WALSALL ARTISTIC ROLLER SKATING CLUB

BASIC SKILL ONE

1   Skate forward and stop on alternative feet

2   Skate forward put feet together and touch toes

3   Skate forward put feet together and do a little man
         (on two feet)

4   Forward snake pattern (equal use of both feet)

5   Skate forward and balance on the right foot/then left foot

6   Backward snake pattern and stop going backwards
         (equal use of both feet)

BASIC SKILL TWO

1   Forward "T" Pushes a) left foot   b) right foot

2   Forward stroke skating (from side of foot)

3   Little man on one leg   a) left foot   b) right foot

4   Forward snake turn to backward snake and stop
         a) clockwise   b) anti-clockwise

5   Push backwards and balance on each foot

6   Two footed jump   a) On the spot   b) skating along

BASIC SKILL THREE

1   Forward outside edges – free leg extended behind

2   Forward inside edges

3   Forward change of edge on both feet
     a) Outside/inside   b) Inside/outside

4   Forward runs in a circle
     a) Clockwise   b) Anti-clockwise

5   Backward stroke skating

6   Forward chassis – corner steps of the Glide Waltz
     a) Clockwise   b) Anti-clockwise

7   Forward arabesque   a) right leg   b) left leg

BASIC SKILL FOUR

1   Forward inside edges – free leg extended behind

2   Backward stroke skating

3   Ice Foxtrot – run and swing movement

4   Toe push jumps and mazurkas

5   Backward arabesque   a) right leg   b) left leg

6   Spread   a) clockwise   b) anti-clockwise

7   Back outside take offs   a) right leg   b) left leg

BASIC SKILL FIVE

1   Forward Cross Rolls

2   Collegiate turns – both ways
(forward inside/backward inside)

3   Forward outside three turns a) right   b) left

4   Forward inside three turns   a) right   b) left

5   Backward change of edge both feet
 a) outside/inside   b) inside/outside

6   Back cross overs a) clockwise   b) anti-clockwise

BASIC SKILL SIX

1   Back outside edges from turn – leg extended

2   Step from backwards to forwards both ways

3   Back runs in a circle   a) clockwise   b) anti-clockwise

4   Backward chassis – corner steps of Glide Waltz
a) Clockwise   b) Anti-clockwise

5   Back inside spin exercise (stationery) 1 rotation

6   Three jump – take off & landing edge