

# LEARN TO **SKATE** USA

## FREE SKATE REPORT CARD

<b>Student Name:</b>	
<b>Instructor:</b>	
<b>Level Enrolled:</b>	
<b>Next Session Enroll in Level:</b>	
<input type="checkbox"/> <b>Pass</b>	<b>Date:</b>
<input type="checkbox"/> <b>Needs Improvement</b>	

<b>PRE-FREE SKATE</b>	<b>ACCOMPLISHED</b>
A. Forward inside open mohawk (R to L, and L to R)	
B. Backward crossover to a backward outside edge glide, clockwise and counterclockwise	
C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise	
D. Combination move	
E. One-foot upright spin (min. 3 revolutions)	
F. Mazurka (R and L)	
G. Waltz jump	
★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise	

<b>FREE SKATE 1</b>	<b>ACCOMPLISHED</b>
A. Forward power stroking, clockwise and counterclockwise	
B. Basic forward outside and forward inside consecutive edges	
C. Backward outside three-turns (R and L)	
D. Upright spin, entry from back crossovers	
E. Half flip	
F. Toe loop	
★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence	

<b>FREE SKATE 2</b>	<b>ACCOMPLISHED</b>
A. Alternating forward outside and inside spirals on a continuous axis (two sets)	
B. Basic backward outside and backward inside consecutive edges	
C. Backward inside three-turns (R and L)	
D. Beginning back spin (up to two revolutions)	
E. Half Lutz	
F. Salchow	
★ Bonus Skill: Variation of a forward spiral, skater's choice	

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

<b>FREE SKATE 3</b>	<b>ACCOMPLISHED</b>
A. Alternating backward crossovers to back outside edges – Four sets	
B. Alternating mohawk/crossover sequence (R to L and L to R)	
C. Waltz three-turns, CW & CCW	
D. Advanced back spin with free foot in crossed leg position (min. three revolutions)	
E. Loop jump	
F. Waltz jump-toe loop or Salchow-toe loop combo	
★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps	

<b>FREE SKATE 4</b>	<b>ACCOMPLISHED</b>
A. Forward power three-turns (R and L), 3 sets each	
B. Waltz eight, clockwise and counterclockwise	
C. Forward upright spin to backward upright spin (three revolutions, each foot)	
D. Sit spin (minimum three revolutions)	
E. Half loop	
F. Flip	
★ Bonus skill: Split jump, stag jump or split falling leaf	

<b>FREE SKATE 5</b>	<b>ACCOMPLISHED</b>
A. Backward outside three-turn, mohawk, clockwise and counterclockwise	
B. Five-step mohawk sequence, CW & CCW	
C. Camel spin (minimum three revolutions)	
D. Waltz jump-loop jump combination	
E. Lutz jump	
★ Bonus Skill: Loop-loop combination	

<b>FREE SKATE 6</b>	<b>ACCOMPLISHED</b>
A. Forward power pulls (R and L)	
B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps	
C. Camel-sit spin combination (minimum two revolutions each position)	
D. Layback or attitude spin or cross-foot spin (three revolutions)	
E. Waltz jump-half loop-Salchow jump sequence	
F. Axel	
★ Bonus Skill: Backward outside pivot, entry optional	

**THE MISSION OF LEARN TO SKATE USA IS TO PROVIDE A FUN AND POSITIVE EXPERIENCE THAT WILL INSTILL A LIFELONG LOVE OF SKATING.**