



Stage 1

 Balance Équilibre 1	Balance	• Fall Down & Get Up • Fwd Skating • Fwd 2 ft. Glide • Fwd. 2 ft. Sit Glide
 Control Maîtrise 1	Control	• Snow Slide Steps • Bwd 2 ft. Skating • Bwd 2 ft. Glide
 Agility Agilité 1	Agility	• Stationary 180° Turn • Stationary 2 ft. Jump • Fwd Skating Perimeter of Ice Surface



Stage 2

 Skate Canada Patinage Canada Balance Équilibre 2	Balance	• Fwd 2 ft. Sculling • Fwd 2 ft to 1ft. Glide L&R • Fwd Push Glide Sequence • Fwd 1 ft. Glide w/ Speed
 Skate Canada Patinage Canada Control Maîtrise 2	Control	• Fwd Stop • Bwd 2 ft. Sit Glide • Bwd 2 ft to 1 ft Glide L&R • Bwd Push Glide Sequence
 Skate Canada Patinage Canada Agility Agilité 2	Agility	• Fwd 2 ft. Turn • Bwd 2 ft. Turn • Fwd 180° Glide Turn • Fwd 2 ft. Jump



Stage 3

 Skate Canada Patinage Canada Balance Équilibre 3	Balance	• Fwd Stationary Blade Push • Fwd 2ft Slalom • Fwd Circle Thrusts • Walking X-Cuts L&R • Fwd 2ft to 1ft Glide on Curve
 Skate Canada Patinage Canada Control Maîtrise 3	Control	• Fwd Stop w/ Speed • Bwd 2ft Sculling • Bwd 2ft to 1ft Glide L&R • Bwd Push Glide Sequence • Bwd 1ft Glide with Speed
 Skate Canada Patinage Canada Agility Agilité 3	Agility	• Fwd 2ft Quick Turn • Bwd 2ft Quick Turn • Fwd 360° Step Turn • Bwd 2ft Jump • Fast Fwd Perimeter Skating



Stage 4

 Skate Canada Patinage Canada Balance Équilibre 4	Balance	• Fwd X-Cuts • FI Giant Slalom • FO Giant Slalom • Fwd Lunge • Fwd Spiral • Drop Down Drill • Fwd "V" Start
 Skate Canada Patinage Canada Control Maîtrise 4	Control	• Bwd Stop • Bwd Circle Thrusts or Pumps • Bwd 2 ft. Slalom • Bwd 1 ft. Glide w/ Curve • Sustained Fwd 1 ft. Glide • Speed Drill # 1
 Skate Canada Patinage Canada Agility Agilité 4	Agility	• Fwd 1 ft. Turn • Bwd 360° Step Turn • Fwd to Bwd 2 ft. Jump • Bwd to Fwd 2 ft. Jump • 2 ft. Spin • 2 ft. Sit Spin



Stage 5

 Skate Canada Patinage Canada Balance Équilibre 5	Balance	• Fwd X-Cuts on a Figure 8 • FI Edges • Fwd Push Glide Sequence • Inside Spread Eagle • Fwd 1 ft. Slalom • Running Lateral X-Cuts • Fwd Perimeter skating w/ Jumps
 Skate Canada Patinage Canada Control Maîtrise 5	Control	• Fwd 2 ft. Side Stop • Bwd Stop w/ Speed • Bwd X-Cuts • BI Giant Slalom • Bwd Push Glide Sequence • Bwd Spiral • Speed Drill # 2
 Skate Canada Patinage Canada Agility Agilité 5	Agility	• Fwd 1 ft. Turn • Fwd 360° Glide Turn • Fwd to Bwd 1 ft. Jump • Fwd Power Jump • 1 ft. Spin • Alternating Foot Spin • Fwd Tight Glide Turns



Stage 6

 Skate Canada Patinage Canada Balance Équilibre 6	Balance	• Fwd Power X-Cuts • FO Edges • Fwd 1 ft. Slalom • Fwd 1 ft. Sit Glide • Fwd Spiral on a Curve or Straight Line • Fwd "Crossover" Acceleration • Fwd Perimeter Skating w/ X-Cuts • Fwd Perimeter Skating w/ Stops
 Skate Canada Patinage Canada Control Maîtrise 6	Control	• Fwd 1 ft. Side Stop • Fwd 2 ft. Side Stop w/ Speed • BO Giant Slalom • Bwd X-Cuts on a Figure 8 • Bwd Perimeter Skating w/ X-Cuts • Bwd 1 ft. Slalom • Bwd 1 ft. Spin • Speed Drill # 3

 Skate Canada Patinage Canada Agility Agilité 6	Agility	• Fwd C-Step • Bwd C-Step • 2 ft. Multi-Turns • Rotating Power Jump [Waltz Jump] • Bwd Toe-Assisted Jump • Bwd 360° 2 ft. Jump • Fwd 1 ft. Spin w/ Spiraling Edge • Fwd 2 ft. Reverse Pivot Turn
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