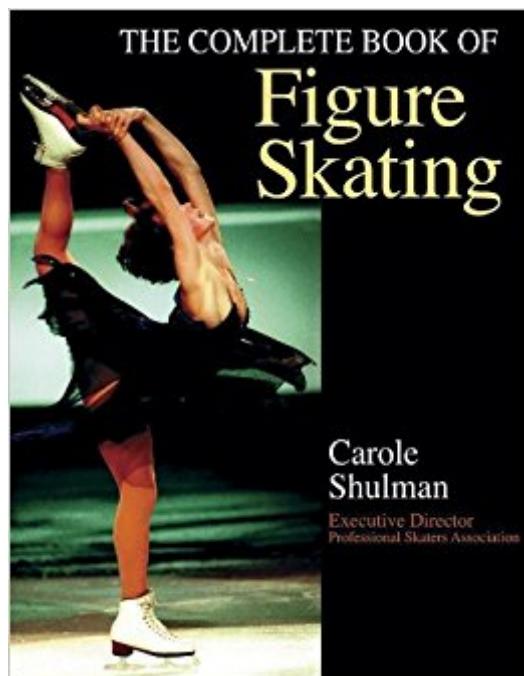


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# The Complete Book Of Figure Skating



## Synopsis

Many instructional books have been written about figure skating. Some are very good. Others are outdated. None, however, has been complete. The Complete Book of Figure Skating finally fills that void. Author Carole Shulman is a former elite competitive skater, a Master PSA instructor, a professional figure skating judge, and the current executive director of the Professional Skaters Association. She provides most comprehensive, up-to-date book available on skating covering proven techniques and training methods for skills performed at all levels and in all disciplines including singles, pairs, ice dancing, and synchronized team skating. The Complete Book of Figure Skating starts at the beginning—sitting on the ice and then learning to move across the frozen surface with increasing speed, style, and grace. The chapters build in difficulty, covering steps, spins, jumps, and lifts. From stopping to spinning to quad jumps, each skill builds on the previous skills as this complete manual guides you through the skill levels of figure skating. Providing straightforward advice on how to select a specialty, choose proper equipment, condition off the ice, and manage nutrition—the book also describes the proper technique for more than 100 skills, presented progressively from beginning to advanced levels of expertise:- Stops and stroking skills- Freestyle moves- Turns and footwork (including ice-dancing techniques)- Spins- Jumps- PairsFor each skill you'll find a clear description with introductory or preparatory steps, followed by a detailed technical explanation to enhance your understanding and training. Special teaching exercises and tips will also help you master the most difficult components of each skill. As added bonus you'll find helpful information in The Complete Book of Figure Skating about competitions. You'll learn the ins and outs of creating and refining a program—including music, choreography, and costumes—and discover inside tips on how to perfect your skills and score high marks from the judges. The Complete Book of Figure Skating gives you an essential resource on how to perform the all the techniques and programs of the sport. Whether you're a skater looking to improve your technique or an instructor looking for innovative coaching methods, this book will help you achieve your goal.

## Book Information

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## Customer Reviews

"Providing detailed explanations and helpful hints, The Complete Book of Figure Skating is the only book of its kind available and a valuable asset to any skater's library."Robin Cousins1980 Olympic gold medalist "This book is a true outlook on our wonderful sport of figure skating. It's an instructor's guide to every detail and an even better guide for those wanting to understand the technique behind the difficult moves of our sport. A thumbs-up to this great book!"Elizabeth Manley1988 Olympic and world silver medalistU.S. Open Professional championThree-time Canadian champion "Carole Shulman's knowledge is all-inclusive. As the PSA executive director, she has supervised all the aspects of coaching figure skating. I cannot think of a finer or more qualified person to write this book."Frank CarrollCoach of 4-time world champion Michelle KwanUnited States Olympic Committee 1997 National Coach of the Year "Carole Shulman has filled a void with a very comprehensive book on all aspects of figure skating. Now we have a textbook for the 21st century"Ron E. LudingtonDirector of Ice Skating Science Development CenterWorld and Olympic figure skating coach

•Providing detailed explanations and helpful hints, The Complete Book of Figure Skating is the only book of its kind available and a valuable asset to any skater's library. •Robin Cousins1980 Olympic gold medalist •This book is a true outlook on our wonderful sport of figure skating. It's an instructor's guide to every detail and an even better guide for those wanting to understand the technique behind the difficult moves of our sport. A thumbs-up to this great book! •Elizabeth Manley1988 Olympic and world silver medalistU.S. Open Professional championThree-time Canadian champion •Carole Shulman's knowledge is all-inclusive. As the PSA executive director, she has supervised all the aspects of coaching figure skating. I cannot think of a finer or more qualified person to write this book. •Frank CarrollCoach of 4-time world champion Michelle KwanUnited States Olympic Committee 1997 National Coach of the

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## GREAT BOOK TO HAVE AS A MOTHER OF A FIGURE SKATER.

This book is a great way to double check your coaching explanations! Sometimes it may be tough to find a new way to explain a maneuver to a student, but this book makes it simple!

This book is complete in the sense that it has information on all aspects of skating, from beginner skills to advanced techniques. However, the beginner section is not extensive, so this is more for skaters who have mastered the basics and want to learn the proper technique for spins and jumps. The pictures to demonstrate the moves are nice, but sometimes not very helpful, since the in-between steps are not included (a lot happens from picture 1a to picture 1b).

Great book. Great detail. Easy to follow.

Great info for every skater.

Explanation of moves could be a bit more detailed. The book does not contain any drills. Overall, it contains useful information but you may also resort to another source to learn figure skating.

The book is great just what is advertised my granddaughters will love reading it as they r champion skaters in Australia

Book in great shape!!!

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