

Beginner

Skater _____

	Level 1 Balance	Level 2 Glide Forward	Level 3 Glide Backwards	Level 4 Edges	Level 5 Power	Level 6 Speed	Date Completed
Go Forward	<input type="checkbox"/> Balance on 2 feet <input type="checkbox"/> March on the spot <input type="checkbox"/> F skate across the width <input type="checkbox"/> F glide, touch toes	<input type="checkbox"/> F 2 ft glide <input type="checkbox"/> F scull <input type="checkbox"/> F perimeter skate	<input type="checkbox"/> F tuck <input type="checkbox"/> F 1 ft glide <input type="checkbox"/> F slalom <input type="checkbox"/> F straight strokes <input type="checkbox"/> ladder	<input type="checkbox"/> FI edges <input type="checkbox"/> F circle thrusts <input type="checkbox"/> F circle thrust-move free leg	<input type="checkbox"/> FO edges <input type="checkbox"/> F crosscuts <input type="checkbox"/> F hockey glide <input type="checkbox"/> F crossed hockey glide	<input type="checkbox"/> F crosscuts <u>w</u> push <input type="checkbox"/> F arabesque <input type="checkbox"/> F spiral	
Go Backwards	<input type="checkbox"/> Walk backwards <u>w</u> glide	<input type="checkbox"/> B 2 foot skate <input type="checkbox"/> B 2 ft glide	<input type="checkbox"/> B 1 ft skate <input type="checkbox"/> B scull <input type="checkbox"/> B slalom	<input type="checkbox"/> BI glide <input type="checkbox"/> B straight strokes <input type="checkbox"/> B 1 foot glide	<input type="checkbox"/> BO glide <input type="checkbox"/> B circle thrusts	<input type="checkbox"/> BO edges <input type="checkbox"/> B crosscuts <input type="checkbox"/> B tuck	
Stop	<input type="checkbox"/> Make snow	<input type="checkbox"/> Stop <u>w</u> twist	<input type="checkbox"/> Stop <u>w</u> speed	<input type="checkbox"/> B stop	<input type="checkbox"/> Hockey stop	<input type="checkbox"/> 1 ft stop	
Turn	<input type="checkbox"/> Twist on the spot	<input type="checkbox"/> Skate F, skate B, skate F, repeat	<input type="checkbox"/> Turn F→B <input type="checkbox"/> Turn B→F <input type="checkbox"/> FO 3	<input type="checkbox"/> FO 3 <u>w</u> glide <input type="checkbox"/> FI 3	<input type="checkbox"/> FI 3 <u>w</u> glide <input type="checkbox"/> BO mohawk	<input type="checkbox"/> FI mohawk <input type="checkbox"/> BI mohawk	
Spin	<input type="checkbox"/> Appropriate dress <input type="checkbox"/> Appropriate skates	<input type="checkbox"/> Push to 1 foot glide	<input type="checkbox"/> Push to FI edge	<input type="checkbox"/> Push to FO edge	<input type="checkbox"/> 1 foot spin	<input type="checkbox"/> 1 ft spin <u>w</u> 3 turn entry	
Jump	<input type="checkbox"/> Get on and off unassisted <input type="checkbox"/> Get up unassisted	<input type="checkbox"/> Jump on the spot	<input type="checkbox"/> 2 ft jump F→F <input type="checkbox"/> 2 ft jump F→B	<input type="checkbox"/> Bunny hop	<input type="checkbox"/> Landing position <input type="checkbox"/> Waltz jump	<input type="checkbox"/> O3 jump <input type="checkbox"/> I3 jump	
Date Completed							
Level 7 Pre-Junior	<input type="checkbox"/> BI edges <input type="checkbox"/> B spiral	<input type="checkbox"/> B crosscuts <u>w</u> push	<input type="checkbox"/> T-stop	<input type="checkbox"/> BO 3 <input type="checkbox"/> BI 3	<input type="checkbox"/> 1 Ft spin with set-up <input type="checkbox"/> B arabesque	<input type="checkbox"/> B set-up <input type="checkbox"/> Waltz jump <u>w</u> set-up	

- Jumps are Fun
- Edgy Edges
- I Did It!
- Super Stopper
- I Can Skate B

- Spinning is Awesome
- Ice Is Nice
- I'm Skating Better...
- Marvelous Mohawks
- Good Work

- I'm Skating Rings...
- I'm A Great Listener
- Ice Skating Is Cool
- Terrific At Turns
- Super Practice

- I Love Skating
- Nice Job!
- Excellent Progress
- Speedy Skater
- I Can Glide on 1 Foot

- I Can Skate Forward
- I Can Get Up By Myself
- Ice Skating Is Fun
- Speed Demon