

JUNIOR

Skater _____

	FREE SKATE 1 forward	FREE SKATE 2 bend	FREE SKATE 3 backwards	FREE SKATE 4 lean	FREE SKATE 5 power	Date Completed
SKILLS 1 glide	<input type="checkbox"/> F 2 ft tuck <input type="checkbox"/> F lunge <input type="checkbox"/> F arabesque <input type="checkbox"/> F spiral	<input type="checkbox"/> F edges on a circle <input type="checkbox"/> B edges on a circle <input type="checkbox"/> F straight strokes <input type="checkbox"/> B straight strokes <input type="checkbox"/> Ina Bauer	<input type="checkbox"/> FO edges <input type="checkbox"/> FI edges <input type="checkbox"/> BO edges <input type="checkbox"/> BI edges <input type="checkbox"/> F COE <input type="checkbox"/> Spread Eagle	<input type="checkbox"/> B tuck <input type="checkbox"/> B lunge <input type="checkbox"/> B arabesque <input type="checkbox"/> B spiral <input type="checkbox"/> FO8 <input type="checkbox"/> FI 8	<input type="checkbox"/> FO spiral <input type="checkbox"/> FI spiral <input type="checkbox"/> BO spiral <input type="checkbox"/> BI spiral <input type="checkbox"/> BO8 <input type="checkbox"/> BI8	
SKILLS 2 cross	<input type="checkbox"/> F circle thrust <input type="checkbox"/> B circle thrust <input type="checkbox"/> F crosscuts <input type="checkbox"/> B crosscuts	<input type="checkbox"/> F popcans <u>w</u> straight strokes <input type="checkbox"/> B popcans <u>w</u> straight strokes <input type="checkbox"/> F undercut <input type="checkbox"/> B undercut <input type="checkbox"/> Spiraling curve	<input type="checkbox"/> F fig 8 stroking <u>w</u> FI edge <input type="checkbox"/> B fig 8 stroking <u>w</u> BO edge <input type="checkbox"/> Russian stroking	<input type="checkbox"/> FO cross rolls <input type="checkbox"/> FI slip steps <input type="checkbox"/> BO slip steps <input type="checkbox"/> BO cross rolls (cross B) <input type="checkbox"/> BI slip steps	<input type="checkbox"/> Fig 8 stroking <u>w</u> O choctaws <input type="checkbox"/> I mohawk pattern <input type="checkbox"/> O mohawk pattern <input type="checkbox"/> B spiraling curve	
SKILLS 3 turn	<input type="checkbox"/> FO 3 <input type="checkbox"/> FI closed 3 <input type="checkbox"/> FI open 3 <input type="checkbox"/> FI open mohawk <input type="checkbox"/> BO open mohawk <input type="checkbox"/> BI open mohawk	<input type="checkbox"/> BO closed 3 <input type="checkbox"/> BI closed 3 <input type="checkbox"/> FO open choctaw <input type="checkbox"/> BO open choctaw <input type="checkbox"/> BI open choctaw <input type="checkbox"/> 2 ft twist	<input type="checkbox"/> F 3's <u>w</u> speed <input type="checkbox"/> F closed 3's <u>w</u> speed <input type="checkbox"/> FI pivot <input type="checkbox"/> BI pivot <input type="checkbox"/> Barrel rolls	<input type="checkbox"/> F brackets <input type="checkbox"/> BO 3 <u>w</u> speed <input type="checkbox"/> BI 3 <u>w</u> speed <input type="checkbox"/> BO pivot	<input type="checkbox"/> O 3 turn pattern <input type="checkbox"/> I 3 turn pattern <input type="checkbox"/> 1 foot twist	
SKILLS 4 stop & go	<input type="checkbox"/> I stop <input type="checkbox"/> B push-offs <input type="checkbox"/> B edges <input type="checkbox"/> F & B 2 ft slalom	<input type="checkbox"/> Back stop <input type="checkbox"/> Back set-up <input type="checkbox"/> Forward set-up <input type="checkbox"/> F 1 ft slalom <input type="checkbox"/> B1 ft slalom	<input type="checkbox"/> Hockey stop <input type="checkbox"/> 3 turn power step <input type="checkbox"/> Mohawk power step <input type="checkbox"/> Waltz 3's	<input type="checkbox"/> Tango stop <input type="checkbox"/> BO 3, FI mohawk <input type="checkbox"/> BI 3, cross, FI mohawk <input type="checkbox"/> I 3 turn power steps	<input type="checkbox"/> T-stop <input type="checkbox"/> FI 3, cross, BI mohawk	
SKILLS 5 jump & spin	<input type="checkbox"/> Front spin set-up <input type="checkbox"/> O 3 jump <input type="checkbox"/> I 3 jump <input type="checkbox"/> Landing position <input type="checkbox"/> Waltz jump <input type="checkbox"/> Toe loop- I 3 entry	<input type="checkbox"/> B corkscrew from standstill <input type="checkbox"/> 1 foot spin <input type="checkbox"/> Loop - inside 3 entry <input type="checkbox"/> Waltz jump <u>w</u> set-up <input type="checkbox"/> Salchow <input type="checkbox"/> Front spin exit	<input type="checkbox"/> F corkscrew <input type="checkbox"/> Flip jump <input type="checkbox"/> Salchow- F set-up <input type="checkbox"/> Toe loop- O 3 entry <input type="checkbox"/> Loop - F set-up <input type="checkbox"/> Mazurka	<input type="checkbox"/> Sit spin <input type="checkbox"/> Lutz jump <input type="checkbox"/> Loop- back entry <input type="checkbox"/> Flip <u>w</u> set-up <input type="checkbox"/> Falling Leaf <input type="checkbox"/> Ballet Jump	<input type="checkbox"/> Camel spin <input type="checkbox"/> B corkscrew <input type="checkbox"/> Lutz <u>w</u> set-up <input type="checkbox"/> Salchow- B3, moh. set-up <input type="checkbox"/> Landing position <input type="checkbox"/> Axel concept	
Completed:						

	DANCE 1	DANCE 2	DANCE 3	DANCE 4	DANCE 5	DANCE 6
	<input type="checkbox"/> Stamp a steady beat <input type="checkbox"/> Clap a steady beat <input type="checkbox"/> F x-cuts in time to music <input type="checkbox"/> B x-cuts in time to music	<input type="checkbox"/> Count in 8s <input type="checkbox"/> Count in 4s <input type="checkbox"/> Count in 6's <input type="checkbox"/> Count in 3s	<input type="checkbox"/> 8 count F edges <input type="checkbox"/> 6 count F edges <input type="checkbox"/> 8 count B edges <input type="checkbox"/> 6 count B edges	<input type="checkbox"/> F x-cuts- 3 tempos <input type="checkbox"/> B x-cuts 3 tempos	<input type="checkbox"/> Slow, smooth Russian <input type="checkbox"/> Fast, sharp Russian	<input type="checkbox"/> Chasse circle <input type="checkbox"/> Progressive line
Completed:						