

U. S. Figure Skating Basic Skills Program

Free Skate Curriculum



Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.



Free skate 1

- A. Advanced forward stroking
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Advanced back outside three-turns clockwise and counterclockwise (R and L)
- D. Scratch spin from back crossovers – three revolutions minimum
- E. Waltz jump – from 2-3 back crossovers
- F. Half flip



Free skate 2

- A. Basic back outside and back inside consecutive edges (4-6)
- B. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
- C. Continuous forward progressive chasse sequence – clockwise and counterclockwise
- D. Waltz threes, R and L
- E. Beginning back spin – two turns
- F. Waltz jump, side toe hop, waltz jump sequence
- G. Toe loop



Free skate 3

- A. Forward and backward crossovers in figure 8 pattern
- B. Waltz 8
- C. Advanced forward consecutive swing rolls (4-6)
- D. Backward inside three-turn: R and L
- E. Backspin with free foot in crossed leg position – three revolutions minimum
- F. Salchow
- G. Half Lutz jump
- H. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise



Free skate 4

- A. Spiral sequence: Fl spiral, Fl Mohawk, BO Spiral – clockwise and counterclockwise
- B. Forward power three-turns: R and L
- C. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
- D. Sit spin – three revolutions
- E. Loop jump
- F. Waltz jump-loop jump combination



Free skate 5

- A. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
- B. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
- C. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
- D. Camel spin – three revolutions minimum
- E. Forward upright spin to back scratch spin – three revolutions, each foot
- F. Loop/loop combination
- G. Flip jump
- H. Waltz jump-falling leaf-toe loop jump sequence



Free skate 6

- A. Alternating back crossovers to back outside edges
- B. Five-step Mohawk sequence – clockwise and counterclockwise
- C. Camel-sit spin combination – four revolutions total
- D. Split jump or stag jump
- E. Waltz jump-half loop-Salchow
- F. Lutz jump
- G. Axel – walk through, preparation, jump
Axel does not need to be landed to pass this test.