











NATIONAL ICE SKATING ASSOCIATION Harvie's runs group lessons every Saturday called Skate UK
About Skate UK

Skate UK is NISA's flagship learn-to-skate programme for beginners of all ages that teaches the fundamental movements and basic skills. The programme emphasises fun and continuous movement and is taught in a group lesson format; Skate UK is taught by licensed NISA coaches and can be assisted by trained Programme Assistants. The learn-to-skate programme is separated into two sections: Skate UK and Skate UK Star. Skate UK Broken down into 10 stages, Skate UK introduces skaters to the principles of "skating", in a group format. The aim is to promote all skaters through the NISA system of training in a seamless manner and to encourage and identify "talented skaters", so that they are fast-tracked through the system. Badges, are available to purchase for all levels from the committee.

<ul style="list-style-type: none"> • Sit and Stand on the ice • Moving Forward (Basic Skating) • Two-Foot Glide and Dip • Stepping Around on the Spot 	
<ul style="list-style-type: none"> • Moving Backward • ½ Snowplough or Full Snowplough Stop • Forward Skating • Two-Foot Glide on a Curve 	
<ul style="list-style-type: none"> • Forward One-Foot Glide (straight line) • Two-Foot Jump Skating Forward • Forward & backward Sculling • One-Foot Glide on a Curve – Inside Edge (L & R) 	
<ul style="list-style-type: none"> • One-Foot Glide on a Curve – Outside Edge (L & R) • Backward Skating and a Two-Foot Glide • Skating Forward and Turning to Backward (vice-versa) • Continuous Forward Chassés around a Circle 	
<ul style="list-style-type: none"> • Forward Crossovers in both Directions • Backward Snowplough Stop • Backward One-Foot Glide • Two-Foot Spin (one revolution) 	
<ul style="list-style-type: none"> • Continuous Backward Chassés around Circle • Forward Two-Foot Slalom • Forward Outside 3-Turn • Backward Skating – Stepping Forward in both Directions 	
<ul style="list-style-type: none"> • Backward Crossovers in both Directions • Forward Inside Three-Turn • Continuous Forward Outside Curves • Continuous Forward Inside Curves 	






<ul style="list-style-type: none"> • Forward Inside Mohawk (L & R) • Two Backward Crossovers followed by Sustained Backward Outside Curve for a count of 3 • Two-Foot Change on Edge on a large Curve • Forward Drag 	
<ul style="list-style-type: none"> • Forward Beginner Cross-rolls • Bunny Hop • Backward Edges (both Feet & both Edges) • Two Backward Crossovers followed by Sustained Backward Inside Curve for a count of 3 	
<ul style="list-style-type: none"> • Forward Crossovers in a Figure Eight Pattern • Backward Crossovers in a Figure Eight Pattern • Two-Glide in a Spiralling Curve • Simple Step Sequence 	

Skate UK Star is the next stage of a skater's development, upon completion of all ten levels in Skate UK. It is segregated into four skating disciplines: Singles, Ice Dance, Synchronized and Short Track Speed, with each comprising three levels, Bronze, Silver and Gold. Your NISA Licensed Coach will be able to help decide which discipline is best for you.

The programme comes with an accompanying booklet (known as the Skate UK Star Registration Document) that can be purchased at the club see the committee for information.

Single Skating Progression Chart

<ol style="list-style-type: none"> 1. Forward Spiral on either foot with flow. 2. Bunny-Hop into a Forward Drag. 3. Two-Foot Spin (min 3 revolutions) 4. Three Jump (Waltz Jump) 	
<ol style="list-style-type: none"> 1. Backward Spiral on either foot. 2. One-Foot Spin (min 2 revolutions) 3. Teapot on either foot, (forwards or backwards) 4. Single Salchow Jump 	
<ol style="list-style-type: none"> 1. Backward outside One-Foot Spin (min. one revolution) 2. One-Foot spin with correct entry and one-foot exit, (min 4 revolutions) 3. Single Toe-Loop Jump 4. Combination of skating movements, turns, spins and jumps in a short routine with or without music, max 1 min 30 	

What's next?

Upon completion of the Gold Level in Skate UK Star skaters may wish to continue their skating development by entering the NISA National Tests. Your NISA Licensed Coach will be able to talk to you more about what this entails.

When you are ready to take the National Tests you will need to become a NISA member (you will also need to become a NISA member if you want to enter any UK competitions) which you can do by downloading the application form from the NISA members section. Here you will also find the application form for applying for tests, which can be sent in at the same time as you apply for membership. Remember when you apply for your first level of National Tests to include your Registration Document, signed by your NISA Licensed Coach, to show you have passed the Gold level of Skate UK Star. This will be returned to you as soon as it has been checked by the NISA office.