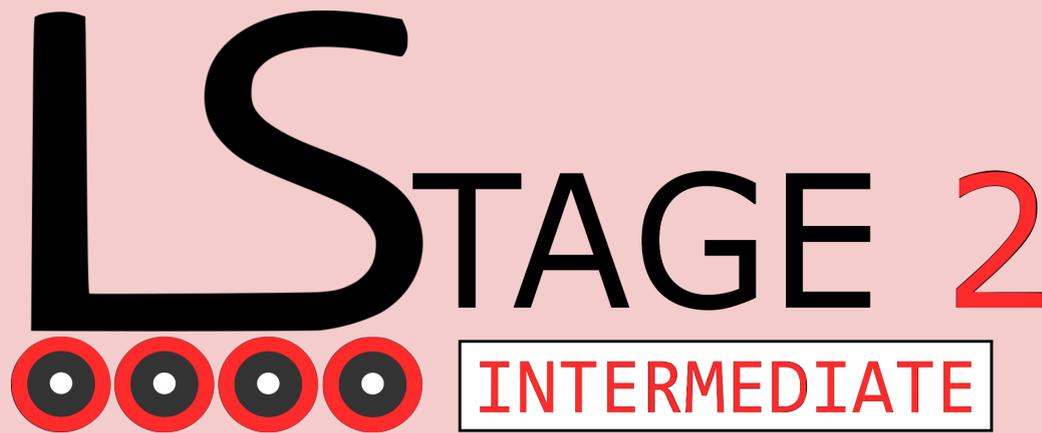


LS STAGE 2



INTERMEDIATE

L3-Rookie: I know how to propel myself when skating forwards, I can turn more-or-less although without much speed. I skate in the street although I won't go out onto the road. I know how to mount and dismount a kerb when rolling. I won't skate on the road without my heel brake.

L4-Pro: I skate on the road without my heel brake, I combine skating on the pavement and on the road, although I only use the T-brake to stop.

Base: *I prove I can pass B-Exam*

B1- Remove Heel Brake and send track of Sunday Stroll Completed

B2- Roll backwards 10m

B3- Roll down two steps

B4- Skate down the Bluebirds Boats hill using L-Stop to reduce your speed

B5- PTS Circuit 2: Skate between obstacles while you combine multiple strides, basic turns and T-Stop

B6- Roll 5m on 2 wheels (heel and toe or toe-toe) and make turns

B7- Jump one cone

B8- Slalom: 10 Fish-cones, 6 crossing and 4 cones at 1 foot (80cm length gap)

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

Time: 6-18 months

Push: We will use our body to propel ourselves without much effort, with speed techniques for large and maintained strides, understanding the use of edges and crossover for increasing our speed. And sidewinding crossover techniques when skating backwards.

Turn: We will control closed turns, making space for advanced turns in archer and in parallel. Learning more advanced control techniques for weight and use of edges, for example carving in downhills.

Stop: We will learn to control our skates at higher speeds on flat surfaces and downhills. We will tackle the second phase of the T-Stop (Accordion), and due to many of the classes being in the street, we will go straight to the action with combinations of T-Stops, emergency brakes and internal edge slides like the Powerslide and the Soul Slide. We invite you take our specialS: Stops and Slides classes to improve in this category.

Stance: We will dominate the use of our gaze and arms to direct our skating and we will focus more on dominating both legs which we will call Natural and Switch.

Balance: We will understand how to place our skates on external and internal edges to better and longer maintain our equilibrium, to skate with only 2 wheels, or maintain more time and distance on only one skate. Specials: We will practice height and distance jumps, which are fundamental in urban skating. We will learn a bit of slalom, we will begin to look at skating backwards, as such we will practice transitions, reduction of speed, propulsion and turns. We will roll down more than 1 consecutive stair, and slide down ramps. We invite you to take specialS: Slalom or Stops and Slides to improve in this category.

Bonus: LSRoll is a FREE activity for all our students. This will be announced in our newsletter and we will be based on the same route on the street, with spots to practice and rest.

Do's & Dont's: Practice 1 leg balance. Don't use your natural T-Stop all the time. Practice Switch T-Stop and other ways to stop like slides, Don't stop because its hard the first day,, Work on the B-exam in Switch and C-Exam

What groups can I join:

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