

U. S. Figure Skating Basic Skills Program

Pairs Curriculum



The Pairs levels are designed so that when skaters graduate from Pairs 6, they have a strong foundation on which to build. Skaters should show good use of edges, basic degree of unison, basic skills mastered, basic spin positions acquired, single jumps learned with a partner and basic lifts. This can be used as a primer to the U.S. Figure Skating preliminary pairs test. Each pair shall consist of a female and a male. The candidates for the pairs curriculum should have passed at least Basic 8 or have the recommendation of the class instructor. The candidates in a pairs test shall have passed the preceding test with either the same or a different partner.

Each Pairs badge is divided into sections depending on the level:

- Hand Holds and Positions
- Moves in the Field
- Individual Spins
- Pair Spins
- Jumps Side By Side
- Lifts

PAIRS 1

Pairs 1

- Hold and position – basic hand-to-hand hold with a side-by-side position
- Advanced forward stroking side-by-side, both directions
- Advanced forward stroking side-by-side, both directions with a handhold
- Advanced forward crossovers in a figure 8 with a hand-to-hand hold, both directions
- Bunny hops side-by-side

PAIRS 2

Pairs 2

- Hold and position – basic Waltz hold and position
- Advanced backward crossovers to back outside edge, side by side, both directions
- Advanced backward crossovers to back outside edge, side by side, both directions with a handhold
- Advanced backward crossovers in a figure 8 with a hand-to-hand hold, both directions
- Waltz jumps side by side – from 2-3 backward crossovers

PAIRS 3

Pairs 3

- Hold and position – Kilian and reverse Kilian hold and position
- Continuous forward progressive chasse sequence, clockwise and counterclockwise
- Spirals:
 - One skater forward/one skater backward hand-to-hand hold
 - Skaters in Kilian position
- Circling pairs spin
- Two-foot spin, side by side
- Half flip jumps, side by side

PAIRS 4

Pairs 4

- Hold and position – open dance lift position with armpit grip
- Five-step Mohawk sequence
- Scratch spins (upright spin) side by side from backward crossovers, minimum of three revolutions
- Toe loops, side by side
- Waltz spin
- Waltz lift

PAIRS 5

Pairs 5

- Hold and position – waist lift position, one partner behind the other, and lift position, with hand-to-hand grip
- Pull spiral – male on back outside edge (back outside pivot option); Female in spiral outside or inside. One hand to one hand hold.
- Back scratch spin, side by side
- Flip jumps, side by side
- Upright spin in Kilian position
- Loop lift (waist lift position, one partner behind the other)

PAIRS 6

Pairs 6

- Pull spiral – Male on back outside edge (back outside pivot optional); Female in backward spiral outside. One hand to one hand hold.
- Sit spins side by side from backward crossovers, minimum of three revolutions
- Loop jumps, side by side
- Camel spin in Kilian position
- Lutz lift