

## 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

