

basic ice skating skills pdf

2011-12 The "basic skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks.

U. S. Figure Skating Basic Skills Program Basic Skills 1-8

Descriptive Chart of Basic Skating Skills Skating Edges Skill Levels Edges: Each skate blade has an outside and an inside edge. Skaters perform edges in the figure eight circle (See Level 5), which are equal in size and shape when evaluated by both a long and short axis curves.

Descriptive Chart of Basic Skating Skills

Basic Skills "FUNDamentals" Basic skills teaches the fundamentals of ice skating and provides the best foundation for figure skating hockey and speedskating. Six progressive levels introduce forward and backward skating stops edges crossovers and turns. Upon completion of the basic skills levels skaters will be able to confidently

Basic Skills "FUNDamentals" - learntoskateusa.com

USFSA Sponsors The Basic Skating Skills "Learn to Skate" Program. The Bridge Basic Skills Program curriculum provides an introduction of forward and backward stroking, skating on edges, executing turns, and stops from slow to fast speeds.

Basic Skating Skills Curriculum

• Must have passed Basic 8 • Instructors must choose appropriate selections of music from the suggested list for each level • Must use the AIM video and instructors manual, and follow the specific guidelines U. S. Figure Skating Basic Skills Program Artistry in Motion (AIM) Curriculum Artistry in Motion 1-1.

U. S. Figure Skating Basic Skills Program Adult Curriculum

Designed by U.S. Figure Skating, the Basic Skills Program is a beginning ice skating program that is fun, challenging and rewarding. Participants learn to become comfortable on the ice. BASIC SKILLS 1-8 The "Basic Skills" are the fundamentals of the sport. ... Candidates for the Pairs curriculum should have passed at least Basic 8 or ...

PAIRS - U.S. Figure Skating Championships

U.S. Figure Skating Basic Skills Competitions EVENT: Introductory Levels Compulsory Event Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional. To be skated on 1½ ice. No music is allowed.

U.S. Figure Skating Basic Skills Competitions

Basic Skills forms a strong foundation for skaters to explore the world of skating. Each level introduces new skills and techniques, encouraging skaters to advance while having fun in a healthy and social environment.

Basic Skills | Skating Academy Skating Academy

Beginning children ages 6+ years learn to skate with the Basic Skills 1-8 levels. Adult beginners learn to skate with the Adult 1-4 levels. All figure skaters who have passed Basic Skills 1-8 or Adult 1-4 may then enter the competitive pipeline to move into advanced skating development.

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