

RED LEVEL

- R-1 Counterclockwise Turn on Two Feet
- demonstrate a two foot glide around the arc of the track counterclockwise
 - glide in both the upright and basic position
 - the gliding arc should be consistent
 - arms can be used for balance



- R-2 Clockwise Turn on Two Feet
- demonstrate a two foot glide around the arc of the track clockwise
 - glide in both the upright and basic position
 - the gliding arc should be consistent
 - arms can be used for balance



- R-3 Partner Push on Two Feet
- demonstrate a glide in basic position while partner pushes you for one lap in the counterclockwise direction
 - glide on two feet

- R-4 Parallel Stop Left
- equal distribution of weight on both feet
 - left leg leading the stop
 - skates together and perpendicular to the direction of travel
 - body leans away from feet



R-5 Parallel Stop Right

- equal distribution of weight on both feet
- right leg leading the stop
- skates together and perpendicular to the direction of travel
- body leans away from feet

R-6 Corner Push while Gliding on the Right Skate

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

R-7 Corner Push while Gliding on the Left Skate

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



R-8 Right Foot Glide in Basic Position

- glide on the right skate in basic position from blue line to blue line
- left skate is held off the ice in a relaxed position
- arms may be used for balance
- glide should be straight



R-9 Left Foot Glide in Basic Position

- glide on left skate in basic position from blue line to blue line
- right skate is held off the ice in a relaxed position
- arms may be used for balance
- glide should be straight



R-10 Backwards Skating

- each skate should alternate using a C motion
- body is in a half sitting position to allow for greater extension

R-11 Backwards Glide on Two Feet

- demonstrate a backwards glide on two feet down the straightaway while in standing position
- demonstrate a backwards glide on two feet down the straightaway while in basic position



R-12 V-Stop Backwards

- demonstrate a V-stop while travelling backwards at medium speed
- weight is evenly distributed on both feet
- body is leaning forward for balance

