



KRAKEN SKATING ACADEMY LEARN TO SKATE

Adult Hockey (Ages 18+)

Power Skating #1

- Down, Down, Up, Up
- T-Push to one-foot glide (R & L)
- Forward stride
- Forward edges on a circle (Outside & Inside)
- Forward single C-Cut on a circle
- Backward one-foot glides
- Forward slaloms

Power Skating #2

- Penguin walk on toes
- Stationary forward & backward pivots
- Forward crossovers
- Lateral forward crossovers
- Backward single C-Cuts on a circle
- C-Steps (FWD Inside & BKWD Inside)
- Lunges