

BLACK LEVEL

- BK-1 **Glide Turn Left on Left Foot**
- skate the straightaway at $\frac{1}{2}$ to $\frac{3}{4}$ speed to lead up to this skill
 - demonstrate a forwards glide on left foot in basic position around the arc of the track counter clockwise
- BK-2 **Glide Turn Left on Right Foot**
- skate the straightaway at $\frac{1}{2}$ to $\frac{3}{4}$ speed to lead up to this skill
 - demonstrate a forwards glide on right foot in basic position around the arc of the track counter clockwise
- BK-3 **Glide Turn Right on Left Foot**
- skate the straightaway at $\frac{1}{2}$ to $\frac{3}{4}$ speed to lead up to this skill
 - demonstrate a forwards glide on left foot in basic position around the arc of the track clockwise
- BK-4 **Glide Turn Right on Right Foot**
- skate the straightaway at $\frac{1}{2}$ to $\frac{3}{4}$ speed to lead up to this skill
 - demonstrate a forwards glide on the right foot in basic position around the arc of the track clockwise
- BK-5 **Airplane on Left Leg**
- demonstrate the airplane glide on the left leg from blue line to blue line
 - arms extended out to the side
 - right leg extended straight back parallel to the ice
- BK-6 **Airplane on Right Leg**
- demonstrate the airplane glide on the right leg from blue line to blue line
 - arms extended out to the side
 - left leg extended straight back parallel to the ice



BK-7 Backwards Glide on Left Foot

- demonstrate glide in basic position at $\frac{1}{2}$ to $\frac{3}{4}$ speed for blue line to blue line



BK-8 Backwards Glide on Right Foot

- demonstrate glide in basic position at $\frac{1}{2}$ to $\frac{3}{4}$ speed for blue line to blue line

BK-9 Basic Position – Recovery Phase

- demonstrate the recovery phase with left leg and right leg while in basic position
- relax leg and allow it to swing behind you
- knee bent and leg in a parallel plane with supporting leg
- knees and feet close together
- return leg to starting position
- repeat several times



BK-10 Arm Swing (corners)

- while skating around the track in basic position demonstrate the difference between the arm swing on the corners and the arm swing on the straightaway
- left arm range of motion is reduced so it does not act against the desired turning direction
- right arm range of motion is reduced as well to match the tempo of crossovers

