

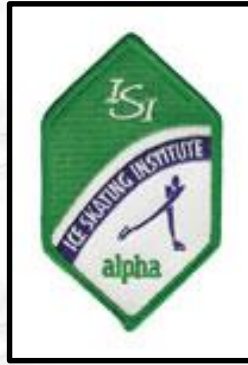
Pre-Alpha to Delta

These beginning-level tests are for skaters of all ages. This step-by-step progression of skills makes learning fun, and fast! Once the skater begins to build on the basics, the sky is the limit! It's important to master these skating "basics" before moving on to higher levels of achievement.



Pre-Alpha

Two-Foot Glide
One-Foot Glide (Right & Left)
Forward Swizzle
Backward Wiggle
Backward Swizzle



Alpha

Forward Stroking (6)
Forward Crossovers
(5 Right Foot over Left)
Forward Crossovers
(5 Left Foot over Right)
One-Foot Snowplow Stop



Beta

Backward Stroking (6)
Backward Crossovers
(5 Right Foot over Left)
Backward Crossovers
(5 Left Foot over Right)
T-Stop: Right Foot Outside Edge
T-Stop: Left Foot Outside Edge



Gamma

Right Forward Outside 3-Turn
(One Foot Turn)
Left Forward Outside 3-Turn
(One Foot Turn)
Right Forward Inside Open Mohawk Combination
Left Forward Inside Open Mohawk Combination
Hockey Stop



Delta

Right Forward Inside 3-Turn
(One Foot Turn)
Left Forward Inside 3-Turn
(One Foot Turn)
Forward Edges
(Forward Outside Edges & Forward Inside Edges)
Shoot-the-Duck or Lunge (choice of one)
Bunny Hop

After a few months of practice, you'll be able to show off your skating skills in a local ice show or exhibition. Any skater who can pass any level of ISI test is eligible and encouraged to participate in a local, district and/or ISI national competition event. These events are so much fun that many young people and adults alike come back year after year to participate, meet new friends and improve the new skills they've learned.

All ISI competition events encourage "participation, not elimination." Every skater in every event receives a medal or award, and all skaters receive team points to help their rink team's overall score.