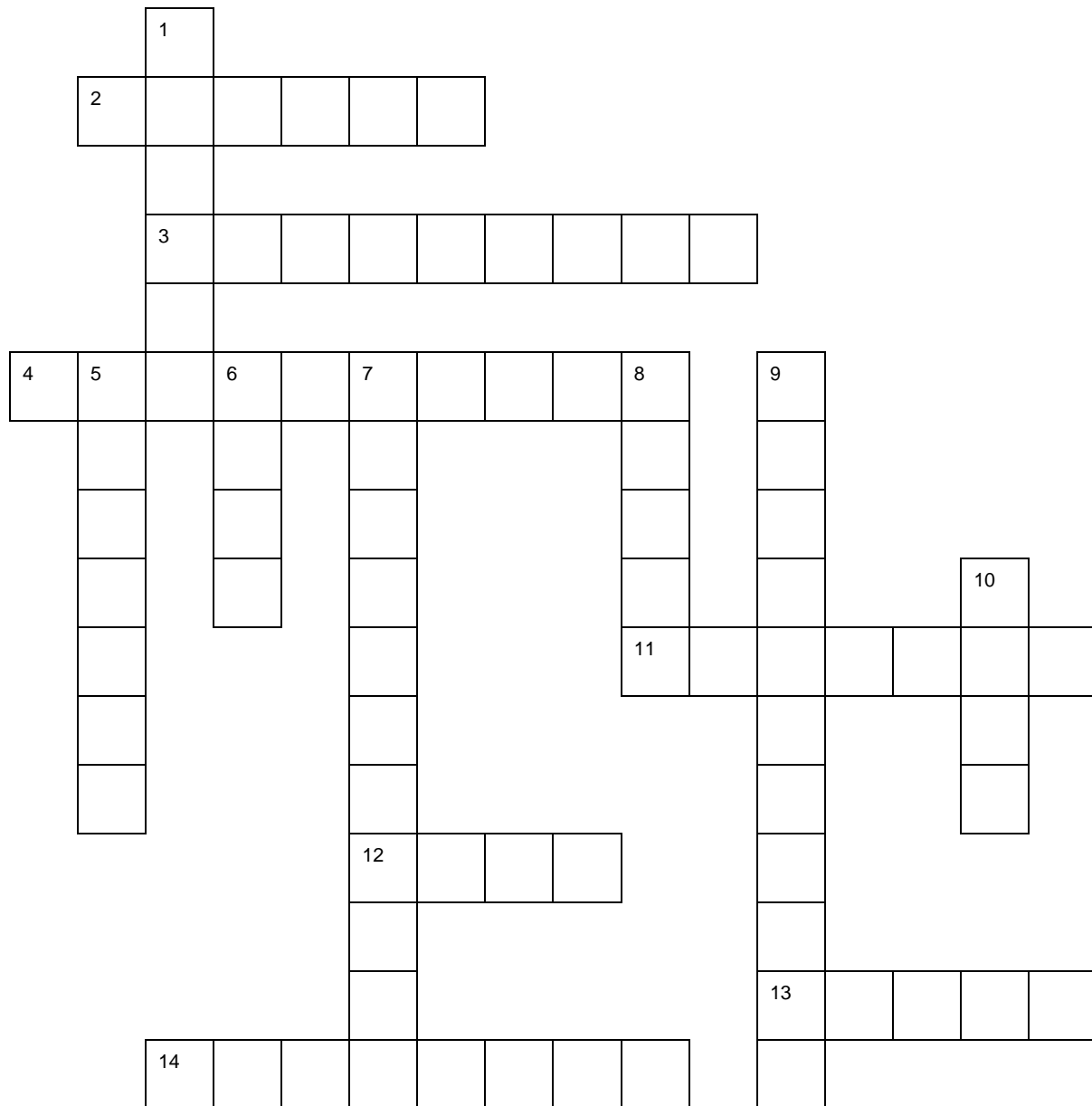


# Clue Crossword for Backward Ice Skating



**Across**

2. Learning forward crossovers is \_\_\_\_\_ than learning backward crossovers.
3. A \_\_\_\_\_ lets you go from forward to backwards while skating only on one foot.
4. It is important to be able to do backward crossovers in both \_\_\_\_\_.
11. The first thing you learn when trying to skate backwards is how to do a backwards \_\_\_\_\_ (start with your toes pointing in and make a series of small circles).
12. When doing back crossovers to the right, your \_\_\_\_\_ foot crosses over.
13. After doing a few backward swizzles, lift one skate off the ice while you are still moving to see what it's like to \_\_\_\_\_ backwards.
14. If you only do one foot of a \_\_\_\_\_ swizzle, it is called "C cut" because of the shape you trace on the ice.

**Down**

1. Going around a corner using crossovers is \_\_\_\_\_ than gliding through the turn.
5. When you do a back crossover to the left, you should hold your right arm \_\_\_\_\_ of your body.
6. To glide in a curve, you should be standing on the inside or outside \_\_\_\_\_ of your skate.
7. If you stand with your feet in the \_\_\_\_\_ position and then push off with your right leg, you will glide on your left forward outside edge.
8. To wind up for \_\_\_\_\_ you need to do backward crossovers in the opposite direction.
9. If you lean to the right and push off with the inside edge of your left skate, you will be on this part of the skate blade. (2 words)
10. Being \_\_\_\_\_ on your blades allows you to go in a straight line.