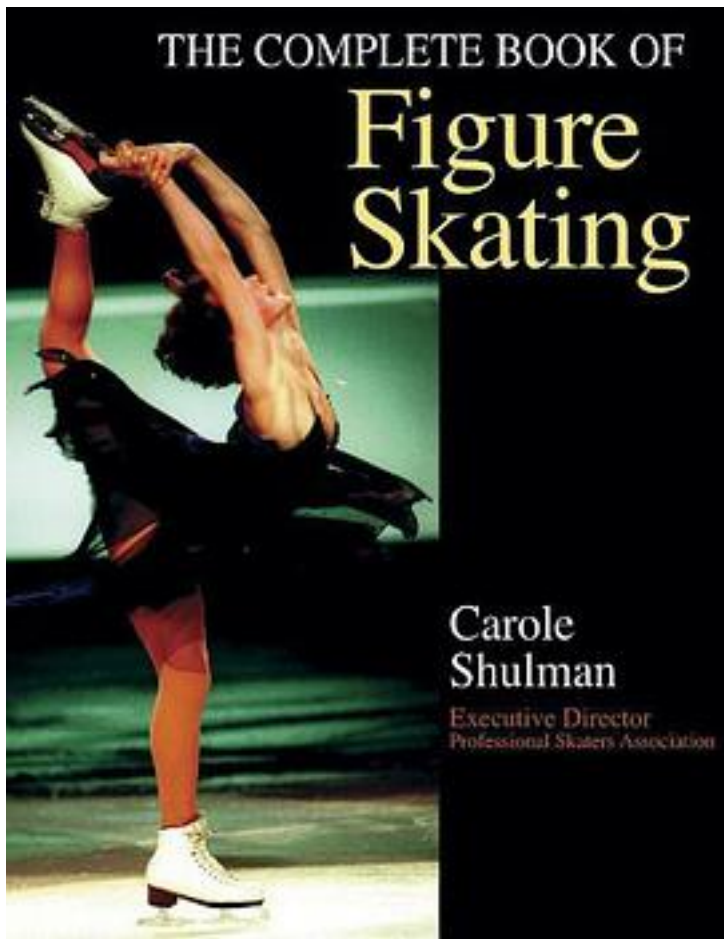


The Complete Book of Figure Skating



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This work provides proven technique instruction for more than 100 skills, presented progressively from beginning to advanced levels of expertise. It contains special training tips and teaching exercises to help skaters understand and master correct

technique, plus information on creating and refining programmes, including tips on music, choreography and what judges look for in a programme.

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