U. S. Figure Skating Basic Skills Program  
Basic Skills 1–8

The “basic skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

**Basic 1**

A. Sit on ice and stand up  
B. March forward across the ice  
C. Forward two-foot glide  
D. Dip  
E. Forward swizzles – 6–8 in a row  
F. Backward wiggles – 6–8 in a row  
G. Snowplow stop  
H. Rocking horse – 2–3  
I. Two-foot hop in place (optional)

**Basic 2**

A. Forward one foot glides – R and L  
B. Backward two-foot glide  
C. Backward swizzles – 6–8 in a row  
D. Two-foot turn from forward to backward in place  
E. Moving snowplow stop  
F. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

**Basic 3**

A. Forward stroking, showing correct use of blade  
B. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise  
C. Moving forward to backward two-foot turn – clockwise and counterclockwise  
D. Backward one-foot glides – R and L  
E. Forward slalom  
F. Two-foot spin – up to two revolutions

**Basic 4**

A. Forward outside edge on a circle – R and L  
B. Forward inside edge on a circle – R and L  
C. Forward crossovers, clockwise and counterclockwise  
D. Forward outside three-turn, R and L from a standstill position  
E. Backward half swizzle pumps on a circle, clockwise and counterclockwise  
F. Forward stroking  
G. Backward snowplow stop – R and L

**Basic 5**

A. Backward outside edge on a circle – R and L  
B. Backward inside edge on a circle – R and L  
C. Backward crossovers, clockwise and counterclockwise  
D. Beginning one-foot spin – up to three revs, optional entry and free-foot position  
E. Hockey stop  
F. Side toe hop – both directions

**Basic 6**

A. Forward inside three-turn – R and L from a standstill position  
B. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise  
C. T-stop – R or L  
D. Bunny hop  
E. Forward spiral on a straight line – R or L  
F. Forward lunge – R or L

**Basic 7**

A. Forward inside open Mohawk from a standstill position – R to L and L to R  
B. Backward outside edge to forward outside edge transition on a circle – R and L  
C. Ballet jump – R and L  
D. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise  
E. Forward inside pivots – R or L

**Basic 8**

A. Moving forward outside three-turn on a circle – R and L  
B. Moving forward inside three-turn on a circle – R and L  
C. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge  
D. One-foot upright spin, optional entry and free-foot position  
E. Waltz jump  
F. Mazurka – R and L