

# LS STAGE 3



**ADVANCED**

**L5: Rookie:** *I skate well in the street, faster than pedestrians but I find it difficult to slide in the street. I won't go out onto the road alone. I can skate backwards in the street.*

**L6: Pro:** *My goal is to be able to skate confidently in any environment, be it the street, road, stairs, slides, jumps or ramps. Also, students who want to become Instructors.*

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

**C1- Complete any advanced LondonNightSkate: Wednesday or Friday**

**C2- Roll backwards down a hill of grass**

**C3- Ride 3 stairs backwards**

**C4- Slalom 5 cones in Criss-Cross and 8 cones in 1 foot (80cm length gap)**

**C5- PTS Circuit 3: Skate between obstacles while you combine long strides, advanced Turns and switch T-Stop**

**C6- T-Stop and Soul slide down the Wellington Arch metro ramp**

**C7- Jump up 3 stairs or 2 litre bottle**

**C8- Powerslide for more than 2 meters (dry surface)**

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

**Time:** The time depends on if the students train the recommended hours (6 per week) (Average: 12-36 months)

**Push:** Race skating and hockey cross, urban skating with weight in heels and sidewinding (1 foot: stop and go), drafting, double push, maintenance of speed with drafting and sprints and when skating backwards we will focus on crossovers and maintaining at high speeds.

**Turn:** We will improve our precision in crossovers using both feet, closed and narrow turns, we will develop both transitions and turns when skating backwards, transitions without lifting our feet (sidewinding), spins (twirl).

**Stop:** We will learn to skate without needing the T-Stop, we will only use it when skating backwards. Dominating new stops without using all of our wheels, 5-wheel slides, internal and external edge and slides with both feet like magic or introduction to parallel. We invite you to take specialS: Stops and Slides classes to improve in this category.

**Stance:** We will practice all of the stances of the previous stages in the switch. We will work on flexibility and strength for predetermined tricks.

**Balance:** We will practice spinning on two wheels and 'wheeling' exercises, control of natural and switch on 1 foot when skating backwards and forwards on both edges. Specials: We will develop tricks called 'micro skating' and crazy legs like medspine, 0 spin and grabs, whirlwind, combined jumps (180, 360 and height and distance jumps with the use of a ramp), seated jumps, machine gun and Le Corve. We will improve our slalom abilities, downhill speed maintenance techniques (with technical stops) and Freeskate.

**Do's & Don't's:** Reach better top speed on backwards. Don't use your natural leg to Stop or Slide. Meet Classmates and Practice, Don't go home after work or take the tube or bus, SKATE. Work on the C-Exam in Switch and the natural D-Exam

What groups can I join:

You can find the updated group list on the website drop menu: Group Classes: FundamentaLS or SpecialS Timetable

Given the level of difficulty and therefore the higher level of difficulty to teach, there are few instructors and groups available for this level. [Link Here.](#)

In this level, the degree of training by the student is expectedly even more extreme than any of the other stages. We always motivate the student to take private classes, but in this stage what we recommend is training at least 2 days extra on top of class time (3 weekly training days overall).

(If you are using roller skates, we can recommend you another clubs to learn Advanced Level)