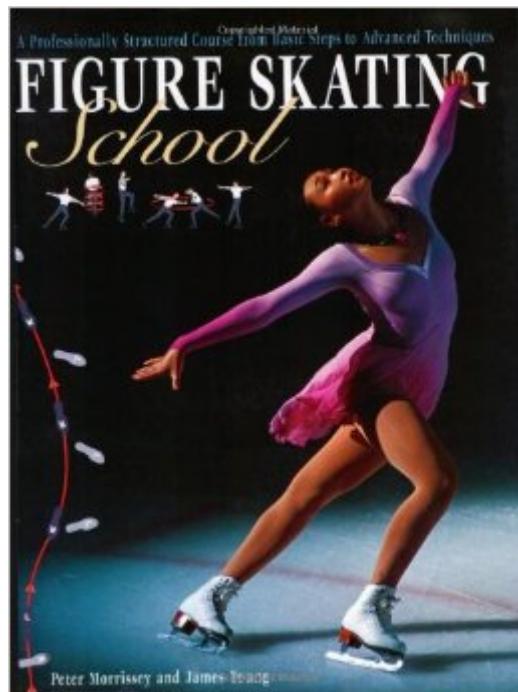


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# Figure Skating School: A Professionally Structured Course From Basic Steps To Advanced Techniques



## Synopsis

The budding Elvis Stojko or Josee Choinard in your family will love this guide with diagrams and instruction on jumps, steps and other recommendations. Figure Skating School is for people of all ages and abilities. Whatever your level of fitness and sporting ability, you can make great progress with this practical guide. A systematic course of instruction, it guides you from basic steps--skating forwards and backwards -- through the most advanced techniques such as double flip and triple Salchow. Written by two professional instructors, the clear text is complemented by over 30 full-color figure illustrations. Diagrams showing correct positioning of the feet accompany each illustration, making sure you don't put the wrong foot forward. Also includes: History of Figure Skating Guidance on clothing and equipment General principles of good skating Sections on pairs skating and ice dance Stunning photographs of today's skating stars complete a figure skating treat for anyone interested in the sport.

## Book Information

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## Customer Reviews

This book is very comprehensive. If you are in the UK, it is one of the best books you can buy. It does not go into details about skating background/history in other countries. It is a book for skaters. It tells and shows you with excellent diagrams how to get basics right, it takes you, using 'step' diagrams, from single through to triple jumps, it also gives you 'step' diagrams for the basics of field moves and extensive details on spins and spirals. My daughter found the book extremely helpful, particularly the double and triple jump diagrams and is now more able to understand what her coach is trying to get her to achieve. Many thanks to Peter Morrisey and James Young for providing a

wonderful off-ice coaching tool!

This book provides step by step illustrations of a range of skating moves from beginners to advance. The placement of the foot patterns is easy to see with arrows to show direction. As a level one freestyle figure skater, I find that the book is missing directions on beginning movements, warmups, and preparation for jumps and spins. Advanced skaters find this book extremely helpful in learning to perform double and triple rotations in jumps and various spins. Written instructions are provided to assist skaters at all levels.

This book is great ! Its diagrams shows all the important points pertaining to the different moves in figure skating. I'm an inline speedskater who admires figure skaters. But I have come to believe I'll never be able to figure skate properly because of scoliosis of the spine, a flat footed left foot and a high-arched right foot. Furthermore, the technical terms of figure skating is just confusing. I could never understand why figure skating is so much more confusing than say, the relatively easier Double-Push technique for speedskating. Thanks to Figure Skating School, all that has changed. Within two months, I've progressed from basic Three Turns to the Single Axle ! And all that was without any coaching. I simply read the book ! Isn't it amazing ? There's much more advanced moves to be learnt from this book. So get your copy now !

I like the ease of understanding of the various techniques involved. Explanation's good. Pictures' very helpful.

I have at least a dozen technical figure skating books, and this one is by far the best one. You can see it right away, that it was written by professional COACHES, not SKATERS.

Having read this book through I was delighted to read such a well detailed and easy to read book without the usual complicated jargon. My children have read the book and enjoyed the pictures and diagrams and have said that what their Coaches have been saying to them has become much clearer. Many thanks to Peter Morrissey and James Young for an excellent book.

My book was in a good condition. And is just exactly what i was looking for. thanx!

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