

# The 10 Stages of Skate UK



- Sit and Stand on the ice
- Moving Forward (Basic Skating)
- Two-Foot Glide and Dip
- Stepping Around on the Spot



- Moving Backward
- ½ Snowplough or Full Snowplough Stop
- Forward Skating
- Two-Foot Glide on a Curve



- Forward One-Foot Glide (straight line)
- Two-Foot Jump Skating Forward
- Forward & backward Sculling
- One-Foot Glide on a Curve – Inside Edge (L & R)



- One-Foot Glide on a Curve – Outside Edge (L & R)
- Backward Skating and a Two-Foot Glide
- Skating Forward and Turning Backward
- Continuous Forward Chassés around a Circle



- Forward Crossovers in both Directions
- Backward Snowplough Stop
- Backward One-Foot Glide
- Two-Foot Spin (one revolution)



- Continuous Backward Chassés around Circle
- Forward Two-Foot Slalom
- Forward Outside 3-Turn
- Backward Skating – Stepping Forward in both directions



- Backward Crossovers in both Directions
- Forward Inside Three-Turn
- Continuous Forward Outside Curves
- Continuous Forward Inside Curves



- Forward Inside Mohawk (L & R)
- Two Backward Crossovers followed by Sustained Backward Outside Curve for a count of 3
- Two-Foot Change on Edge on a large Curve
- Forward Drag



- Forward Beginner Cross-rolls
- Bunny Hop
- Backward Edges (both Feet & both Edges)
- Two Backward Crossovers followed by Sustained Backward Inside Curve for a



- Forward Crossovers in a Figure Eight Pattern
- Backward Crossovers in a Figure Eight Pattern
- Two-Glide in a Spiralling Curve
- Simple Step Sequence

“Levels 7 & 8 are invitation only by your instructor on the Fun Skate courses and levels 9 & 10 are provided by private tuition”

