

U.S. Figure Skating Curriculum
Basic Skills Program
Suggested Review and Future Skills

Level	Suggested Review	Future Skill
Basic 1		Forward swizzles Rocking Horse Forward one foot glide Backward swizzles
Basic 2	Forward skating Rocking Horse Backward wiggles Forward swizzles	Backward one foot glides Backward swizzles Forward ½ swizzle pumps Forward to backward turns
Basic 3	Moving snowplow stop Forward one foot glides, R & L Forward swizzles Backward swizzles Alternating ½ swizzle pumps	Introduction to forward crossovers Forward outside/inside edges Forward outside three turns
Basic 4	Backward skating Improve spin Moving forward to backward turn Backward one foot glides	Hockey stop Backward outside/inside edges Backward crossovers Side toe hop
Basic 5	Forward edges Forward crossovers Forward outside three turn, R&L Two foot spin Backward ½ swizzle pumps	Semi-arabesque Forward inside three turns Bunny hop Moving backward to forward two foot turns
Basic 6	Forward stroking with crossover end patterns Backward crossovers All edges One foot spin	Mohawks Ballet Jump Forward inside pivot
Basic 7	All forward three turns T-stop Bunny hop	Waltz jump One foot spin Mazurka Forward outside & inside threes
Basic 8	All stops Mohawks Forward stroking Backward X-overs into BO edge Ballet jump BO to FO edge on circle Two foot spin	½ flip Backward outside three turns Scratch spin Waltz jump from back X-overs