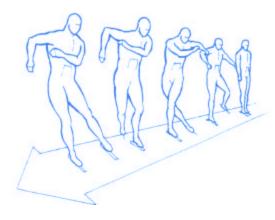
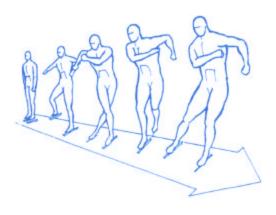
ORANGE LEVEL



- O-1 Right Foot Glide (upright)
 - Demonstrate right foot glide on straightaway while standing
 - blue line to blue line
 - glide in fairly straight line in upright position
 - arms used for balance
 - other skate held off the ice
- O-2 Left Foot Glide (upright)
 - Demonstrate left foot glide on straightaway while standing
 - blue line to blue line
 - glide in fairly straight line in upright position
 - arms used for balance
 - other skate held off the ice



- O-3 Cross Over Walk (right)
 - walk along blue or red line
 - demonstrate ten steps



- O-4 Cross Over Walk (left)
 - walk along blue or red line
 - demonstrate ten steps

O-5 Demonstrate Start

- understand the starting commands (go to the start – Ready – Bang)
- left foot is raised and turned out 45°
- drive off right foot
- left arm swings back slightly with elbow bent
- right arm swings forward as if punching someone
- execute first steps for ten metres.

O-6 Demonstrate the Basics of Skate Care

- laces correct length and in good shape
- blades dry and clean from rust
- blade protectors on skate blades
- skate guards in skate bag
- drying towel available in skate bag

O-7 Backwards Glide in Upright Position

- push away from the boards and glide backwards on both skates in the upright position for 5 m
- glide path should be straight
- weight should be evenly distributed

O-8 Backwards Glide in Basic Position

- push away from the boards and glide backwards on both skates in the basic position for 5 m
- arms can be used to balance
- glide path should be straight
- weight should be evenly distributed

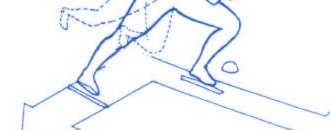








- glide on the left skate while pushing with the right foot around the arc of the track counter clockwise
- weight is transferred from right skate to left skate
- strong rhythmic thrusts with right skate
- keep knees bent for balance and greater extension



O-10 Corner Push on the Right Skate

- glide on the right skate while pushing with the left foot around the arc of the track clockwise
- weight is transferred from left skate to right skate
- strong rhythmic thrusts with left skate
- keep knees bent for balance and greater extension