

<p><b>Tot 1: Ages 3-5</b>  Standing  Proper way to fall  Proper way to get up  Marching in standing position  Marching while moving</p>	<p><b>Tot 2: Ages 3-5</b>  Two-foot jump in place  Forward swizzle in place  Forward moving swizzle  Beginning two foot glide</p>	<p><b>Tot 3: Ages 3-5</b>  Push and glide stroking  Preparation for snowplow stop  Dip  Forward swizzle</p>
<p><b>Tot 4: Ages 3-5</b>  T-position push right and left  Backward swizzle  One or two foot snowplow stop  Backward wiggle</p>	<p><b>Hockey Tot: No sticks</b>  One and Two foot Glides  Basic forward and backward skating  Balance Hockey Stop</p>	<p><b>Pre-Alpha: Age 6+</b>  Two foot glides  Right and Left one foot Glide  Forward swizzles  Backward swizzles  Backward wiggle</p>
<p><b>Alpha: Must Pass Pre-Alpha</b>  Forward stroking  Forward crossovers  (Right and Left)  One foot snowplow stop</p>	<p><b>Beta: Must Pass Alpha</b>  Backward stroking  Backward crossovers (Right and Left)  T-stop (Right and Left)</p>	<p><b>Gamma: Must pass Beta</b>  Right/Left outside three turns  Right/Left forward inside  Mohawk Combinations  Hockey stop</p>
<p><b>Delta: Must Pass Gamma</b>  Right and Left foot forward inside  one foot 3-turn  Forward outside and inside edges  Shoot-the Duck or Lunges  Bunny Hop  Backward wiggle</p>	<p><b>Freestyle 1: Must Pass Delta</b>  Forward Inside Pivot  Two-foot Spin  Forward Arabesque  Inside and Outside backward edges  One-half flip jump  Waltz Jump  and 1 and ½ Minute program</p>	<p><b>Freestyle 2:  Must Pass Freestyle 1</b>  Ballet jump  One-half Toe Walley Jump  One-half Lutz Jump  One foot spin  Two forward Arabesques  Dance Step Sequence  and 1-1/2 Minute program</p>
<p><b>Freestyle 3: Must Pass Freestyle 2</b>  Backward Outside/Inside Pivot  Salchow Jump  Change Foot Spin  Backward Arabesque  Toe Loop/Toe Walley Jump  Dance Step Squence  and 1-1/2 Minute program</p>	<p><b>Freestyle 4: Must Pass Freestyle 3</b>  Flip Jump  Loop Jump  Sit Spin  One-half Loop Jump  Two Backward Arabesques (R &amp; L), Dance  Step Sequence  and 2 Minute program</p>	<p><b>Freestyle 5: Must Pass Freestyle 4</b>  Lutz Jump  Axel Jump  Camel Spin  Camel-sit-upright Spin  Fast Back Scratch Spin  Dance Step Sequence  and 2 minute program</p>
<p><b>Freestyle 6: Must Pass Freestyle 5</b>  Split Jump  Split Falling Leaf Jump  Axel-Half Loop-Flip Jump  Combination  Double Salchow  Spin: Cross-foot or Lay-back or Sit-  change Sit  Spin combination with change of foot  and 2 ½ Minute program</p>	<p><b>Freestyle 7: Must Pass Freestyle 6</b>  Double Toe Loop or Double Toe Walley  Jump  Two Walley Jumps in Sequence  Combination Spin  Flying Camel Spin  One Foot Axel into One-Quarter flip into  Axel  Jump in the Opposite Direction  Dance Step Sequence  and 3 Minute program</p>	<p><b>Freestyle 8: Must Pass Freestyle 7</b>  Double Loop Jump  Double Flip Jump  Split-Lutz Jump  Flying Sit Spin or Axel Sit Spin  One &amp; One -Quarter Flip into One &amp;  One-Quarter Flip into Double  Salchow Jump Combination  Illusion or Camel-jump-Camel-spin  Dance Step Sequence  and 3½ Minute program</p>
<p><b>Freestyle 9: Must Pass Freestyle 8</b>  Arabesque/Bauer/Spread Eagle  Double Lutz Jump  Axel-Double Loop Jump Combination  Axel in the Opposite  Direction/Double Axel Jump  Three Jump Sequence  Flying Camel into a Jump Sit Spin  Dance Step Sequence  and 4 Minute program</p>	<p><b>Freestyle 10: Must Pass Freestyle 9</b>  Jump Combination (Double Axel-Double Tope Loop)  Triple Edge Jump, Death Drop  Axels in sequence/Triple Toe Assit Jump  Double Jump R &amp; L/Triple Toe-Double Loop Jump  Arabian Cartwheels/Butterflies  Creative Dance Step Sequence  Choice of One: Double Loop, Double Lutz, Double Flip, Choice of One Flying  Spin  and 4 Minute program.</p>	

