



KRAKEN SKATING ACADEMY LEARN TO SKATE

Adult (Ages 18+)

Deep Sea #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

Deep Sea #2

- T-pushes
- Forward one-foot glides (R & L)
- Forward slaloms
- Backward swizzles (4-6 in a row)
- Backward two-foot glide
- Two-foot turns in place
- Backward Snowplow stop

Deep Sea #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)
- Forward edges on a circle (Outside & Inside)
- Forward pivots

Deep Sea #4

- Forward crossovers (4-6 in a row)
- Advanced backward one-foot glides (R & L)
- Backward pumps (4-6 in a row)
- Backward edges on a circle (Outside & Inside)
- Beginning forward consecutive edges (Outside & Inside)
- Backward two-foot turn moving on a circle
- Backward pivots

Deep Sea #5

- Backward crossovers (4-6 in a row)
- Beginning two-foot spin from pivot
- Forward outside three-turns (R & L)
- Advanced forward consecutive edges (Outside & Inside)
- Backward stroking
- Side toe hop
- Lunges (R & L)

Deep Sea #6

- Pre-bronze forward perimeter stroking
- Forward inside three-turns (R & L)
- T-stops (R & L)
- C-Steps (FWD Inside & BKWD Inside)
- Advanced two-foot spin (3+ revs)
- Pre-bronze forward spirals (R & L)
- Bunny hop