


## **Beginner Phase 1**

- **Proper wear of Skates and gear**
- **Basic Skating Stance**
- **Standing up and sitting**
- **V-shape**
- **Basic Gliding**
- **Heel Break**
- **Side leg Push**
- **One Leg Push**

## **Beginner Phase 2**

- **Basic Turning**
  - **Forward Zig-zag**
  - **Pedal Turn**
  - **A-Frame Turn / A-Frame Break**
  - **Basic Jumping**
  - **Basic backward Skating**
  - **Introduction to Slalom**
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- Three horizontal red bars of varying lengths are located at the bottom left of the page.