# YELLOW LEVEL

### Y-1 Basic Position

- stationary position
- strong ankles (upright)
- skates are shoulder width apart
- blades parallel and pointing straight ahead
- knees over toes
- knees bent at approximately 90°
- elbows on knees
- back at 45° from vertical
- head up



### Y-2 Balance on Left Leg Unassisted

- stationary position
- right skate off ice
- balance for two seconds

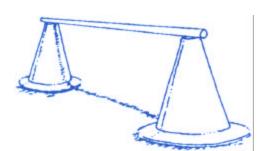


# Y-3 Balance on Right Leg Unassisted

- stationary position
- left skate off ice
- balance for two seconds

### Y-4 Over and Under (agility)

 demonstrate a variety of ways to go over and under a stick balancing on two pylons





#### Y-5 Start Position

- skates parallel and 45° to the start line
- feet shoulder width apart
- knees bent 90°
- leading arm in front and bent at elbow
- trailing arm loosely extended and behind body
- back about 45° from vertical
- weight is evenly distributed
- looking ahead



### Y-6 Snowplow Stop (two feet)

- weight evenly distributed on both skates
- toes pointed in and heels pushing out
- stop performed after an easy glide

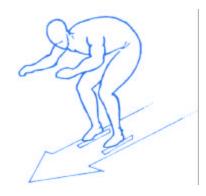


# Y-7 Skate the length of the Ice

 glide on skates must be noticeable

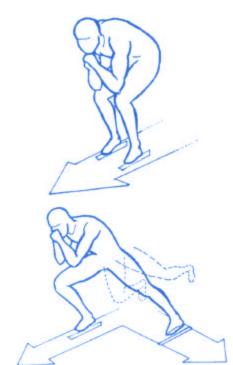
### Y-8 Two Foot Glide

- begin glide in an upright position
- bend over to pick up an object off the ice
- i.e. skate guard, plunger, etc.



### Y-9 Two Foot Glide in Basic Position

- from a moving start
- blue line to blue line



#### Y-10 Left Foot Push

- to be executed down the straightaway blue line to blue line
- continuous push with left leg while gliding on right leg



- to be executed down the straightaway blue line to blue line
- continuous push with right leg while gliding on left leg

