

## BLUE LEVEL

- B-1 Scull
- while gliding on two feet scull around five pylons place 1 m apart



- B-2 Cross Over Weave
- demonstrate a forwards crossover weave alternating left over right and right over left while gliding down the straightaway
  - swing the left leg over on the crossover while the right leg pivots

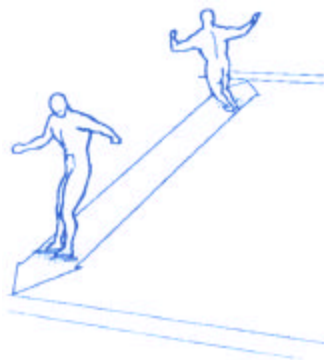


- B-3 Backwards Glide on the Left Foot (upright)
- skate backwards around the arc of a circle to build speed
  - at blue line balance on left foot
  - maintain balance on foot until you cross blue line again
  - other skate must remain off the ice
  - adequate speed is required for this activity



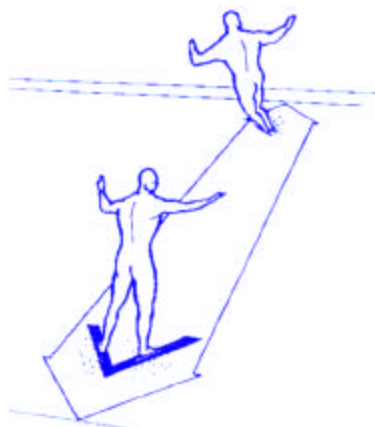
- B-4 Backwards Glide on the Right Foot (upright)
- skate backwards around the arc of a circle to build speed
  - at blue line balance on right foot
  - maintain balance on foot until you cross blue line again
  - other skate must remain off the ice
  - adequate speed is required for this activity





#### B-5 Parallel Stops

- demonstrate parallel stops left and right between the blue lines
- start and stop again quickly



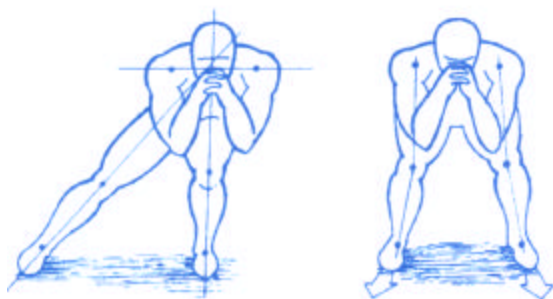
#### B-6 Parallel and V-Stops

- demonstrate a parallel stop at the far blue line, then skate backwards to the near blue line using a V stop



#### B-7 Basic Position Arm Swing

- demonstrate a reasonably relaxed arm swing while skating in the basic position the length of the ice
- swing arms in forwards and backwards direction
- do not swing arm any higher than shoulders
- arms should not be stiff or rigid
- arms should swing in a rhythmical and relaxed manner and bend slightly at the elbow



#### B-8 Weight Transfer

- demonstrate the weight transfer alternating from right leg to left leg as you extend left leg, then right leg without lifting skates off the ice
- weight transition should be smooth and somewhat rhythmical
- body is in basic position



B-9 Race 222, 333, 444, 500 and 777m

- demonstrate the attributes of a good racer
- a good start, aggressiveness, smooth technique and a defensive track are essentials of good racing results:

222 \_\_\_\_\_

333 \_\_\_\_\_

444 \_\_\_\_\_

500 \_\_\_\_\_

777 \_\_\_\_\_

B-10 Relay Race

- demonstrate the skills of a relay racer
- the push – strong and straight ahead
- coverage – follow just behind the skater on the inside of the track
- timing – arrive at first blue line just before previous skater and at a good speed
- push must take place between blue lines but preferred before red line

