

# Welcome to the Robert Unger School of Ice Skating

Over the next several weeks, your instructor will introduce you to the skills required to enjoy this sport in a healthy, fun, and safe environment. Please note that it may take more than one or two terms to pass a particular skill level. As soon as the skater is ready, we'll move them up to the next level -- please trust our judgment to do this when the time is right. Practice outside of class is necessary to improve skating skills. One pair of socks should be worn (not two), and the skates should fit snugly, in order to lend the proper support. Lace the skates all the way to the top, including hooks. Gloves or mittens and a helmet, toboggan, or heavy headband are recommended for younger children.



## TOT SKILLS

### TOT 1

Proper Way to Fall  
(on bottom, keeping hands off ice)



Proper Way to Get Up  
(puppy/cat position, push up; 3 times)

Marching In Standing Position  
(lift alternating feet 3 times, stand still; repeat 3 times)

Marching While Moving  
(march then glide on two feet; 5 times)

### TOT 3

Push-and-Glide Stroking  
(from standing position, bend knees and push and glide on one foot for at least one foot length; 6 strokes with glide in-between)



Preparation for Snowplow Stop  
(from standing position, scrape ice with one blade to the side, creating snow; 3 times; repeat on other foot)

Dip or Teapot  
(glide with knees bent, hips just above knees; hold for count of 5)

Forward Swizzle  
(3 forward swizzles with two-foot glide in-between equal to one foot)

### TOT 2

Two-foot Jump In Place  
(bend, jump up, land, bend knees; 3 times)



Forward Swizzle Standing Still  
(heels in V position, then toes together; repeat 3 times)

Single Swizzle  
(same as above, but push forward and pull toes together, with steps in-between; 3 times)

Beginning Two-Foot Glide  
(glide on two feet for distance equal to skater's height after 3 steps)

### TOT 4

T Position and Push -- Right & Left  
(push from inside edge of back foot and glide on forward foot in a straight line for distance equal to skater's height)



Three Backward Swizzles  
(begin with toes together and knees bent, push out, bring heels back together in V position; repeat 3 times)

Backward Wiggle  
(standing, feet no more apart than hips, knees bent, wiggle hips quickly, move backward for distance equal to skater's height)

Snowplow Stop  
(make complete stop with good balance using inside edge of one or both blades; stay for count of 3)

### POSTURE RULES -- ALL LEVELS

Back Straight (Head Up)  
Arms Out to Sides

Hands Facing Down  
Knees & Ankles Bent

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### BECOME AN ISI MEMBER!

Robert Unger was a pioneer in the international **Ice Skating Institute's** learn-to-skate program, and we continue to build on that highly respected reputation. We encourage you to become a member of ISI. Forms are available at the main entrance.