



BASIC 8 PROGRESS REPORT

Name: _____

Instructor: _____

Comments: _____

Basic 1	Progress
A. Sit on ice & 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. Snowplow stop	
H. Rocking horse: 2-3	
I. Two foot hop in place (optional)	

Basic 5	Progress
A. Backward <i>outside</i> edge on a circle	
B. Backward <i>inside</i> edge on a circle	
C. Backward crossovers, clockwise & counter clockwise	
D. Beginning one foot spin, up to three revolutions	
E. Hockey Step	
F. Side toe hop: both directions	

Basic 2	Progress
A. Forward one foot glide: R & L	
B. Backward two foot glide	
C. Backward swizzles: 6-8 in a row	
D. Two foot turn from forward to backward in place	
E. Moving snowplow stop	
F. Forward one foot glide: R & L	

Basic 6	Progress
A. Forward inside 3-turn from R & L, from a standstill position	
B. Moving backward to forward two-foot turn on a circle: clockwise & counter clockwise	
C. T-stop: R or L	
D. Bunny hop	
E. Forward arabesque/spiral on a straight line	
F. Forward lunge: R or L	

Basic 3	Progress
A. Forward stroking, showing correct use of blade	
B. Forward 1/2 foot swizzle pumps on a circle: clockwise & counter clockwise, 6-8 consecutive	
C. Moving forward to backward two foot turn; clockwise & counter clockwise.	
D. Backward on one foot glides: R & L	
E. Forward Slalom	
F. Two foot spin, up to two revolutions	

Basic 7	Progress
A. Forward inside open Mohawk from a standstill position: R to L & L to R	
B. Backward outside to forward outside edge transition on a circle: R & L	
C. Ballet jump: R or L	
D. Backward crossovers to a backward outside edge glides (landing position): clockwise & counter clockwise	
E. Forward inside pivots: R or L	

Basic 4	Progress
A. Forward <i>outside</i> edge on circle	
B. Forward <i>inside</i> edge on a circle	
C. Forward crossovers, clockwise or counter clockwise	
D. Forward outside three turn, from a standstill position, R & L	
E. Backward 1/2 swizzle pumps on a circle	
F. Backward stroking	
G. Backward snowplow stop, R & L	

Basic 8	Progress
A. Moving forward <i>outside</i> 3-turn on a circle: R & L	
B. Moving forward <i>inside</i> 3-turn on a circle: R & L	
C. Combination move: forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge: Repeat 3 times, clockwise and counter clockwise	
D. One-foot upright spin, optional entry & free foot position	
E. Waltz jump	
F. Mazurka: R or L	

BASIC 8 PROGRESS REPORT



SNOWPLOW SAM PROGRESS REPORT

Name: _____

Instructor: _____

Comments: _____

Snowplow 1	Progress
A. Sit and stand up with skates: off ice	
B. Sit and stand up with skates: on ice	
C. March in place	
D. March forward: 8-10 steps	
E. March, then glide on two feet	
F. Dip in place	

Snowplow 2	Progress
A. March followed by a long glide	
B. Dip while moving	
C. Backward wiggles: 6 in a row	
D. Forward two foot swizzles: 2-3 in a row	
E. Rocking Horse: one forward, one backward swizzle action	
F. Two foot hop in place	

Snowplow 3	Progress
A. Forward skating: 8-10 steps	
B. Forward one foot glide: R & L	
C. Forward two foot swizzles: 4-6 in a row	
D. Backward two foot swizzles: 4-6 in a row	
E. Forward snowplow stop with skid	
F. Curves	

SNOWPLOW SAM PROGRESS REPORT



FREESKATE/JUNIOR CHAMPION PROGRESS REPORT

Name: _____
Instructor: _____
Comments: _____

Free Skate 1	Progress
A. Advanced forward stroking	
B. 4-6 Basic forward outside & forward inside consecutive edges	
C. Advanced back outside 3-turns: clockwise & 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 4	Progress
A. Spiral sequence: <ul style="list-style-type: none"> • 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 2	Progress
A. 4-6 Basic back outside & back inside consecutive edges	
B. Forward outside & forward inside spirals: clockwise & counter clockwise R & L	
C. Continuous forward progressive chasse 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 5	Progress
A. Backward outside 3-turn, Mohawk into 3 backward crossovers (repeat 3 times)	
B. Spiral sequence: <ul style="list-style-type: none"> • FO spiral • FO 3-turn • 1 backward crossover • BI spiral (clockwise & counter clockwise) 	
C. Forward outside slide chasse 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 3	Progress
A. Forward & backward crossovers in figure 8 pattern	
B. Waltz eight	
C. 4-6 Advanced forward consecutive swing rolls	
D. Backward inside 3-turn: clockwise & counterclockwise	
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 6	Progress
A. Alternating back crossovers to back outside edges	
B. Five-step Mohawk sequence: clockwise & counter clockwise	
C. Camel/sit spin combination: 5 revolutions	
D. Split jump/stag jump	
E. Waltz jump: ½ 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/JUNIOR CHAMPION PROGRESS REPORT