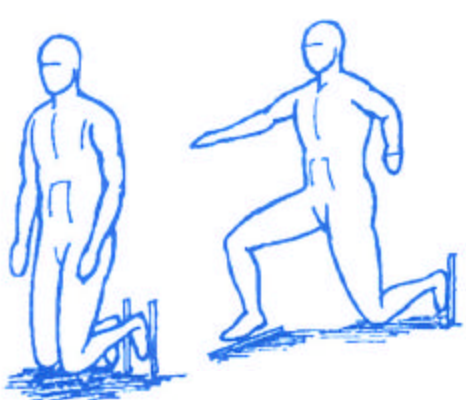


White Level



*W-1 Standing Position

- stand balanced on two feet
- feet shoulder width apart
- feet parallel



*W-2 Falling Down and Getting Up

- this is done in a stationary position
- left knee, right knee and both knees



*W-3 Balance on One Leg (supported)

- use the boards or mats for support
- balance on left leg, then right leg

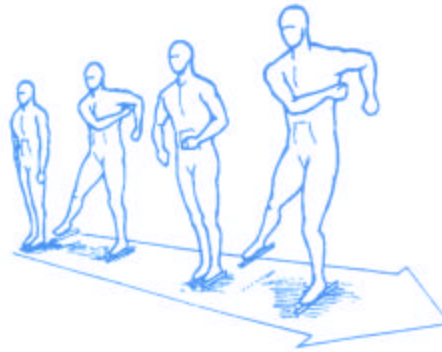
*W-4 Walk Forward and Backward (ten steps)

- clean, crisp steps
- knees lifting



*W-5 Side Steps, Left and Right (ten steps)

- left, right, left, right, etc.
- right, left, right, left, etc.



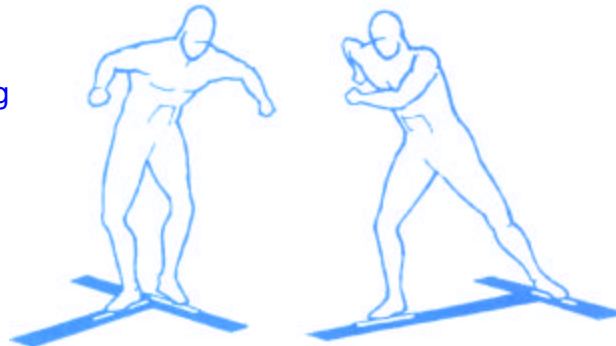
*W-6 T-position (right)

- push off right foot and glide on two feet
- weight evenly distributed during push
- weight transfer from left to both feet during glide



*W-7 T-position (left)

- push off left foot and glide on two feet
- weight evenly distributed during push
- weight transfer from right to both feet during glide





*W-8 Two Foot Glide While Standing

- from a moving start, glide from blue line to red line to blue line in upright position
- skates are parallel and weight is evenly distributed



*W-9 Half Snowplow

- this is a stop on two feet in a snowplow position, however, weight is on either the left or right skate
- skates are pointed inward at toes and outward at heels

