

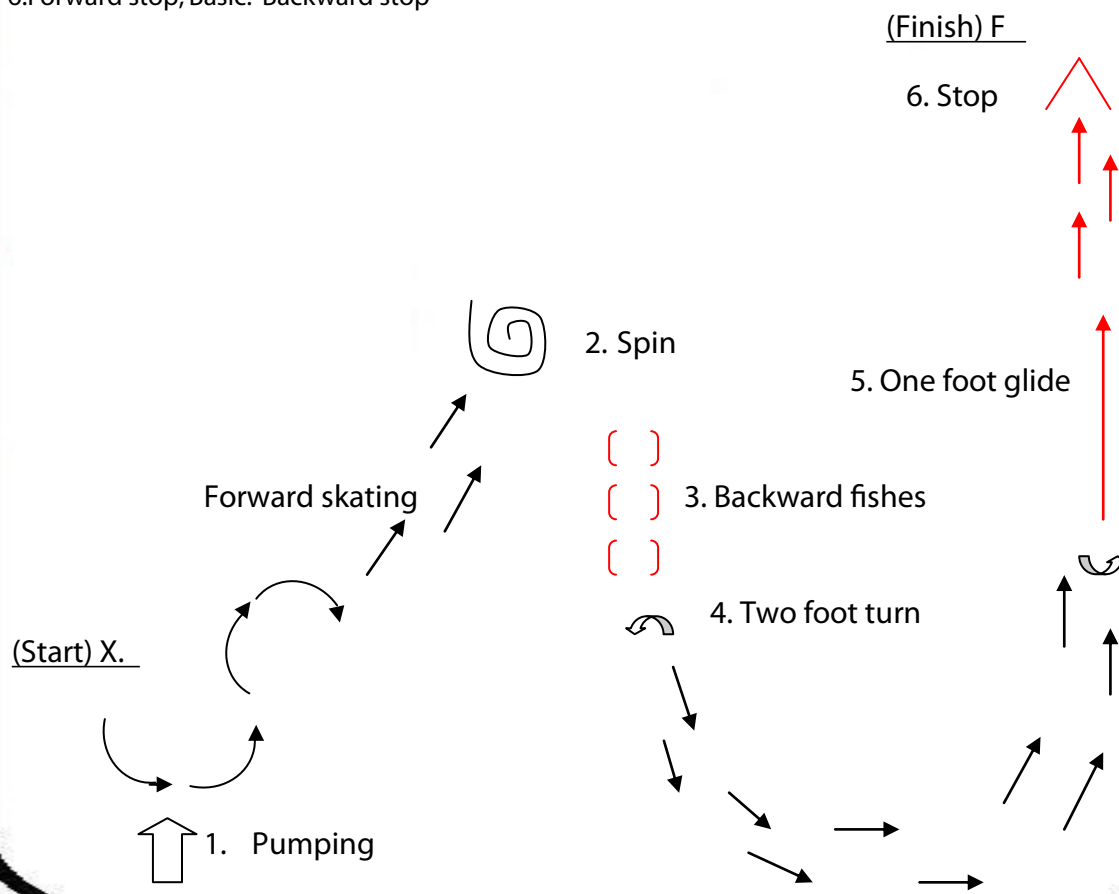


Grandstand

K iwi Skate Elementary -Basic level competition Routine

ELEMENTARY / BASIC

- 1.4-6 Forward choice of pumping or forward fishes Basic: 4-6 choice of Forward pumping or crossovers
- 2. Two foot spin
- 3. Back "C" pushes or back fishes
- 4. Two foot turn Elementary: Forward to backward Basic: Forward to backward & back to Forward
- 5. Elementary: Forward one foot glide; Basic: Backward one foot glide
- 6. Forward stop; Basic: Backward stop



Legend

Forward	→	Turn	↪	Fishes	()	Spin	⊗	Backwards	↖
Start	X	Finish	F						

*Although steps and skills are exact the diagram is an illustration only and not a set pattern

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