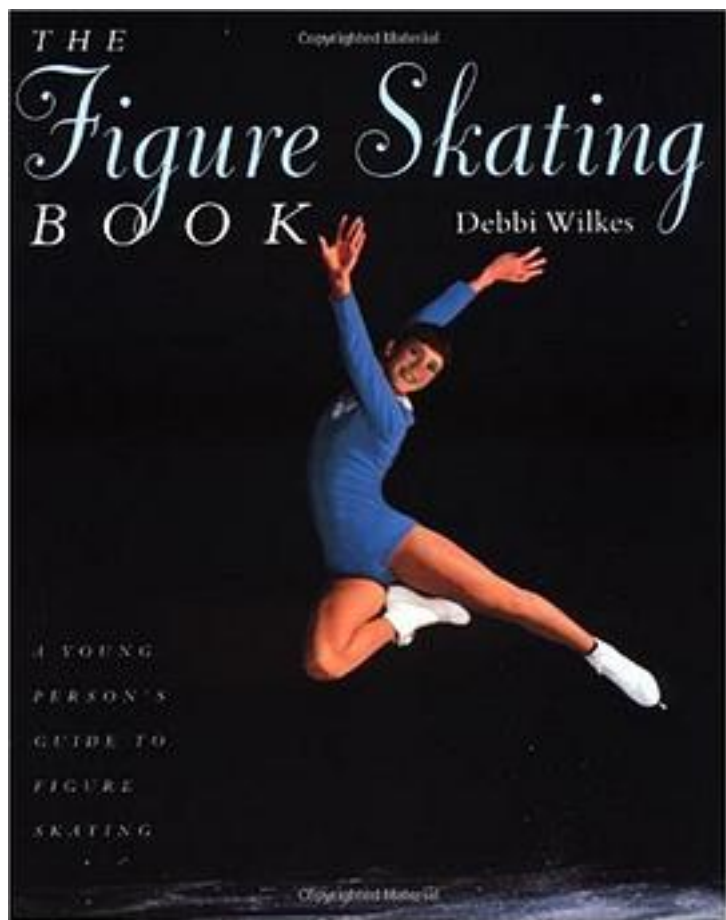


# The Figure Skating Book



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The Figure Skating Book explains the commonly performed jumps, spins and pairs moves. With detailed instructions for each maneuver, and useful line drawings for all the steps involved. The lively text also outlines some of the history of each move, explaining who made it famous and how. For instance, the Axel is named after Axel

Paulsen, the Norwegian skater who invented the jump, and Kurt Browning was the first skater to successfully land a quadruple jump in competition. The first chapter, Getting Started, includes information about buying the proper equipment and clothing. The Basics explains gliding, stopping, backward stroking and cross-cuts. Turns discusses a variety of turns for the beginner skater, while Jumps offers moves such as the waltz jump, Salchow, toe loop, Lutz and Axel. Spins and Field Moves, details pivots and footwork steps, and Dance introduces the reader to pairs moves. The final chapter gives helpful tips on choosing a skating club and coach, as well as fitness preparation and injury prevention. As Wilkes points out in her introduction, there's just something totally intoxicating about skating. It's magical and lovely, physical yet artistic, fresh and wholesome and with enough speed and power in the mix to make it dangerous. When a skater finally gets control, the sense of accomplishment is enormous. Skaters and fans at all skill and ages will increase their knowledge and understanding by following lessons in this book.

作者介绍:

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