



GRADE 1

1. Skate forward across the rink without falling.
2. Stop without falling or use of barrier or wall.
3. Skate forward and glide on two feet touching your toes.
4. Forward skate pattern, ensuring equal use of both feet. The snake pattern should cover at least 15 metres.

GRADE 6

1. Turn from forwards to backwards using an inside heel to heel Mohawk in both directions.
2. Skate four continuous back outside edges on alternate feet with free leg extended to the front.
3. Starting on alternate feet: step forwards from a back outside edge: a) onto a forward outside edge. B) onto a forward inside edge.
4. Skate four continuous forward cross rolls, showing an understanding of the edges required.

GRADE 2

1. Skate forward on alternate feet stroking from the side of the foot.
2. Commencing on alternate foot skate in a straight line forward from a 'T' position, balancing on the skating foot for the minimum of three seconds with the free leg extended behind.
3. Skate forward on alternate feet then glide on two feet into the sitting position (little man) hips level with knees.
4. Push backwards for the wall/barrier and perform a backwards snake pattern ensuring equal use of both feet. (snake pattern should cover at least 10 metres).

GRADE 5

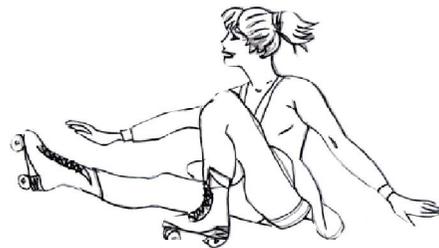
1. Skate continuous forward chasses linked with an inside edge in circle (corner steps of the glide waltz). a) to the left (anti-clockwise). b) to the right (clockwise).
2. Perform a change of edge demonstrating a full understanding of the edges skated. State starting edge.
3. Turn forwards to backwards on either foot and continue skating backwards on alternate feet.
4. Toe push (bunny hops) and mazurka jumps (toe assisted linking steps) on alternate feet.

GRADE 3

1. Push backwards from a wall/barrier and balance on alternate feet for a minimum of three seconds on each foot.
2. Push forward from a 'T' position on an outside edge with the free leg extended behind. a) on the right foot. B) on the left foot
3. Push forward from a 'T' position on an inside edge with the free leg extended behind. a) on the right foot. B) on the left foot.
4. Perform a jump on 2 feet. a) whilst stationary. b) whilst skating forward.

GRADE 4

1. Skate a forward progressive run movement in a circle, to the left (anti-clockwise) then to the right (clockwise).
2. Skate four continuous forward outside edges on alternate feet with the free leg extended behind.
3. Skate four continuous forward inside edges on alternate feet with the free leg extended behind.
4. Skate a forward arabesque on an out side curve with the free leg at least hip high.



Test candidates over 30 years of age may opt out of one element of their choice in each grade .

FARS, 10 The Broadway, Thatchem, Berkshire RG19 3JA | Email: office@fars.co.uk | Tel: 01635 877322