



FREE SKATE 1

ATTENDANCE RECORD/EVALUATION SHEET

Instructor: _____

Lesson Dates: _____

Day: _____ Time: _____

| STUDENT NAME | ATTENDANCE <i>Put an "X" in each box to indicate the skater attended class</i> | | | | | | | | TEST ELEMENTS <i>Insert "P" under the elements passed or "N" under the elements needing improvement</i> | | | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|-------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | A | B | C | D | E | F | G | H | I | J | FINAL |
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| 12. | | | | | | | | | | | | | | | | | | | |

- A. Advanced forward stroking
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Advanced back outside 3-turns clockwise and counter clockwise (R & L)
- D. Scratch spin from back crossovers (minimum 3 revolutions)
- E. Waltz jump from 2-3 back crossovers
- F. Half flip

Free Skate 1



FREE SKATE 2

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| STUDENT NAME | ATTENDANCE <i>Put an "X" in each box to indicate the skater attended class</i> | | | | | | | | TEST ELEMENTS <i>Insert "P" under the elements passed or "N" under the elements needing improvement</i> | | | | | | | | | | |
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- A. Basic back outside & back inside consecutive edges: 4-6
- B. Forward outside & forward inside spirals: clockwise & counter clockwise (R & L)
- C. Continuous forward progressive chassé sequence: clockwise & counter clockwise
- D. Waltz threes
- E. Beginning back spin (2 turns)
- F. Waltz jump, side toe hop, waltz jump sequence
- G. Toe loop

Free Skate 2



FREE SKATE 3

ATTENDANCE RECORD/EVALUATION SHEET

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Lesson Dates: _____

Day: _____ Time: _____

| STUDENT NAME | ATTENDANCE <i>Put an "X" in each box to indicate the skater attended class</i> | | | | | | | | TEST ELEMENTS <i>Insert "P" under the elements passed or "N" under the elements needing improvement</i> | | | | | | | | | | |
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- A. Forward & backward crossovers in a figure eight pattern
- B. Waltz eight
- C. Advanced forward consecutive swing rolls: 4-6
- D. Backward inside 3-turn: clockwise & counter clockwise
- E. Back spin with free foot in crossed leg position (minimum 3 revolutions)
- F. Salchow
- G. Half Lutz jump
- H. Waltz jump/toe loop combo or Salchow/toe loop combo

Free Skate 3



FREE SKATE 4

ATTENDANCE RECORD/EVALUATION SHEET

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Lesson Dates: _____

Day: _____ Time: _____

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- A. Spiral sequence: FI spiral, FI Mohawk, BO spiral: clockwise & counter clockwise
- B. Forward power 3-turns: R & L
- C. Continuous backward progressive chassé sequence on a circle: clockwise & counter clockwise
- D. Sit spin: 3 revolutions
- E. Loop jump
- F. Waltz jump/loop jump combination

Free Skate 4



FREE SKATE 5

ATTENDANCE RECORD/EVALUATION SHEET

Instructor: _____

Lesson Dates: _____

Day: _____ Time: _____

| STUDENT NAME | ATTENDANCE <i>Put an "X" in each box to indicate the skater attended class</i> | | | | | | | | TEST ELEMENTS <i>Insert "P" under the elements passed or "N" under the elements needing improvement</i> | | | | | | | | | | |
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| 12. | | | | | | | | | | | | | | | | | | | |

- A. Backward outside 3-turn, Mohawk into 3 backward crossovers (repeat 3 times): clockwise & counter clockwise
- B. Spiral sequence: forward outside spiral, forward outside 3-turn, one backward crossover, back inside spiral: clockwise & counter clockwise
- C. Forward outside slide chassé swing roll sequence: 3-6 times, alternating feet
- D. Camel spin: minimum 3 revolutions
- E. Forward upright spin to back scratch spin: 3 revolutions each foot
- F. Loop/loop combination
- G. Flip jump
- H. Waltz jump/falling leaf/toe loop jump sequence

Free Skate 5



FREE SKATE 6

ATTENDANCE RECORD/EVALUATION SHEET

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| 12. | | | | | | | | | | | | | | | | | | | |

- A. Alternating back crossovers to back outside edges
- B. Five step Mohawk sequence: clockwise & counter clockwise
- C. Camel/sit spin combination: 5 revolutions
- D. Spilt jump/stag jump
- E. Waltz jump/half loop/Salchow
- F. Lutz jump
- G. Axel: walk through, preparation, jump

Axel does not need to be landed to pass this test, skater should have an understanding of the mechanics

Free Skate 6