

KRAKEN SKATING ACADEMY EMERALD EDGE

Aspire (Ages 5-17)



Aspire #1

Competition Skills

- Waltz jump & Waltz jump sequence
- Half Flip
- Half Lutz
- Two-foot spin
- Forward one foot spin (free foot optional)

- Pre-preliminary forward perimeter stroking
- Pre-preliminary forward consecutive edges (Outside & Inside)
- Backward stroking
- Shoot the duck
- Beginning one-foot spin & scratch spin from hook entry
- Backward crossovers to a landing position on circle
- C-Step step sequence

Aspire #2

Competition Skills

- Single Salchow
- Single Toe loop
- Back upright spin
- Forward Sit Spin

- Pre-preliminary backward consecutive edges (Outside & Inside)
- Pre-preliminary Waltz Eight
- Advanced scratch spin from backward crossovers (3+ revs)
- Toe jump combos
- Backward outside three-turns
- Forward powerpulls
- Alternating C-Step cross
- Beginning back spin

Aspire #3

Competition Skills

- Euler
- Single loop
- Forward upright spin to back upright spin
- Beginning Forward Camel

- Advanced sit spin (3+ revs)
- Advanced back spin (3+ revs)
- Waltz three-turns
- Backward inside three- turns
- Preliminary crossovers Figure Eight (FWD & BKWD)
- Preliminary consecutive spirals (FWD Outside & Inside)
- Preliminary alternating backward crossovers to outside edges

Aspire #4

Competition Skills

- Flip jump
- Lutz jump
- Forward Camel to forward Sit spin combo

- Euler and loop combos
- Backward powerpulls
- Alternating three-turns (FWD Outside & Inside)
- Preliminary power three-turns
- Preliminary forward Circle Eight
- Axel drills (bell jumps, one-foot waltz jump, waltz jump back spin)
- Spread eagle
- Split jump