



KRAKEN SKATING ACADEMY LEARN TO SKATE

Bigfin (Ages 7-17)

Bigfin #1

- Fall down and get up (off & on ice)
- Forward marching
- Forward two-foot glide
- Dip while moving
- Forward swizzles (4-6 in a row)
- Rocking horse
- Backward wiggles
- Snowplow stop in place

Bigfin #2

- T-pushes
- Forward one-foot glides (R & L)
- Moving snowplow stop
- Two-foot turn in place
- Backward swizzles (6-8 in a row)
- Beginning backward two-foot glide
- Forward slaloms

Bigfin #3

- Forward stroking (correct use of blade)
- Forward pumps (4-6 in a row)
- Forward two-foot turn moving on a circle
- Beginning backward one-foot glides (R & L)
- Backward Snowplow stop
- Forward edges on a circle (Outside & Inside)

Bigfin #4

- Forward crossovers (4-6 in a row)
- Backward pumps (4-6 in a row)
- Advanced backward one-foot glides (R & L)
- Beginning two-foot spin from pivot
- Side toe hops
- Lunges (R & L)

Bigfin #5

- Backward edges on a circle (Outside & Inside)
- Backward crossovers (4-6 in a row)
- Forward outside three-turns (R & L)
- Bunny hop
- Advanced two-foot spin (3+ revs)
- Backward pivots

Bigfin #6

- Forward inside three-turns (R & L)
- C-Steps (FWD Inside & BKWD Inside)
- Mazurka
- Pre-preliminary forward spirals (R & L)
- T-Stops
- Beginning one-foot spin