

ISI BASIC SKILLS -- TEST REQUIREMENTS

The Ice Skating Institute Basic Skills program consists of increasingly difficult maneuvers, and each level builds upon the previous level. Mastering the skills at each level is crucial to the overall development of the skater. Please note that it may take more than one or two terms to pass a particular skill level. As soon as the skater is ready, we'll move them up to the next level -- please trust our judgment to do this when the time is right. Practice outside of class is necessary to improve skating skills.



PRE-ALPHA (BEGINNER)

◆ Two-foot Glide

Keep both feet parallel and straight, hold glide for a distance equal to skater's height

◆ One-foot Glide (On right foot)

◆ One-foot Glide (On left foot)

Stay balanced on the flat of the blade, shift weight over skating foot, hold for distance equal to skater's height, go in a straight line, show control

◆ Forward Swizzles

Aim toes outward, push outward with knees bent, aim toes inward, bring feet back together, do a two-foot glide between swizzles, do 3 swizzles in a row without interruption, show control

◆ Backward Swizzles

Aim heels outward, push outward w/ knees bent, aim heels inward, bring feet back together, do 3 swizzles in a row without interruption, show control

◆ Backward Wiggle

Turn feet together, twist back and forth from the hips, move backward a distance equal to skater's height, show control



ALPHA (1 and 2)

◆ Forward Crossovers (Left over Right)

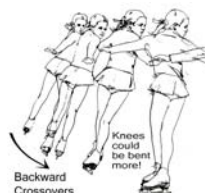
◆ Forward Crossovers (Right over Left)

Push with inside edge of outside foot, outside edge of inner foot, avoid using toe picks, hold each stroke equal to skater's height, make strokes with steady tempo, perform 10 strokes (5 crossovers) in a row without interruption, extend free leg to the side and back as it leaves the ice, show control

◆ Six Forward Strokes

Push off with the inside edge of each foot, avoid using toe picks, hold each stroke on an outside edge for distance equal to skater's height, extend free leg to the side and back as it leaves the ice, bring feet back together briefly between strokes, perform 6 alternating strokes, make strokes even with steady tempo, show control

◆ One-Foot Snowplow Stop



BETA (1 and 2)

◆ Backward Crossovers:

-- Left Over Right

-- Right Over Left

◆ Six Backward Strokes

◆ T-Stop (Left Foot Behind)

◆ T-Stop (Right Foot Behind)



TOTS (Ages 3-6)

TOT 1

- ◆ Proper Way to Fall
- ◆ Proper Way to Get Up
- ◆ Marching In Standing Position
- ◆ Marching While Moving



TOT 2

- ◆ Two-foot Jump In Place
- ◆ Forward Swizzle Standing Still
- ◆ Single Swizzle
- ◆ Beginning Two-Foot Glide



TOT 3

- ◆ Push-and-Glide Stroking
- ◆ Preparation for Snowplow Stop
- ◆ Dip or Teapot Glide
- ◆ Forward Swizzles - 3



TOT 4

- ◆ T Position and Push -- Right & Left
- ◆ Three Backward Swizzles
- ◆ Backward Wiggle
- ◆ Snowplow Stop



GAMMA

- ◆ Right Forward Outside Three-Turn
- ◆ Left Forward Outside Three-Turn
- ◆ Hockey Stop
- ◆ Right Forward Inside Open Mohawk Combination
- ◆ Left Forward Inside Open Mohawk Combination



DELTA

- ◆ Right Forward Inside Three-Turn
- ◆ Left Forward Inside Three-Turn
- ◆ Shoot the Duck or Lunge
- ◆ Bunny Hop
- ◆ Forward Outside & Inside Edges



POSTURE RULES - ALL LEVELS

- | | |
|-------------------|---------------------------------|
| Head up | Bend knees and ankles |
| Back straight | and |
| Arms out to sides | Free leg extended & toe pointed |
| Palms facing down | (Alpha and above) |