

## GREEN LEVEL

- G-1 Figure Eight
- demonstrate a figure eight in basic position using left and right crossovers and the arcs of the track

- G-2 Backwards Glide Counter Clockwise
- demonstrate a backwards glide on two feet around the arc of the track counter clockwise
  - build up good speed going into the corner

- G-3 Backwards Glide Through Corner Clockwise
- demonstrate backwards glide on two feet around the arc of the track clockwise
  - build up good speed going into the corner



- G-4 Gliding in an Arc Counter Clockwise with Left Leg Extended
- while gliding in an arc to the left on both skates cross right leg over the left and continue to glide in an arc in basic position

- G-5 Gliding in an Arc Clockwise with Right Leg Extended
- while gliding in an arc clockwise on both skates cross left leg over the right and continue to glide in an arc in basic position



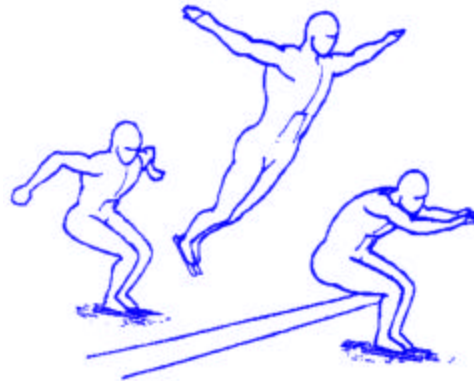
- G-6 Lifted Left Leg Extension
- after gliding on both skates in the basic position for 5m extend the left leg to the side and lift the extended leg slightly off the ice, continue gliding for 5m
  - body weight should be totally over the right foot



- G-7 Lifted Right Leg Extension
- after gliding on both skates in the basic position for 5m extend the right leg to the side and lift the extended leg slightly off the ice and continue gliding for 5m
  - body weight should be totally over the left foot

- G-8 Two Foot Jump
- while skating the length of the ice jump over each of the painted lines (blue-red-blue) taking off and landing on both skates from the basic position

- G-9 One Foot Jump
- while skating the length of the ice jump over each of the three painted line (blue-red-blue) taking off from and landing on the same skate without falling
  - execute the skill on the right and the left foot



- G-10 Stop and Go
- while skating at medium speed, stop as rapidly as possible and immediately start skating in the opposite direction

- G-11 Left Foot Stop and Turn
- demonstrate a left foot stop with a right leg crossover to begin skating in the opposite direction

- G-12 Right Foot Stop and Turn
- demonstrate a right foot stop with a left leg crossover to begin skating in the opposite direction

