

# U. S. Figure Skating Basic Skills Program

## Adult Curriculum



The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

### ADULT 1

A small icon of a figure skater in a crouched position, wearing a helmet and skates, set against a dark teal background with rounded corners.

#### Adult 1

1. Falling and recovery
2. Forward strides and gliding
3. Forward swizzles
4. Backward skating
5. Backward swizzles
6. Forward one-foot glides, one time skater's height: R and L
7. Two-foot turns, in place
8. Snowplow stops – R or L
9. Forward curves on two feet
10. Forward half swizzle pumps on a circle

### ADULT 2

A small icon of a figure skater in a crouched position, wearing a helmet and skates, set against a dark teal background with rounded corners.

#### Adult 2

1. Forward stroking
2. Backward half swizzle pumps on a circle, clockwise and counterclockwise
3. Moving two-foot turns on a curve, both directions
4. Forward edges on a circle, outside and inside, clockwise and counterclockwise
5. Forward crossovers, clockwise and counterclockwise
6. Backward one-foot glide – R or L
7. Forward pivot
8. Forward chasses on a circle

### ADULT 3

A small icon of a figure skater in a crouched position, wearing a helmet and skates, set against a dark teal background with rounded corners.

#### Adult 3

1. Backward edges on a circle, outside and inside, clockwise and counterclockwise
2. Backward crossovers, clockwise and counterclockwise
3. Inside Mohawk, either direction
4. Basic forward outside and forward inside consecutive edges (4-6)
5. Backward snowplow stops – R and L
6. Forward progressives
7. Beginning two-foot spin

### ADULT 4

A small icon of a figure skater in a crouched position, wearing a helmet and skates, set against a dark teal background with rounded corners.

#### Adult 4

1. Forward three turns, outside and inside – R and L
2. Perimeter stroking with crossover end patterns
3. Forward outside to inside change of edge sequence
4. Alternate backward crossovers with two-foot transition
5. Footwork sequence – 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle and repeat
6. Power three-turns – one direction only
7. Backward chasses on a circle