

## Skate U.K. Skill Levels Chart

Level	Skills
1	<ul style="list-style-type: none"> <li>• Sit and Stand on the ice</li> <li>• Moving Forward (Basic Skating)</li> <li>• Two-Foot Glide and Dip</li> <li>• Stepping Around on the Spot</li> </ul>
2	<ul style="list-style-type: none"> <li>• Moving Backward</li> <li>• Half Snowplough or Full Snowplough Stop</li> <li>• Forward Skating</li> <li>• Two-Foot Glide on a Curve</li> </ul>
3	<ul style="list-style-type: none"> <li>• Forward One-Foot Glide (straight line)</li> <li>• Two-Foot Jump Skating Forward</li> <li>• Forward &amp; Backward Sculling</li> <li>• One-Foot Glide on a Curve - Inside Edge (L &amp; R)</li> </ul>
4	<ul style="list-style-type: none"> <li>• One-Foot Glide on a Curve - Outside Edge (L &amp; R)</li> <li>• Backward Skating and a Two-Foot Glide</li> <li>• Skating Forward and Turning to Backward (vice-versa)</li> <li>• Continuous Forward Chasses around a Circle</li> </ul>
5	<ul style="list-style-type: none"> <li>• Forward Crossovers in both Directions</li> <li>• Backward Snowplough Stop</li> <li>• Backward One-Foot Glide</li> <li>• Two-Foot Spin (one revolution)</li> </ul>
6	<ul style="list-style-type: none"> <li>• Continuous Backward Chasses around a Circle</li> <li>• Forward Two-Foot Slalom</li> <li>• Forward Outside 3-Turn</li> <li>• Backward Skating - Stepping Forward in both Directions</li> </ul>
7	<ul style="list-style-type: none"> <li>• Backward Crossovers in both Directions</li> <li>• Forward Inside Three-Turn</li> <li>• Continuous Forward Outside Curves</li> <li>• Continuous Forward Inside Curves</li> </ul>
8	<ul style="list-style-type: none"> <li>• Forward Inside Mohawk (L &amp; R)</li> <li>• Two Backward Crossovers followed by a Sustained Backward Outside Curve for a count of 3</li> <li>• Two-Foot Change on a large Curve</li> <li>• Forward Drag</li> </ul>
9	<ul style="list-style-type: none"> <li>• Forward Beginner Cross-rolls</li> <li>• Bunny Hop</li> <li>• Backward Edges (both Feet &amp; both Edges)</li> <li>• Two Backward Crossovers followed by a Sustained Backward Inside Curve for a count of 3</li> </ul>
10	<ul style="list-style-type: none"> <li>• Forward Crossovers in a Figure Eight Pattern</li> <li>• Backward Crossovers in a Figure Eight Pattern</li> <li>• Two-Glide in a Spiralling Curve</li> <li>• Simple Step Sequence</li> </ul>