

Tot 1	Tot 2	Tot 3
<ul style="list-style-type: none"> • Proper way to fall • Proper way to get up • Marching in Standing position • Marching while moving 	<ul style="list-style-type: none"> • Two-foot jump in place • Forward Swizzle standing still • Single Swizzle • Beginning 2-foot glide 	<ul style="list-style-type: none"> • Push and glide stroking • Prep for snowplow stop • Dip • Forward swizzle
Tot 4		Pre-Alpha
<ul style="list-style-type: none"> • T-position and Push (R&L) • Backward Swizzle • Two-foot or One-foot snowplow stop • Backward wiggle 	<p style="font-size: 2em; font-weight: bold; margin: 0;"><i>ISI</i></p> <p style="font-size: 1.5em; font-weight: bold; margin: 0;"><i>Learn-to-Skate Program</i></p>	<ul style="list-style-type: none"> • Two-foot glide (distance equal to skater's height) • One-foot glide (distance equal to skater's height) (R&L) • Forward swizzle (3 in-out; distance equal to skater's height) • Backward wiggle (4 zigzags; distance equal to skater's height) • Backward swizzle (3 in-out; distance equal to skater's height)

Alpha	Beta
<ul style="list-style-type: none"> • Forward stroking • Forward crossovers - right foot over left • Forward crossovers - left foot over right • One foot snowplow stop 	<ul style="list-style-type: none"> • Backward stroking • Backward crossover - right foot over left • Backward crossover - left foot over right • T-stop - right foot outside edge • T-stop - left foot outside edge
Gamma	Delta
<ul style="list-style-type: none"> • RFO 3-turn (one foot turn) • LFO 3-turn • RFI open mohawk combination sequence <ul style="list-style-type: none"> • From right T-position do 3 strokes • RFI open mohawk • RBO glide • Stepforward to LFO • LFI open mohawk combination sequence • Hockey stop 	<ul style="list-style-type: none"> • RFI 3-turn • LFI 3-turn • Forward Edges (four semicircles each) FO, FI • Choice of one <ul style="list-style-type: none"> • Shoot the duck • Lunge • Bunny hop

ISI Tots and **Basic Skills** are programs of the Ice Skating Institute (ISI). ISI may be contacted at 972-735-8800. These programs are detailed in the "Skaters and Coaches Handbook", 1998 ed.

This chart available from Don Korte; 810-230-9536 or www.sk8stuff.com