

## VIOLET LEVEL



- V-1 Forwards to Backwards
- while gliding forwards in the upright position pivot 180° and glide backwards for 5 m
  - weight should be evenly distributed
  - arms can be used for balance
  - pivot can be to the left or the right

- V-2 Skate Backwards the Length of the Ice
- incorporate C motion and glide the entire distance



- V-3 Two Foot Slalom
- while gliding on two feet in basic position demonstrate the slalom around eight (8) pylons placed one metre apart



- V-4 Basic Position with Left Leg Extension
- demonstrate basic position with left leg extended (stationary)
  - left arm in forward and right arm in backward positions
  - weight on right leg
  - head, right knee and right foot should line up (nose, knee and toe)



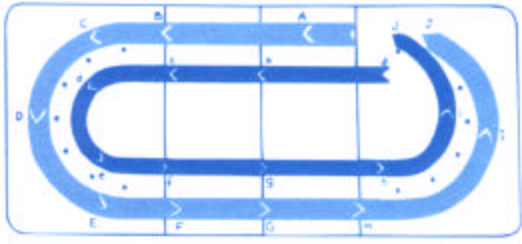
- V-5 Basic Position with Right Leg Extension
- demonstrate basic position with right leg extended (stationary)
  - right arm in forward and left arm in backward position
  - weight on left leg
  - head, left knee and left foot should line up (nose, knee and toe)



- V-6 Left Leg Extension While Gliding
- while gliding on two feet in basic position extend the left leg to the side and glide for 10 m
  - skates are on ice and parallel
  - body weight is supported by the right leg
  - glide in a straight line

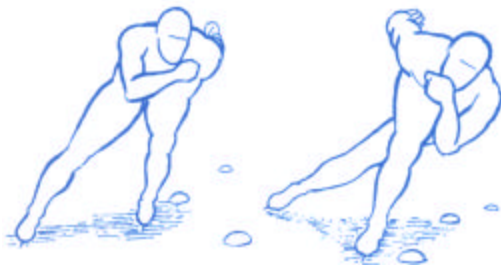
- V-7 Right Leg Extension While Gliding
- while gliding on two feet in basic position extend the right leg to the side and glide for 10 m
  - skates are on ice and parallel
  - body weight is supported by the left leg
  - glide in a straight line





#### V-8 Partner Relay

- partner 1 skates the first lap of the track while partner 2 covers while skating inside the track
- partner 2 skates the second lap of the track after partner 1 makes the push pass
- partner 2 must enter the track just before the blue line, in basic position and with speed



#### V-9 Counter Clockwise Cross Overs

- demonstrate cross overs around the arc of the track
- keep feet close to ice
- place skate in direction you will travel
- push to the side with good extension
- quick tempo

#### V-10 Clockwise Cross Overs

- demonstrate cross overs around the arc of the track
- keep feet close to ice
- place skate in direction you will travel
- push to the side with good extension
- quick tempo

