

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 1 SKATE

Free Skate 1

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

FREE 2 SKATE

Free Skate 2

1. Basic back outside and back inside consecutive edges (4-6)
2. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
3. Continuous forward progressive chasse sequence – clockwise and counterclockwise
4. Waltz threes
5. Beginning back spin – two turns
6. Waltz jump, side toe hop, waltz jump sequence
7. Toe loop

FREE 3 SKATE

Free Skate 3

1. Forward and backward crossovers in figure 8 pattern
2. Waltz 8
3. Advanced forward consecutive swing rolls (4-6)
4. Backward inside three-turn: clockwise and counterclockwise
5. Backspin with free foot in crossed leg position – three revolutions minimum
6. Salchow
7. Half Lutz jump
8. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise

FREE 4 SKATE

Free Skate 4

1. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
2. Forward power three-turns: R and L
3. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
4. Sit spin – three revolutions
5. Loop jump
6. Waltz jump-loop jump combination

FREE 5 SKATE

Free Skate 5

1. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
2. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
3. Forward outside slide chasse swing roll sequence – 3-6 times, alternating feet
4. Camel spin – three revolutions minimum
5. Forward upright spin to back scratch spin – three revolutions, each foot
6. Loop/loop combination
7. Flip jump
8. Waltz jump-falling leaf-toe loop jump sequence
9. Lutz jump

FREE 6 SKATE

Free Skate 6

1. Alternating back crossovers to back outside edges
2. Five-step Mohawk sequence – clockwise and counterclockwise
3. Camel-sit spin combination – five revolutions
4. Split jump-stag jump
5. Waltz jump-half loop-Salchow
6. Lutz jump
7. Axel – walk through, preparation, jump
Axel does not need to be landed to pass this test.
8. Five-step Mohawk sequence – clockwise and counterclockwise