

The USFS Basic Eights Program:

Basic 1

- A Sit on ice and stand up
- B March forward across the ice
- C Forward two foot glide
- D Dip
- E Forward swizzles — 6–8 in a row
- F Backward wiggles — 6–8 in a row
- G Snowplow stop
- H Rocking Horse — two or three
- I Two foot hop in place (optional)

Basic 2

- A Forward one foot glides — right and left
- B Backward two foot glide
- C Backward swizzles — 6–8 in a row
- D Two foot turn from forward to backward in place
- E Moving snowplow stop
- F Forward alternating 1/2 swizzle pumps, in a straight line (slalom like pattern)

Basic 3

- A Forward stroking showing correct use of blade
- B Forward 1/2 swizzle pumps on a circle, 6–8 consecutive, both directions
- C Moving forward to backward two foot turn, clockwise and counter clockwise
- D Backward one foot glides — right and left
- E Forward Slalom
- F Two foot spin — up to 2 revolutions

Basic 4

- A Forward outside edge on a circle — right and left
- B Forward inside edge on a circle — right and left
- C Forward crossovers, clockwise and counter clockwise
- D Forward outside three-turn — right and left — from a stand still position
- E Backward swizzle pumps on a circle, clockwise and counter clockwise
- F Backward Stroking
- G Backward snowplow stop — right and left

Basic 5

- A Backward outside edge on a circle — right and left
- B Backward inside edge on a circle — right and left
- C Backward crossovers, clockwise and counter clockwise

- D Beginning one foot spin — min. 3 revolutions, option entry and free foot position
- E Hockey Stop
- F Side toe hop — both directions

Basic 6

- A Forward inside three-turn — right and left — from a stand still position.
- B Moving backward to forward two foot turn on a circle, both directions
- C T-stop — right or left
- D Bunny hop
- E Forward arabesque/spiral on a straight line, right or left
- F Forward lunge, right or left

Basic 7

- A Forward inside open Mohawk from a stand still position — R to L and L to R
- B Backward outside edge to forward outside edge, transition on a circle — R and L
- C Ballet jump — right or left
- D Backward crossovers to a backward outside edge glide (landing position), clockwise and counter clockwise
- E Forward inside pivots — right and left

Basic 8

- A Moving forward outside three-turn on a circle — right and left
- B Moving forward inside three-turn on a circle — right and left
- C Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge — repeat three times, clockwise and counter clockwise
- D One foot upright spin — optional entry & free foot position
- E Waltz jump
- F Mazurka — right or left

The USFS Basic Skills ADULT Program:

Adult 1

- A Falling and recovery
- B Forward strides and gliding
- C Forward swizzles — 4–6 in a row

- D Backward skating
- E Backward swizzles — 4–6 in a row
- F Forward one foot glides, one time skater's height, R&L
- G Two foot turns, in place
- H Snowplow stops, R or L
- I Forward curves on two feet
- J Forward 1/2 swizzle pumps on a circle — 6–8 consecutive, both directions

Adult 2

- A Forward stroking
- B Backward 1/2 Swizzle pumps on a circle — 6–8 consecutive, both directions
- C Moving two foot turns on a curve, both directions
- D Forward edges on a circle, outside and inside, clockwise and counter clockwise
- E Forward crossovers, clockwise and counter clockwise
- F Backward one foot glide, R or L — one time skater's height
- G Forward inside pivots — R and L
- H Forward chasses on a circle

Adult 3

- A Backward edges on a circle, outside and inside, clockwise and counter clockwise
- B Backward crossovers, clockwise and counter clockwise
- C Inside Mohawk, either direction
- D Basic forward outside and forward inside consecutive edges (4–6)
- E Forward progressives — 4 continuous on a circle, both directions
- F Beginning two foot spin
- G Backward snowplow stop

Adult 4

- A Forward three turns, outside and inside, R & L
- B Perimeter stroking with crossover end patterns
- C Forward Outside to Inside Change of Edge Sequence
- D Alternate backward crossovers with two foot transition
- E Footwork sequence: 3–5 forward crossovers to an inside Mohawk, 3–5 backward crossovers, step forward inside the circle and repeat
- F Power three turns, one direction only
- G Backward Chasses on a circle, clockwise and counter clockwise