

CANSKATE STAGES

Fundamental Movement	STAGE 1 Balance	STAGE 2 Glide Forwards	STAGE 3 Glide Backwards	STAGE 4 Edges	STAGE 5 Power	STAGE 6 Speed
GO FORWARD	- balance on 2 feet with eye focus - marching on the spot - walking forward (duck walk)	- forward consecutive push/glide - forward glide (2 feet to 1 foot) - forward 1/2 sit glide - forward 2-foot sculling	- forward slalom (2 feet to 1 foot)	- forward glide on curve clockwise - forward glide on curve counterclockwise - walking crosscuts: right over left - walking crosscuts: left over right	- forward circle thrusts clockwise - forward circle thrusts counterclockwise - forward crosscuts in a figure 8 pattern - edge development: - FO - FI	- fast forward perimeter stroking clockwise - fast forward perimeter stroking counterclockwise
GO BACKWARD	- walking backward (8 steps)	- walking backward with glide	- backward consecutive push/glide - backward glide (2 feet to 1 foot) - backward 2-foot sculling	- backward glide on curve clockwise - backward glide on curve counterclockwise - backward slalom (2 feet to 1 foot)	- backward circle thrusts clockwise - backward circle thrusts counterclockwise	- fast backward perimeter stroking clockwise - fast backward perimeter stroking counterclockwise - backward crosscuts in a figure 8 pattern - edge development: - BO - BI
STOP	- falling down - getting up - making snow	- forward snowplow or forward 1/2 snowplow	- backward snowplow or backward 1/2 snowplow	- forward 2-foot side stop	- 1-foot side stop	- forward 2-foot side stop with speed
TURN	- 2-foot quarter bend turns on spot	- 2-foot 1/2 turn on spot	- 2-foot turn forward to backward - 2-foot turn backward to forward	- turning on curve forward to backward and backward to forward (2 feet) - turning on curve fwd to bwd - outside - turning on curve fwd to bwd - inside	- turning on curve bwd to fwd changing feet: LBO-RFO or RBO-LFO - turning on curve bwd to fwd changing feet: LBI-RFI or RBI-LFI	- circle stroking with crosscuts and turns - turning on a curve fwd to bwd chng feet - turning on a curve bwd to fwd - outside - turning on a curve bwd to fwd - inside
SPIN	- walk around on spot	- 2-foot spin	- 2-foot spin picking up alternating feet	- forward one-foot spin (1 revolution) - 2-foot sit spin	- forward 1-foot spin (more than 1 rvltn) - 1-foot back spin (1 revolution)	- 1-foot spin with FO spiralling edge entry - 1-foot back spin (more than 1 revolution)
JUMP	- 2-foot jump on spot	- 2-foot jump while gliding forward	- 2-foot jump while gliding backward	- 2-foot jump forward to backward and backward to forward on a curve	- 1-foot jump forward to backward - forward power jump	- back toe-assisted jump - rotating power jump
OPTIONAL CHALLENGE SKILLS	- forward skate across width of ice without falling - fall and get up while moving - forward 1-foot balance	- forward skate perimeter of ice - backward skate across width of ice - tight glide turn - backward 1-foot balance	- backward skate perimeter of ice - forward spiral - V start from back snowplow	- backward spiral - V start from side stop - forward lateral movement	- shoot the duck - backward lateral movement - fast backward start from side stop	- any jump with 1 rotation - back spin with hop on exit - 1-foot reverse pivot turn (bracket)