



LONDON•SKATE•LIFE

In skating there is no consolidated guide to levels like you would find in martial arts or language schools, which clarifies duration and minimum/maximum content of each level of skating. Each skate school follows its own pattern, for this reason we present our own guide based on the parameters that we consider adequate for each student to comprehend their current level.

Our method is called: **Learn to Skate Path**. This guide will help the student to acquire knowledge in classes and practice the adequate exercises at each level.

FundamentalS are the core of the learning path from Low Experience (Beginner) in skates until Expert Level. Our instructors will guide you level by level to reach each solid LStage. Teaching basic and general techniques. *First Timer is considered as No Experience and we require you to pass a Level Test to come to our monthly courses. We also have private lessons to help you achieve Beginner Level.*

- LStage 1: Beginner
- LStage 2: Intermediate*
- LStage 3: Advanced
- LStage 4: Expert

We teach how to skate from the very lowest level known as First Timer. If you are in this level, as a student you require a 1:1 ratio so group class is not an option. We only offer private lessons in order to achieve the Beginner LStage 1.

LondonSkateLife considers the difference between students to be very large and to try to classify the students by barely employing 4 LStages which are each divided into 2 levels, giving a total of 8 levels and 4 LStages, is audacious and imprecise. Even still we need a specific classification method in order to allow our students to evaluate and locate their current level, and the level they should be aiming for.

Each group encompasses a stage which in turn contains 2 levels to consolidate the differences between students given that not everyone learns at the same speed and the overall skated hours between students are different. These two levels by stage are: 1. Rookie: Just arrive to the group, less hours per week of training or classes (lower level) and 2. Pro: More time in the group, more hours per week of training or classes, higher level. Available to pass to the next LStage by the Tests.

LSPath Categories:

Learn to Skate Path is a guide that allows the student themselves to control their own learning through levels of difficulty and stages. The student controls their own learning, not the instructor who is only there to guide it. It is built on the PCTS Scheme (Push, Cruise, Turn and Stop) that integrates the category of (Balance and Stance) Explained from the third page. And SpecialS is part of our category structure that groups all the tricks that stay out of the scheme, like Jumps, Skatepark, UrbanTricks, Steps, Slalom, Slides, speedskating, Rollerdance... They are focused on specific skating disciplines that are not essentials to the skating technique but these are an extra to develop and understand in particular each discipline like FreestyleSlalom, Slides or Skatepark, Steps, Street, Speed... Just a few instructors are able to teach these SpecialS and the price and ratio are different from the fundamentalS. **Level required: LStage 2: Intermediate.*

In order to guarantee the correct Reliability and Validity to measure adequately we have established our Evaluation Terms (Base, Time and Exam) which facilitates the students understanding of their current level and the level they should be aiming for.

Base: Minimum requirements that you need to qualify for the level in question. We assume that you have the minimum base, where we find this to be untrue we will ask you to go to a lower level. Normally we use the test as a base in more advanced levels, since this guarantees the correct acquisition of the required level.

Time: Approximate time it will take you to reach the next stage. Time is relative and depends on the level with which you arrived at the stage, be it a lower or higher level, it depends on training hours outside the class, on the type of skates you have, on whether you suffer an injury or fear that will delay your progression, on how many weekly classes you take, and finally on how many hours on skates the student has. We recommend 2 hours of classes each week in order to adequately advance your learning or to take private lessons in order to boost or go over specific exercises. The second hour does not have to be in our classes, but this is recommended given that the simple act of going to classes is an adequate routine and progression.

Exam: This is a test that proves that the student has acquired competencies. In classes, we will teach tricks that do not appear in the exam, for this reason, classes are not based around the exam but do prepare the student for it. We always encourage and motivate the student to practice by themselves, with other students, or by taking private classes for reinforcement to reach the next stage. In order to pass the exam, the student compiles a video and send it to our email showing that they have passed all of the tests. LondonSkateLife has facilitated the video of each test given by our instructors below.

Push: Increase your Speed. Which will boost your top speed, resistance and capacity to sprint with minimal effort.

Cruise: Keep your Speed. Which will allow you to enjoy your ride, the views, chat with others, take videos and have fun.

Turn: Change your Direction. Which will improve your capacity to manoeuvre and your fluidity.

Stop: Reduce your Speed. Which will allow you to develop your confidence and skill in other categories.

Skating can be summarised by these four parameters that are intrinsically connected: 1. Knowing how to reduce your speed (**STOP**), 2. Knowing how to change your direction (**TURN**), 3. Knowing how to accelerate (**PUSH**) and 4. Hold your speed to enjoy the ride (**CRUISE**). You cannot learn to brake without knowing how to accelerate, but you cannot learn to accelerate without knowing how to brake as this is where you encounter falls and fears due to excess velocity without control. Of course, even with knowing how to accelerate and brake, every skater should know how to turn in order to choose which path to take or which obstacle to avoid. At LondonSkateLife we give a maximal priority to knowing how to brake because knowing how to break is the key to developing a safe and confident skating technique permitting the acquisition of other, perhaps more advanced, skating techniques.

The Common Essence to these 4 Categories are the 2 partners: Balance and Stance

Balance (Unconscious control of the Body Shape): We measure equilibrium as the distance and time that you may travel maintaining a certain exercise on skates while controlling your body. (Unconscious: Bodily control and weight distribution on skates) Stance and Balance are extremely related categories: Both show the body's action when skating. Comprehending skating without the participation of the body will not help to learn to skate. To explain this quickly, Balance is a result of practice and Stance in itself is the theory – they go hand in hand. It could be said that Balance comes as standard within you, although it can be improved and it can be lost because it depends on how strong your muscles are and your practice of certain movements, in psychological terms – balance is unconscious.

Stance (Conscious control of the Body Shape): On the other hand, Stance is the theory put into practice through bodily posture. It is a conscious process. Is made up of the bodies participating in the sport of skating. Comprehending how the body is positioned and what role it has while skating is fundamental for developing any type of skating. To be conscious of where to place bodyweight, vision, arms, shoulders, and how the knees should be bent in order to create a correct stance on skates. Through different postures, which have their respective names, you will slowly acquire an overall comprehension of skating. Conscious of body placement and comprehension of movement.

Specials: Made up of exercises that are not unlocked through the general skating scheme PCTS, for example: going downstairs, falls, kerbs, jumps, slides*, ramps, slalom, urban skating. Throughout our courses we offer Specials but we also specialised courses for these specific exercises alone. We provide SpecialLS classes.

LSL Rule: *Lower Stance (Keep your gravity centre lower. BEND YOUR KNEES)*

Slower movements (Train your exercises as slow you can to strengthen your muscles and understand the movement)

Longer Scissors: Get a right and safe based on one skate always first and another as second in the line of scissors. Please not be too wide, keep it narrow.

Examples: The Driver Stance is the scissors with the weight on the heels and its weight leg distribution is 35% weight (first leg-skate), and 65% weight (second leg-skate) We use it for riding forwards steps, twigs, cables, road bumps, turn and heel brake. The Archer Stance is the scissors with the weight on the toes and its weight leg distribution is 65% weight (first leg-skate), and 35% weight held (second leg-skate) We use it for skating backwards, T-Stop and Advanced Turns.

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