

Aspire Skills

Level 1 Curriculum

- 1. Forward inside open mohawk from a standstill**
- 2. Forward inside three-turn (R and L)**
- 3. One-foot spin (USp), optional free leg and entry position (2-4 revolutions)**
- 4. T-stops (R and L)**
- 5. Bunny hop**
- 6. Forward spiral on a straight line (R and L)**
- 7. Landing position gliding on a circle (R and L)**
- 8. Backward outside edge to forward outside edge transition on a circle (R and L)**
- 9. Backward inside pivots**
- 10. Waltz Jump**
- 11. Half Flip Jump**
- 12. Half Lutz Jump**
- 13. Waltz Jump-Waltz Jump Sequence**

