

ICE SKATING INSTITUTE

Class Curriculum

BEGINNER LEVELS

Snowball 1 (3 and 6-year-old)

Proper Way to Fall
Proper Way to Get Up
Marching in Standing Position
Marching While Moving

Two-Foot Jump in Place
Forward Swizzle Standing Still
Single Swizzle
Beginning Two-Foot Glide

Snowball 2 (3 and 6-year-old)

Push and Glide Stroking
Preparation for Snowplow Stop
Dip
Forward Swizzle

Snowball 3 (3 and 6-year-old)

T-Position and Push (Right and Left)
Backward Swizzle
Two-Foot or One-Foot Snowplow Stop
Backward Wiggle

Intro (5 years old and older)

Two-Foot Glide
Forward Swizzle
Backward Wiggle

PRE-ALPHA / ALPHA / BETA / GAMMA / DELTA – TEST REQUIREMENTS



Pre-Alpha

One-Foot Glide (Right & Left)
Backward Swizzle



Alpha

Forward Stroking (6)
Forward Crossovers – Right Foot over Left (5)
Forward Crossovers – Left Foot over Right (5)
One-Foot Snowplow Stop



Beta

Backward Stroking (6)
Backward Crossovers – Right Foot over Left (5)
Backward Crossovers – Left Foot over Right (5)
T-Stop – Right Foot Outside Edge
T-Stop – Left Foot Outside Edge



Gamma

Right Forward Outside 3-Turn (One Foot Turn)
Left Forward Outside 3-Turn (One Foot Turn)
Right Forward Inside Open Mohawk Combination
Left Forward Inside Open Mohawk Combination
Hockey Stop



Delta

Right Forward Inside 3-Turn (One Foot Turn)
Left Forward Inside 3-Turn (One Foot Turn)
Forward Edges – Forward Outside Edges and Forward Inside Edges
Shoot-the- Duck or Lunge (choice of one)
Bunny Hop

FREESTYLE 1-10 – TEST REQUIREMENTS



Freestyle 1

Forward Inside Pivot
Two-Foot Spin
Forward Arabesque
Backward Edges – Backward Outside Edges and Backward Inside Edges
One-Half Flip
Waltz Jump



Freestyle 2

Ballet Jump
Jump Sequence: Waltz jump / Tap-toe jump / 3-turn or Mohawk turn / One-Half Flip jump.
One-Half Lutz
One-Foot Spin
Two Forward Arabesques (On either foot – and on either outside or inside edge)
Dance Step Sequence



Freestyle 3

Backward Outside or Backward Inside Pivot
Salchow Jump
Change Foot Spin
Backward Arabesque
Toe Loop Jump or Toe Walley Jump (Choice of One)
Dance Step Sequence



Freestyle 4

Flip Jump
Loop Jump
Sit Spin
One-Half Loop Jump
Two Backward Arabesques (One each on the Right and Left foot)
Backward Outside and Backward Inside Three Turns / Dance Step Sequence



Freestyle 5

Lutz Jump
Axel Jump
Camel Spin
Camel-Sit-Upright Spin
Fast Back Scratch Spin
Left Forward Outside Closed Swing Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket, Right Forward Inside Twizzle, Right Back Outside Twizzle / Dance Step Sequence



Freestyle 6

Split Jump
Split Falling Leaf Jump
Jump Sequence – Axel / One-Half Loop / Flip Jump
Double Salchow Jump
Cross Foot, Layback, or Sit Change Sit Spin (choice of one)
Spin Combination with change of foot and position
Right Forward Outside Rocker, Left Backward Inside Counter, Right Back Inside Loop, Back Inside Loop / Dance Step Sequence



Freestyle 7

Double Toe Loop or Double Toe Walley Jump
Two Walley jumps in a Row
Combination Spin with Change of Foot and Position
Flying Camel Spin
Jump Sequence – One-Foot Axel/ One-Quarter Flip/ Axel
Jump in Opposite Direction (Choice of one – Flip / Loop / Lutz)
Right Forward Inside Counter; Left Forward Inside Counter; Left Back Inside Rocker, Right Back Outside Double Twizzle, Left Forward Inside 1 1/2 Twizzle / Dance Step Sequence



Freestyle 8

Double Loop Jump

Double Flip Jump

Split Lutz Jump

Flying Sit Spin or Axel Sit Spin (Choice of one)

Jump Sequence – One and One-Quarter Flip / One and One-Quarter Flip / Double Salchow

Camel-Jump-Camel Spin

Left Backward Inside Bracket, Left Forward Outside 1 1/2 Twizzle, Right Forward Outside 1 1/2 Twizzle, Left Forward Outside Loop / Dance Step Sequence