



# KRAKEN SKATING ACADEMY LEARN TO SKATE

## Cuttlefish (Ages 3-6)

### Cuttlefish #1

- Fall down and get up (off ice)
- Fall down and get up (on ice)
- March in place
- Forward marching
- Dip in place
- March and glide

### Cuttlefish #2

- Hop in place
- Beginning forward two-foot glide
- Forward swizzle in place
- Forward swizzles while moving (2-3 in a row)
- Snowplow stop in place
- Backward wiggles
- Dip while moving

### Cuttlefish #3

- T-pushes
- Moving snowplow stop
- Advanced forward swizzles (4-6 in a row)
- Rocking horse
- Backward swizzles (2-3 in a row)
- Advanced forward two-foot glide
- Beginning one-foot glides (R & L)

### Cuttlefish #4

- Forward stroking (correct use of blade)
- Advanced backward swizzles (4-6 in a row)
- Beginning backward two-foot glide
- Advanced forward one-foot glides (R & L)
- Two-foot turn in place
- Forward slaloms