U. S. Figure Skating Basic Skills Program

Synchronized Skating Curriculum



The Basic Skills Synchronized badge program is a fun introduction to the five basic elements

Circle
Wheel
Intersection/Transition
Line
Block



Synchro 1

- A. Circle forward pumps clockwise and counterclockwise, followed by a forward outside edge and a forward inside edge glide
- B. Line forward skating, covering the length of the ice, followed by a snowplow stop
- C. Block shoulder hold, forward skating, 10 steps in a simple block formation, followed by a snowplow stop
- D. Wheel "S" wheel or four spoke with back pumps
- E. Holds shoulder to shoulder, hand to hand



Synchro 2

- A. Circle containing two-foot turn from forward to backward and a forward outside and forward inside edge glide
- B. Line forward skating, with at least one forward crossover, R over L and one L over R
- C. Block forward skating including steps and turns from Basic 3-6
- D. Wheel four spoke or two spoke with backward skating
- E. Intersection one line forward intersection; two-foot glide at point of intersection
- F. Transitions a wheel and circle



Synchro 3

- A. Circle a circle that contains a forward inside Mohawk and a forward outside three-turn
- B. Line includes the step sequence from instructors manual
- C. Block two configurations
- D. Wheel parallel wheel or two spoke if there are not enough skaters
- E. Intersection one line forward intersection with a one-foot glide at the point of intersection
- F. Transitions circle and line, line and intersection



Synchro 4

- A. Circle a circle that includes the combination move (element C) from Basic 8
- B. Line a line including both forward and backward skating
- C. Block -a block with at least two configurations and steps from Basic 3-8
- D. Wheel wheel of choice
- E. Intersection forward with a forward lunge
- F. Transition combine at least three elements