

PAIRS

Pairs skating is performed in unison by partners. The key to pairs skating is exact timing in unison. Whether the partners are together or apart, their movements should be synchronized with matching body lines, gestures and skating skills.

The Pairs 1-4 levels are designed to introduce skaters to the foundational principles of unison, in shadow or mirror, using basic free skating skills. The pairs levels are also designed to encourage skaters to learn and enjoy skills that will prepare them for pairs, ice dance or synchronized team skating. Lifts and throws are not required in the Pairs curriculum.

- Each pair can consist of two skaters of the same or different gender.
- The candidates for the Pairs levels should have passed at least Basic 6 or have the recommendation of the class instructor.

Each Pairs level is divided into sections to include the following foundational skills:

- Hand holds and positions
- Moves in the field skills
- Side-by-side spin skills
- Pair spin skills
- Side-by-side jump skills

PAIRS 1

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A	Hold and position: basic hand-to-hand hold with a side-by-side position
B	Advanced forward stroking side-by-side, both directions with no hand hold
C	Advanced forward stroking side-by-side both directions with a hand-to-hand hold with a side-by-side position
D	Advanced forward crossovers in a figure eight with a hand-to-hand hold (both directions)
E	Forward inside pivots, side-by-side
F	Bunny hops, side-by-side

PAIRS 3

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A	Hold and position: kilian and reverse kilian
B	Continuous forward progression chasse sequence, clockwise and counterclockwise
C	Forward outside and inside basic edges in shadow or mirror
D	Spiral – one skater forward/one skater backward with hand-to-hand hold
E	Circling pairs spin
F	Salchow (1S) jumps, side-by-side

PAIRS 2

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A	Hold and position: basic waltz hold and position
B	Advanced backward crossovers to back outside edge, side-by-side, both directions
C	Advanced backward crossovers to back outside edge, side-by-side, both directions with a hand hold
D	Advanced backward crossovers in a figure eight, with a hand-to-hand hold (both directions)
E	Two-foot spins, side-by-side (min. 2 revolutions)
F	Waltz (1Wz) jumps, side-by-side from 2-3 backward crossovers

PAIRS 4

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A	Hold and position: open dance lift position with armpit grip
B	Backward basic outside edges in shadow or mirror
C	Spiral – skaters in kilian hold and position
D	Waltz spin
E	Scratch spins (upright one-foot spin) (USp), side-by-side from backward crossovers (min. 2 revolutions)
F	Toe loop (1T) jumps, side-by-side