

Intermediate

Skater _____

	Balance	Flow	Lean	Speed	Agility	Power	Date Completed
Edges	<input type="checkbox"/> F & B edges <input type="checkbox"/> F COE <input type="checkbox"/> 5 patterns	<input type="checkbox"/> B COE <input type="checkbox"/> F & B 1 foot slalom <input type="checkbox"/> Perimeter stroking <input type="checkbox"/> Accelerating x-cuts	<input type="checkbox"/> I power 3's <input type="checkbox"/> 3 + 3 <input type="checkbox"/> Back Russian stroking	<input type="checkbox"/> Slow Russian stroking <input type="checkbox"/> Fast Russian stroking <input type="checkbox"/> Open choctaw stroking	<input type="checkbox"/> F x-cuts <u>w</u> mohawk power steps <input type="checkbox"/> B x-cuts <u>w</u> 3 turn power steps <input type="checkbox"/> F & B 1 ft slalom	<input type="checkbox"/> Competition stroking <input type="checkbox"/> FO Peanut stroking <input type="checkbox"/> FI Peanut stroking <input type="checkbox"/> BO Peanut stroking <input type="checkbox"/> BI Peanut stroking	
Field Moves	<input type="checkbox"/> 8 arabesques on a curve <input type="checkbox"/> F & B lunge <input type="checkbox"/> Hockey stop	<input type="checkbox"/> F & B catch <input type="checkbox"/> Inside Ina Bauer <input type="checkbox"/> 1 ft stop	<input type="checkbox"/> I spread eagle <input type="checkbox"/> F & B attitude <input type="checkbox"/> F & B undercut <input type="checkbox"/> B stop	<input type="checkbox"/> Straight Ina Bauer <input type="checkbox"/> BO pivot <input type="checkbox"/> T stop	<input type="checkbox"/> F & B catch <u>w</u> speed <input type="checkbox"/> 8 spirals on a curve <input type="checkbox"/> Tango stop	<input type="checkbox"/> BO shoot the duck <input type="checkbox"/> O-I COE spirals <input type="checkbox"/> FO stop	
Turn	<input type="checkbox"/> B3s <u>w</u> speed & hold <input type="checkbox"/> F3s <u>w</u> speed & hold <input type="checkbox"/> Back brackets	<input type="checkbox"/> FI closed 3 <input type="checkbox"/> F brackets <u>w</u> speed	<input type="checkbox"/> Forward double 3s <input type="checkbox"/> 1 foot twist	<input type="checkbox"/> B brackets <u>w</u> speed	<input type="checkbox"/> Back double 3s	<input type="checkbox"/> 1 foot twist <input type="checkbox"/> BI 3, F brackets	
Spin	<input type="checkbox"/> F hook & hold <input type="checkbox"/> B hook & hold	<input type="checkbox"/> Forward corkscrew <input type="checkbox"/> Back corkscrew <input type="checkbox"/> B spin exit <u>w</u> B slalom	<input type="checkbox"/> Camel spin- 3 revs <input type="checkbox"/> Sit spin- 3 revs	<input type="checkbox"/> Camel, sit spin <input type="checkbox"/> B corkscrew- 6 revs	<input type="checkbox"/> Camel, sit change sit <input type="checkbox"/> Flying camel walk through	<input type="checkbox"/> Layback walk through <input type="checkbox"/> B corkscrew w exit	
Jump	<input type="checkbox"/> Single jumps <input type="checkbox"/> Landing position <input type="checkbox"/> Walk on toes F & B	<input type="checkbox"/> toe loop combos <input type="checkbox"/> Outside 3- mazurka <input type="checkbox"/> Mohawk- ballet jump	<input type="checkbox"/> 8 loop jumps <input type="checkbox"/> 5 Falling leaves <input type="checkbox"/> Chaine turns	<input type="checkbox"/> Single jumps <u>w</u> speed <input type="checkbox"/> Split jump <input type="checkbox"/> Air position on the harness	<input type="checkbox"/> Landing position <input type="checkbox"/> Axel set up & concept	<input type="checkbox"/> Axel on the harness <input type="checkbox"/> Loop combos	
Performance	<input type="checkbox"/> Shapes <input type="checkbox"/> Solo <input type="checkbox"/> x-cuts to music	<input type="checkbox"/> Body Parts <input type="checkbox"/> Edges to music	<input type="checkbox"/> Bend, stretch, twist <input type="checkbox"/> Know Preliminary Free Skate test	<input type="checkbox"/> Level <input type="checkbox"/> Mohawk/3 turn patterns to music	<input type="checkbox"/> Circular & straight pathways <input type="checkbox"/> Invitational, Club or Mini-O Solo Comp.	<input type="checkbox"/> Smooth & sharp <input type="checkbox"/> Know Preliminary Skills Test	
Date Completed							