



Learn to Skate Skills Sheet

Free Skate 1-6 Skater Practice Guide



Free Skate 1

- *Advanced forward stroking
- *Basic forward outside edges, 4-6 consecutive
- *Basic forward inside edges, 4-6 consecutive
- *Advanced back outside three turns, right and left
- *Scratch spin from back crossovers, 3+ revolutions
- *Waltz jump from 2-3 back crossovers
- *Half flip

Free Skate 2

- *Basic back outside edges, 4-6 consecutive
- *Basic back inside edges, 4-6 consecutive
- *Continuous forward progressive chasse sequence, both directions
- *Waltz threes
- *Beginning back spins, 2 revolutions in position
- *Waltz jump, side toe hop, waltz jump sequence
- *Toe loop

Free Skate 3

- *Forward crossovers in figure eight pattern
- *Backward crossovers in figure eight pattern
- *Waltz eight
- *Backward inside three turn, right and left
- *Back spin with free foot in crossed leg position, 3+ revolutions in position
- *Salchow
- *Half lutz jump
- *Waltz jump/ toe loop or salchow / toe loop combo

Check out our off ice classes to help you improve your skating!

Free Skate 4

- *Spiral sequence: FI spiral, FI mohawk, BO spiral, both directions
- *Forward power three turns, right and left
- *Continuous backward progressive chasse sequence on a circle, both directions
- *Sit spin, 3+ revolutions
- *Loop Jump
- *Waltz jump/ loop jump combination

Free Skate 5

- *BO 3 Turn, mohawk into three back crossovers, repeat three times, both directions
- *Spiral sequence: FO spiral, FO three turn, one backward crossover, BI spiral, both directions
- *Forward outside slide chasse swing roll sequence, 3-6 times, alternating feet
- *Camel spin, 3+ revolutions
- *Forward upright spin to back scratch spin, 3 revolutions on each foot
- *Loop/ loop jump combination
- *Flip jump
- *Waltz jump/ falling leaf/ toe loop jump sequence

Free Skate 6

- *Alternating back crossovers to back outside edges
- *Five step mohawk sequence, both directions
- *Camel/ sit spin combination, min two revolutions in each position
- *Split jump/ stag jump
- *Waltz jump/ 1/2 loop/ Salchow jump sequence
- *Lutz jump
- *Axel—walk through, preparation, jump

Make practicing fun

Combine 3 or more of your favorite skills into a mini-program!

Questions? Interested in private lessons, competitions, or ice shows?

Contact Skating Director, Michelle Lauerman, at mlauerman@independenceeventscenter.com or 816-442-6126.