

BASIC 1

- A Sit on 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 Beginning snowplow stop (on one or two feet)
- « Bonus Skill: Two-foot hop in place

BASIC 2

- A Scooter pushes (R and L)
- B Forward one-foot glides (R and L)
- C Backward two-foot glide, length of skater's height
- D Rocking horse — one forward swizzle, one backward swizzle (repeat twice)
- E Backward swizzles (6–8 in a row)
- F Two-foot turns from forward to backward in place (clockwise and counterclockwise)
- G Moving snowplow stop
- « Bonus Skill: Curves

BASIC 3

- A Beginning forward stroking showing correct use of blade
- B Forward half-swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
- C Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise)
- D Beginning backward one-foot glides — focus on balance
- E Backward snowplow stop (R and L)
- F Forward slalom
- « Bonus Skill: Forward pivots (clockwise and counterclockwise)

BASIC 4

- A Forward outside edge on a circle (R and L)
- B Forward inside edge on a circle (R and L)
- C Forward crossovers — clockwise and counterclockwise (4-6)
- D Backward half-swizzle pumps on a circle — 6-8 clockwise and counterclockwise
- E Backward one-foot glides (R and L)
- F Beginning two-foot spin (up to two revolutions)
- « Bonus Skill: Forward lunges — both legs

BASIC 5

- A Backward outside edge on a circle (R and L)
- B Backward inside edge on a circle (R and L)
- C Backward crossovers — 4-6 clockwise and counterclockwise
- D Forward outside three-turn (R and L)
- E Advanced two-foot spin, min. 4 revolutions
- F Hockey stop — both directions
- « Bonus Skill: Side toe hop (R and L)

BASIC 6

A Forward inside open mohawk from a standstill (R to L and L to R)

B Forward inside three-turn (R and L)

C Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise

D Backward stroking

E Beginning one-foot spin, optional free leg and entry position (2-4 revolutions)

F T-stops (R and L) G Bunny hop H Forward spiral on a straight line (R and L)

« Bonus Skill: Shoot the duck (R and L)