



<b>Student Name:</b> _____	
<b>Instructor:</b> _____	
<b>Level Enrolled:</b> _____	
<b>Next session enroll in level:</b> _____	
<input type="checkbox"/> <b>Pass</b> <input type="checkbox"/> <b>Needs Improvement</b>	<b>Comments:</b>

<b>Adult 1</b>	Accomplished
A. Falling & recovery	
B. Forward strides & gliding	
C. Forward swizzles	
D. Backward skating	
E. Backward swizzles	
F. Forward one-foot glides; one time skater's height: R & L	
G. Two-foot turns in place	
H. Snowplow stops: R & L	
I. Forward curves on two feet	
J. Forward 1/2 swizzle pumps on a circle	

<b>Adult 2</b>	Accomplished
A. Forward stroking	
B. Backward 1/2 swizzle pumps on a circle: clockwise & counter clockwise	
C. Moving two-foot turns on a curve, both directions	
D. Forward edges on a circle: outside & inside, clockwise & counter clockwise	
E. Forward crossovers: clockwise & counter clockwise	
F. Backward one-foot glide: R or L	
G. Forward pivot	
H. Forward chasses on a circle	

<b>Adult 3</b>	Accomplished
A. Backward edges on a circle: outside & inside, clockwise & counter clockwise	
B. Backward crossovers: clockwise & counter clockwise	
C. Inside mohawk, either direction	
D. Basic forward outside & forward inside: consecutive edges (4-6)	
E. Forward progressives	
F. Beginning two-foot spin	
G. Backward snowplow stop	

<b>Adult 4</b>	Accomplished
A. Forward three-turns: outside & inside, R & L	
B. Perimeter stroking with crossover end patterns	
C. Forward outside to inside change of edge sequence	
D. Alternate backward crossovers with two-foot transition	
E. Footwork sequence: <ul style="list-style-type: none"> <li>• 3-5 forward crossovers to an inside mohawk,</li> <li>• 3-5 backward crossovers, step forward inside the circle and repeat</li> </ul>	
F. Power three turns, one direction only	
G. Backward Chasses on a circle	

**ADULT EVALUATION**