



## BASIC SKILLS REPORT CARD

<b>Student Name:</b>	
<b>Instructor:</b>	
<b>Level Enrolled:</b>	
<b>Next Session Enroll in Level:</b>	
<input type="checkbox"/> <b>Pass</b>	<b>Date:</b>
<input type="checkbox"/> <b>Needs Improvement</b>	

<b>BASIC 1</b>	ACCOMPLISHED
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 two feet or one foot	
★ Bonus skill: Two-foot hop in place	

<b>BASIC 2</b>	ACCOMPLISHED
A. Scooter pushes — R and L	
B. Forward one-foot glides — R and L	
C. Backward two-foot glide — Glide the 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	

<b>BASIC 3</b>	ACCOMPLISHED
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	

<b>BASIC 4</b>	ACCOMPLISHED
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	
D. Backward half swizzle pumps on a circle — 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	

<b>BASIC 5</b>	ACCOMPLISHED
A. Backward outside edge on a circle — R and L	
B. Backward inside edge on a circle — R and L	
C. Backward crossovers — clockwise and counterclockwise	
D. Forward outside three-turn — R and L	
E. Advanced two-foot spin — 4–6	
F. Hockey stop — both directions	
★ Bonus skill: Side toe hop — R and L	

<b>BASIC 6</b>	ACCOMPLISHED
A. Forward inside three-turn — R and L	
B. Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise	
C. Backward stroking	
D. Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry	
E. T-stops — R and L	
F. Bunny hop	
G. Forward spiral on a straight line — R or L	
★ Bonus skill: Shoot the duck — R or L	

**THE MISSION OF LEARN TO SKATE USA IS TO PROVIDE A FUN AND POSITIVE EXPERIENCE THAT WILL INSTILL A LIFELONG LOVE OF SKATING.**