

Appendix 1 – Skills Chart

	LEVEL 1	LEVEL 2	LEVEL 3 (INTRO)	LEVEL 4 (Preliminary)	LEVEL 5 (JUNIOR BRONZE)	LEVEL 6 (Senior Bronze+up)
SKATE FORWARD	<input type="checkbox"/> Forward Skating <input type="checkbox"/> Forward Sculling <input type="checkbox"/> Forward 1 Foot Glide (Straight Line) <input type="checkbox"/> Forward Sit Glide <input type="checkbox"/> Forward Slalom (2 Foot)	<input type="checkbox"/> Forward Crossovers <input type="checkbox"/> Forward One-Foot Glide (On a Curve) <input type="checkbox"/> Forward Slalom (One-Foot) <input type="checkbox"/> Forward Drag <input type="checkbox"/> Forward Shoot the Duck	<input type="checkbox"/> Forward Edges (Inside and Outside) <input type="checkbox"/> Inside Spread Eagle			
BACKWARD	<input type="checkbox"/> Backward Skating <input type="checkbox"/> Backward Sculling <input type="checkbox"/> Backward One-Foot Glide (Straight Line) <input type="checkbox"/> Backward Sit Glide	<input type="checkbox"/> Backward Circle Thrusts <input type="checkbox"/> Backward Slalom (Two Feet) <input type="checkbox"/> Backward Shoot the Duck	<input type="checkbox"/> Crossovers <input type="checkbox"/> Backward Slalom (One Foot) <input type="checkbox"/> Backward Drag			
SPIN	<input type="checkbox"/> Two Foot Walking Spin <input type="checkbox"/> Two-Foot Upright	<input type="checkbox"/> Beginning One-Foot Spin <input type="checkbox"/> Two-foot Sit Spin	<input type="checkbox"/> Sit Spin <input type="checkbox"/> Backspin	Max 2 spins 1 must be in 1 positions(not in combination, no change of foot) Max one combination, no change of foot no flying)	<input type="checkbox"/> One-Foot combination spin (Maximum 3 spins) 1 must be flying 1 of any nature	<input checked="" type="checkbox"/> Combination spin, change of foot (min 3 rev/foot + min two revs/position) <input type="checkbox"/> One Flying Spin (Max 3 spins) 1 spin of any nature
JUMP	<input type="checkbox"/> Forward Two-Foot Jump <input type="checkbox"/> Backward Two-Foot Jump (Maximum 2 jumps)	<input type="checkbox"/> Two-Foot Forward to Backwards Jump <input type="checkbox"/> Two- Foot Backward to Forward Jump <input type="checkbox"/> Bunny Hop <input type="checkbox"/> Waltz Jump <input type="checkbox"/> Three Jump (Maximum 3 jumps)	<input type="checkbox"/> Waltz Jump (required) <input type="checkbox"/> Salchow <input type="checkbox"/> Toe Loop <input type="checkbox"/> Half-Flip <input type="checkbox"/> Half-Lutz <input type="checkbox"/> 1 combination or sequence (Maximum 4 jump elements)	<input type="checkbox"/> Waltz Jump (required) <input type="checkbox"/> 1 edge jump <input type="checkbox"/> 1 toe jump <input type="checkbox"/> 1 combination or sequence (no jump higher than flip or loop) (Maximum 4 jumps)	Axel type jump (Max 6 jumps) (Max 2 combinations) No jump included more than twice and if jump is repeated must be in a combination or sequence	<input type="checkbox"/> Axel 1 must be a double jump (maximum 6 jump elements) Max three combinations or sequences (no double jump can be repeated unless in a combination) (Jump combinations may contain no more than two jumps)
TURN	<input type="checkbox"/> Two-Foot Turn 180°	<input type="checkbox"/> Forward Three-Turns <input type="checkbox"/> Backward Mohawks	<input type="checkbox"/> Forward Mohawk <input type="checkbox"/> Backward Three-Turns <input type="checkbox"/> Footwork			
SPIRALS / FOOTWORK		<input type="checkbox"/> Forward Spiral	<input type="checkbox"/> Forward or Backward Spiral	<input type="checkbox"/> Forward Unassisted Spiral Sequence or Footwork Sequence (min 8 steps)	<input type="checkbox"/> Forward Unassisted Spiral Sequence or Footwork Sequence (min 8 steps)	<input type="checkbox"/> Spiral Sequence or Footwork Sequence (2./3 of ice)
PROGRAM LENGTH	<input type="checkbox"/> 1.0 minute (+/- 10 seconds)	<input type="checkbox"/> 1 minute 30 (+/- 10 seconds)	<input type="checkbox"/> 1 minute 30 (+/- 10 seconds)	<input type="checkbox"/> 1minute 30 (+/- 10 seconds)	<input type="checkbox"/> 1 minute 30 or 2 mins (+/- 10 seconds)	<input type="checkbox"/> 2 minutes or 2minutes and 30 secs (+/- 10 seconds)