




BALANCE

NOTES

<div><div>CANSKATE</div></div> <div>BALANCE</div>		STAGE 1					STAGE 2					STAGE 3					STAGE 4				
		Fall down & get up					Fwd push/glide sequence					Fwd 2-ft glide					Fwd 2-ft sit glide				
		4/4 RIBBON					Fwd 2-ft sculling					Fwd 2-ft to 1-ft glide □ R □ L					Fwd push/glide sequence				
		Fwd 1-ft glide with speed □ R □ L					4/4 RIBBON					Fwd stationary blade push (T, V or L) □ R □ L					Fwd 2-ft slalom				
		Fwd circle thrusts □ CW □ CCW					Walking crosscuts □ R □ L					Fwd 2-ft to 1-ft curve glide □ R □ L					5/5 RIBBON				
		Fwd crosscuts □ CW □ CCW					FI slalom					FO slalom					Fwd drag				
		Fwd spiral					Drop-down drill					Fwd "V" start					5/7 RIBBON				
1																					
2																					
3																					
4																					
5																					
6																					
7																					
8																					
9																					
10																					

