BLACK LEVEL



BK-1 Glide Turn Left on Left Foot

- skate the straightaway at ½ to
 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 ½ to
 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 ½ to
 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 ½ to
 ¾ 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 ½ to ¾ speed for blue line to blue line

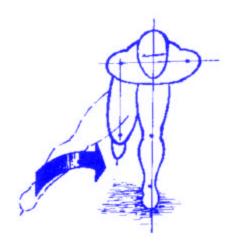
BK-8 Backwards Glide on Right Foot

 demonstrate glide in basic position at ½ to ¾ 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

