and counter clockwise
- D. Beginning one foot spin, minimum of 3 revolutions
- E. Hockey Stop
- F. Side toe hop-both directions

Basic 6

- A. Forward inside three turn, right and left, from a stand still position
- B. Moving backward to forward two foot turn on a circle, clockwise & counter clockwise
- C. T-stop, right or left
- D. Bunny hop
- E. Forward arabesque/spiral on a straight line, right or left
- F. Forward lunge, right or left

Basic 7

- A. Forward inside Mohawk from a stand still position, right to left & left to right
- B. Backward outside edge to forward outside edge, transition on a circle, right & left
- C. Ballet jump, right or left
- D. Backward crossovers to a backward outside edge glide (landing position) clockwise and counter clockwise
- E. Forward inside pivot (right and left)

Basic 8

- A. Moving forward outside three turn on a circle, right & left
- B. Moving forward inside three turn on a circle, right & left
- C. Combination move: Forward crossovers (2) into forward inside Mohawk, step down or cross behind, step into backward crossover (1) and step to a forward inside edge, repeat three times, clockwise and counter clockwise
- D. One foot upright spin, optional entry and free foot position
- E. Waltz jump
- F. Mazurka, right or left