

# LS STAGE 1



## BEGINNER

The Level after a First Timer who has no experience on skates, is the Beginner Level. We consider 2 levels inside Beginner LStage 1. Roller Skates and Rollerblades are both welcome.

**L1-Rookie:** I have skated a few times, I have practised other sports. I have never skated in the street; I have only skated in the park.

**L2-Pro:** I have been in the group for a month and I am able to skate, turn and brake at the speed of a pedestrian. I have skated in the street but with help.

**Base:** I can prove that I pass A-Exam:

**A1- Push 16 strides without falling or stopping**

**A2- Turn between 4 cones doing Fish or Snake (80cm length gap)**

**A3- Balance for 2 metres on 1 skate (natural leg)**

**A4- Reduce speed after 8 strides**

**A5- Circuit 1: Push 4 strides, fall and stand up, step up**

What will I learn how to do and how long will it take:

**Time:** 1-4 months

**Push:** We will combine ever-larger strides on skates, which will begin to move almost by themselves, and more so high-quality skates. We will help you to propel yourself using lemons and techniques that do not require you to lift your skates and strides using both legs at the right time and moment. And lemons – not only when skating forwards.

**Cruise:** Roll for more than 20m natural leg, 10m switch and 2m in one leg. We will descend your first kerb and grassy downhill with you, we'll take off from the ground and skate on surfaces that will challenge you.

**Turn:** By using basic turns and A-turns, we will help you to dodge immobile obstacles like lampposts, trees or passers-by – who will appear to be immobile to you, travelling at speed.

**Stop:** Our priority will be to reduce speed. We will use basic stops like the heel break or plow to understand the stop and we will focus on the L-Stop (1 step away from the T-brake).

**Stance:** We will prioritise the importance of the body when skating.

**Balance:** We will practice each posture in motion, improving the stability of each leg and even only one foot, or only 5 wheels touching the ground.

**Do's & Dont's:** Reach better top speed. Don't use your heel brake much. Practice L-Stop, Don't put too many Notes, Work on the B-Exam. Don't try downhills that you are scared of.

**What groups can I join:**

Furthermore, we recommend you take private classes to improve your technique and advance faster. Since you are already in a group, meeting up with other students will improve your friendship and level.

*You have a large variety of groups that you can join. Available Groups are updated in the Group Classes Menu (See FundamentaLS Timetable)*