

Intermediate

Skaters' performance is assessed daily and stickers are awarded when all the necessary skills are completed in either a horizontal or vertical direction. The stickers reward skaters' progress; their achievement has no impact on the level at which a skater trains or competes.

	Balance	Flow	Lean	Speed	Agility	Power	Date Completed
Edges	<input type="checkbox"/> Forward & backward edges <input type="checkbox"/> Forward changes of edge <input type="checkbox"/> X-cuts- 3 tempos	<input type="checkbox"/> Back changes of edge <input type="checkbox"/> Forward & backward one foot slalom <input type="checkbox"/> Perimeter stroking	<input type="checkbox"/> 5 patterns <input type="checkbox"/> Inside power 3's <input type="checkbox"/> 3 + 3	<input type="checkbox"/> Russian stroking <input type="checkbox"/> Mohawk power steps <input type="checkbox"/> 3 Turn power steps	<input type="checkbox"/> Junior Bronze edges <input type="checkbox"/> Competition stroking	<input type="checkbox"/> Junior Bronze stroking <input type="checkbox"/> Power step stroking	
Field Moves	<input type="checkbox"/> All 8 spirals on a curve <input type="checkbox"/> Forward & backward lunge	<input type="checkbox"/> Back outside shoot the duck <input type="checkbox"/> Inside Ina Bauer	<input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward & backward catch	<input type="checkbox"/> Straight Ina Bauer <input type="checkbox"/> Back outside pivot	<input type="checkbox"/> Outside spread eagle <input type="checkbox"/> Forward & backward catch <u>w</u> speed	<input type="checkbox"/> Outside Ina Bauer <input type="checkbox"/> Change of edge spirals	
Turn	<input type="checkbox"/> Open choctaws <input type="checkbox"/> Back 3s <u>w</u> speed <input type="checkbox"/> Forward 3s <u>w</u> speed <input type="checkbox"/> Back brackets	<input type="checkbox"/> Forward double 3s <input type="checkbox"/> Outside open choctaw stroking <input type="checkbox"/> Forward brackets with speed	<input type="checkbox"/> Back brackets with speed <input type="checkbox"/> Back double 3s <input type="checkbox"/> Mohawk/3 turn patterns	<input type="checkbox"/> Closed choctaws <input type="checkbox"/> Back inside 3, forward brackets	<input type="checkbox"/> 1 foot twist- outside <input type="checkbox"/> 1 foot twist- inside	<input type="checkbox"/> Outside bracket pattern <input type="checkbox"/> Inside bracket pattern <input type="checkbox"/> Back outside twizzle	
Spin	<input type="checkbox"/> Forward corkscrew <input type="checkbox"/> Back corkscrew	<input type="checkbox"/> Camel spin <input type="checkbox"/> Sit spin <input type="checkbox"/> Back spin exit	<input type="checkbox"/> Camel, sit spin <input type="checkbox"/> Sit change sit	<input type="checkbox"/> Camel change camel <input type="checkbox"/> Flying camel walk through	<input type="checkbox"/> Layback walk through <input type="checkbox"/> Camel, sit change sit	<input type="checkbox"/> Flying camel <input type="checkbox"/> Layback	
Jump	<input type="checkbox"/> Waltz-loop combo <input type="checkbox"/> Salchow-loop combo <input type="checkbox"/> Toe loop-loop combo	<input type="checkbox"/> 8 loop jumps <input type="checkbox"/> Outside 3- mazurka <input type="checkbox"/> Mohawk- ballet jump	<input type="checkbox"/> Chaine turns <input type="checkbox"/> Falling leaf <input type="checkbox"/> Flip-loop combo <input type="checkbox"/> Lutz-loop combo	<input type="checkbox"/> Axel on the harness <input type="checkbox"/> Double salchow walk through <input type="checkbox"/> Split jump	<input type="checkbox"/> Double loop walk through	<input type="checkbox"/> Axel <input type="checkbox"/> Double toe walk through	
Performance	<input type="checkbox"/> Solo <input type="checkbox"/> Shapes	<input type="checkbox"/> Body Parts <input type="checkbox"/> Invitational or Club Competition	<input type="checkbox"/> Moves	<input type="checkbox"/> Preliminary Free Skate test <input type="checkbox"/> Level	<input type="checkbox"/> Pathway	<input type="checkbox"/> Simple use of music <input type="checkbox"/> Preliminary Skills Test	
Date Completed							

Comments:

*This Intermediate Chart and Progress Report were written and designed by Cheryl Richardson. For more information on the curriculum please visit:

www.skatingaheadofthecurve.com

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