

Canskate Challenge - List of Elements

Stage 1	Snow slide steps	Fwd push/glide sequence	2-ft jump	Bwd 2-ft skating/walking
Stage 2	Fwd stop	Fwd 2-ft sculling	Fwd 2-ft turn (CW or CCW – skater's choice)	Bwd 2-ft glide
Stage 3	Fwd circle thrusts (CW or CCW – skater's choice)	Bwd 2-ft jump	2-ft quick turn fwd to bwd and bwd to fwd (CW or CCW – skater's choice)	Bwd 2-ft sculling
Stage 4	Bwd circle thrusts (CW or CCW - skater's choice)	Bwd 360° step turn (CW or CCW - skater's choice)	2-ft jump fwd to bwd and bwd to fwd* (CW or CCW - skater's choice)	Fwd inside slalom
Stage 5	Fwd 2-ft side stop (CW or CCW - skater's choice)	Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)	Fwd power jump	Fwd crosscuts - figure-8
Stage 6	Fwd 1-ft side stop (L or R - skater's choice)	Bwd perimeter skating with crosscuts (CW or CCW - determined by draw)	Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)	Fwd outside edges