

U. S. Figure Skating Basic Skills Program

Artistry in Motion (AIM) Curriculum



The new Artistry in Motion (AIM) program is designed to educate skaters on the basic principles and philosophy of choreography and style. The badge program will give them a foundation in basic body alignment, movement and line. Using this program will contribute to the training of the complete figure skater. Artistry in Motion praises the creative mind of every skater.

Requirements:

- Must have passed Basic 8
- Instructors must choose appropriate selections of music from the suggested list for each level
- Must use the AIM video and instructors manual, and follow the specific guidelines



Artistry in Motion 1

- Introduction to basic dance movement and terminology
- Introduction to rhythm/musical styles
- Eye focus, facial expression
- Basic head and arm movements
- Introduction to overall body awareness/levels
- Program construction



Artistry in Motion 2

- Introduction to classical music
- Introduction to correct upper body placement
- Development of port de bras (carriage of the arms)
- Utilization of basic dance movements in classical style
- Program mapping
- Demonstration of a compulsory program – To be choreographed by the skater, one minute in length



Artistry in Motion 3

- Introduction to jazz/contemporary music programs
- Development of lower body extension
 - Ina Bauer
 - Spread eagles
 - Unique spirals
 - Knee/body slides
- Footwork and edge work sequences into jumps
- Two spiral sequences (see manual for patterns)
- Music interpretation exercise



Artistry in Motion 4

- Development of artistic presentation in skating programs
- Advanced spins (see manual)
- Incorporation of body levels
- Footwork and edge work sequences to music to be choreographed by the skater – 20 steps each
- Demonstration of a program choreographed by the skater, music of skater's choice, 1-1 ½ minutes in length, to include elements from Freeskate 6 and below