



BASIC SKILLS REPORT CARD

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

BASIC 1	ACCOMPLISHED
A. Sit on ice and stand up	
B. March forward across the ice	
C. Forward two-foot glide	
D. Dip	
E. Forward swizzles — 6–8 in a row	
F. Backward wiggles — 6–8 in a row	
G. Beginning snowplow stop on two feet or one foot	
★ Bonus skill: Two-foot hop in place	

BASIC 2	ACCOMPLISHED
A. Scooter pushes — R and L	
B. Forward one-foot glides — R and L	
C. Backward two-foot glide — Glide the length of skater's height	
D. Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice	
E. Backward swizzles — 6–8 in a row	
F. Two-foot turns from forward to backward in place — clockwise and counterclockwise	
G. Moving snowplow stop	
★ Bonus skill: Curves	

BASIC 3	ACCOMPLISHED
A. Beginning forward stroking showing correct use of blade	
B. Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise	
C. Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise	
D. Beginning backward one-foot glides — focus on balance	
E. Backward snowplow stop — R and L	
F. Forward slalom	
★ Bonus skill: Forward pivots - clockwise and counterclockwise	

BASIC 4	ACCOMPLISHED
A. Forward outside edge on a circle — R and L	
B. Forward inside edge on a circle — R and L	
C. Forward crossovers — clockwise and counterclockwise	
D. Backward half swizzle pumps on a circle — clockwise and counterclockwise	
E. Backward one-foot glides — R and L	
F. Beginning two-foot spin — Up to two revolutions	
★ Bonus skill: Forward lunges — both legs	

BASIC 5	ACCOMPLISHED
A. Backward outside edge on a circle — R and L	
B. Backward inside edge on a circle — R and L	
C. Backward crossovers — clockwise and counterclockwise	
D. Forward outside three-turn — R and L	
E. Advanced two-foot spin — 4–6	
F. Hockey stop — both directions	
★ Bonus skill: Side toe hop — R and L	

BASIC 6	ACCOMPLISHED
A. Forward inside three-turn — R and L	
B. Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise	
C. Backward stroking	
D. Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry	
E. T-stops — R and L	
F. Bunny hop	
G. Forward spiral on a straight line — R or L	
★ Bonus skill: Shoot the duck — R or L	

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