

LEARN TO SKATE USA

National Off-Ice AIM Trilogy of Movement Class

Learning the trilogy of movement (artistry, body and choreography) is the building block for future performances at any level. Artistry in Motion has created an off-ice program that will teach the basics of dance movement that can easily be taken onto the ice to enhance performances. We invite you to move with us and then take it to the ice!

WARM UP THE BODY FROM HEAD TO TOE

(slow, deliberate movements)

1. Neck rolls: eight each direction (start looking down at the chin and then roll the neck clockwise/ counterclockwise; roll both halfway and full circles)
2. Shoulder rolls: eight each forward and backward (arms should be down by the side; one shoulder at a time and both together)
3. Wrist rolls: eight each direction (arms should be down by the side; one wrist at a time and both together)
4. Arm circles: eight each direction (one at a time and both together)
5. Trunk twists: eight each side (stand with the feet hip-width apart, twisting at the waist, twist the torso side-to-side)
6. Trunk rolls: eight each direction
7. Hip isolations: eight each side (one side first and then back and forth)
8. Hip rolls: eight each direction
9. Knee rolls: eight each direction
10. Ankle rotations: eight each direction (balance on one foot, then roll the free ankle in clockwise/ counterclockwise circles)

ISOLATIONS

(take the warm-up and do to music)

- The warm-up exercises should be set to music to work on counting and moving to different rhythm and styles
- Begin combining body parts (i.e., knee rolls and hip rolls, torso rolls with shoulders, etc.)
- Create a combination of movement

BALANCE EXERCISES

(arms and feet positions and leg height should vary)

1. Demi plie and plie
2. Standing on one leg: start with heels together and toes pointed out; shift body weight with most of the body weight on the balls of the feet but with heels down; lift left leg off ground, knee slightly pointed out and foot in front of right ankle (hold for 10 seconds and switch feet)
3. Stand on one foot and point and flex 10 times (both feet)
4. Balance on one foot with leg extended to the front (hold still for 10 seconds)
5. Balance on one foot with leg extended to the side (hold still for 10 seconds)
6. Balance on one foot with leg extended to the back (spiral position; hold still for 10 seconds)
7. Standing split (body pitches forward as one leg passes and hands touch the floor; hold still for 10 seconds)
8. Attitude position

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