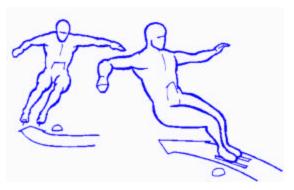


# **BRONZE LEVEL**

- BZ-1 Backwards Glide Counter Clockwise on the Left Foot
  - while gliding backwards on the left foot glide the arc of the track counter clockwise
  - body is in basic position
- BZ-2 Backwards Glide Clockwise on the Left Foot
  - while gliding backwards on the left foot glide the arc of the track clockwise
  - body is in basic position
- BZ-3 Backwards Glide Counter Clockwise on the Right Foot
  - while gliding backwards on the right foot glide the arc of the track counter clockwise
  - body is in basic position
- BZ-4 Backwards Glide Clockwise on the Right Foot
  - while gliding backwards on the right foot glide the arc of the track clockwise
  - body is in basic position



- BZ-5 Backwards Slalom
  - while gliding backwards on two feet, slalom around five pylons placed one metre apart

#### BZ-6 Forwards to Backwards on Left Skate

- while gliding forwards on left skate in basic position turn 180° to glide backwards
- blue line to red line forwards and red line to blue backwards



## BZ-7 Forwards to Backwards on Right Skate

- while gliding forwards on right skate in basic position turn 180° to glide backwards
- blue line to red line forwards and red line to blue line backwards

# BZ-8 Demonstrate Ability to Sharpen Speed Skates

- setting up skates in a jig
- grinding the blades to establish a slight burr on all four edges
- polishing the float surface
- removing the burr
- sharpening technique outline in Level 1 (Part 1) Coaching Manual and Skate Sharpening Brochure
- fingernail test
- checking amount of rocker

# BZ-9 Glide in a Counter Clockwise Arc with Left Leg Extended

- while in basic position glide around the arc of the track counter clockwise with the left leg extended behind the right leg
- simulate the push of the left leg in the turn
- skates should be parallel
- arms can be used for balance
- left skate is held on the ice



# BZ-10 Glide in a Clockwise Arc with Right Leg Extended

- while in basic position glide around the arc of the track clockwise with the right leg extended behind the left leg
- simulate the push of the right leg in the turn
- skates should be parallel
- arms can be used for balance
- right skate is held on the ice

### BZ-11 Competitors Stop

- demonstrate the method of stopping used by competitors, stopping in such a way so as not to dull the edges of the blades
- alternate pressure on left and right blades similar to one foot snow plow until you come to a stop
- there should be no sound

## BZ-12 Speed Skating Technique

 while skating around the track in the basic position, with relaxed upper body, demonstrate satisfactorily straightaway strides and corner crossovers for at least two laps with both arms swinging