

Beginner

	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 spot <input type="checkbox"/> Forward skate across the width <input type="checkbox"/> F glide, touch toes	<input type="checkbox"/> Forward 2 foot glide <input type="checkbox"/> Forward scull <input type="checkbox"/> Forward perimeter skate	<input type="checkbox"/> Forward tuck <input type="checkbox"/> Forward 1 ft glide <input type="checkbox"/> Forward slalom <input type="checkbox"/> F straight strokes	<input type="checkbox"/> Forward inside edges <input type="checkbox"/> F circle thrusts <input type="checkbox"/> F circle thrust-move free leg	<input type="checkbox"/> F outside 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"/> Forward spiral	
Go Backwards	<input type="checkbox"/> Walk backward <u>w</u> glide	<input type="checkbox"/> Back 2 foot skate <input type="checkbox"/> Back 2 foot glide	<input type="checkbox"/> Back 1 ft skate <input type="checkbox"/> Back scull <input type="checkbox"/> Back slalom	<input type="checkbox"/> Back inside glide <input type="checkbox"/> B straight strokes <input type="checkbox"/> B 1 foot glide	<input type="checkbox"/> Back outside glide <input type="checkbox"/> B circle thrusts	<input type="checkbox"/> B outside edges <input type="checkbox"/> Back crosscuts <input type="checkbox"/> Back 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"/> Back stop	<input type="checkbox"/> Hockey stop	<input type="checkbox"/> 1 foot stop	
Turn	<input type="checkbox"/> Twist on the spot	<input type="checkbox"/> Skate forward, skate backward, skate forward, repeat	<input type="checkbox"/> Turn F to B <input type="checkbox"/> Turn B to F <input type="checkbox"/> F outside 3-turn	<input type="checkbox"/> Forward outside 3-turn <u>w</u> glide <input type="checkbox"/> Forward inside 3-turn	<input type="checkbox"/> F inside 3-turn <u>w</u> glide <input type="checkbox"/> B outside mohawk	<input type="checkbox"/> F inside mohawk <input type="checkbox"/> B inside mohawk	
Spin	<input type="checkbox"/> Appropriate dress <input type="checkbox"/> Appropriate skates	<input type="checkbox"/> Push to one foot glide	<input type="checkbox"/> Push to forward inside edge	<input type="checkbox"/> Push to forward outside edge	<input type="checkbox"/> 1 foot spin	<input type="checkbox"/> 1 foot spin <u>w</u> 3 turn entry	
Jump	<input type="checkbox"/> Get on & off unassisted <input type="checkbox"/> Get up unassisted	<input type="checkbox"/> Jump on spot	<input type="checkbox"/> 2 ft jump F to F <input type="checkbox"/> 2 ft jump F to B	<input type="checkbox"/> Bunny hop	<input type="checkbox"/> Landing position <input type="checkbox"/> Waltz jump	<input type="checkbox"/> Outside 3 jump <input type="checkbox"/> Inside 3 jump	
Date Completed							

Level 7 Pre-Junior	<input type="checkbox"/> B inside edges <input type="checkbox"/> Back spiral	<input type="checkbox"/> Back crosscuts <u>w</u> push	<input type="checkbox"/> T-stop	<input type="checkbox"/> Back outside 3 <input type="checkbox"/> Back inside 3	<input type="checkbox"/> 1 foot spin <u>w</u> set-up <input type="checkbox"/> Back arabesque	<input type="checkbox"/> Back set-up <input type="checkbox"/> Waltz jump <u>w</u> set-up	Date completed
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Comments:
