

U.S. Figure Skating Basic Skills Program Synchronized Skating Curriculum



The Basic Skills Synchronized badge program is a fun introduction to the five basic elements:

- Circle
- Wheel
- Intersection/Transition
- Line
- Block



Synchro 1

1. Circle – forward pumps clockwise and counterclockwise, followed by a forward outside edge and a forward inside edge glide
2. Line – forward skating, covering the length of the ice, followed by a snowplow stop
3. Block – shoulder hold, forward skating, 10 steps in a simple block formation, followed by a snowplow stop
4. Wheel – “S” wheel or four spoke with back pumps
5. Holds – shoulder to shoulder, hand to hand



Synchro 2

1. Circle – containing two-foot turn from forward to backward and a forward outside and forward inside edge glide
2. Line – forward skating, with at least one forward crossover, R over L and one L over R
3. Block – forward skating including steps and turns from Basic 3-6
4. Wheel – four spoke or two spoke with backward skating
5. Intersection – one line forward intersection; two-foot glide at point of intersection
6. Transitions – a wheel and circle



Synchro 3

1. Circle – a circle that contains a forward inside Mohawk and a forward outside three-turn
2. Line – includes the step sequence from instructors manual
3. Block – two configurations
4. Wheel – parallel wheel or two spoke if there are not enough skaters
5. Intersection – one line forward intersection with a one-foot glide at the point of intersection
6. Transitions – circle and line, line and intersection



Synchro 4

1. Circle – a circle that includes the combination move (element C) from Basic 8
2. Line – a line including both forward and backward skating
3. Block – a block with at least two configurations and steps from Basic 3-8
4. Wheel – wheel of choice
5. Intersection – forward with a forward lunge
6. Transition – combine at least three elements