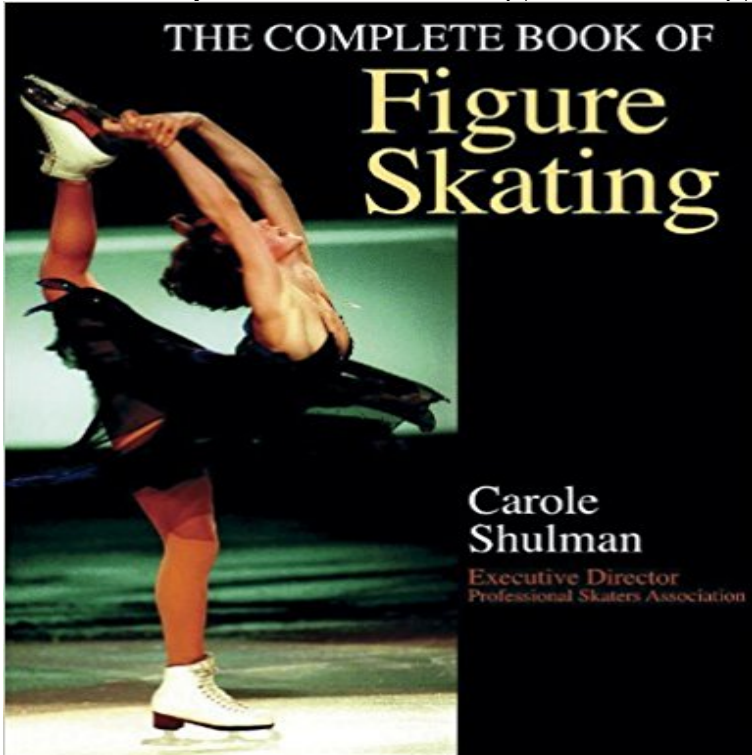


# The Complete Book of Figure Skating



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 Others are outdated.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- Pairs For 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 youll find helpful information in The Complete Book of Figure Skating about competitions. Youll learn the ins and outs of creating and refining a programâ€”including music, choreography, and costumesâ€”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 youre a skater looking to improve your technique or an instructor looking for innovative coaching methods, this book will help you achieve your goal.

```
window.ue_csm.cel_widgets = [
  { id: detail-bullets }, { id:
featurebullets_feature_div }, {
id: summaryContainer }, { s:
#revMHRL > DIV , id_gen:
function(elem, index) { return
custRev + (index + 1); } }, { id:
sims_fbt }, { id:
purchase-sims-feature }, { id:
session-sims-feature }, { id:
quickPromoBucketContent }, {
id: productDescription }, { id:
technicalSpecifications_feature_d
iv }, { id: prodDetails }, { id:
related_ads }, { id:
technical-data }, { id:
tagging_lazy_load_div }, { id:
consumption-sims }, { id:
moreBuyingChoices_feature_div
}, { id:
product-ads-feedback_feature_div
}, { id: DAcrT }, { id: vtpsims
}, { c: celwidget }, { id:
fallbacksessionShvl }, { id: rhf
}, { id:
```

```

unifiedLocationPopoverSelection
s } , { c: feature } ];
(function(a){ var
b=document.ue_backdetect;b&&
b.ue_back&&a.ue&&(a.ue.bfini=
b.ue_back.value);a.uet&&a.uet(b
e);a.onLdEnd&&(window.addEv
entListener?window.addEventList
ener(load,a.onLdEnd,!1):window.
attachEvent&&window.attachEve
nt(onload,a.onLdEnd));a.ueh&&a
.ueh(0,window,load,a.onLd,1);a.u
e&&a.ue.tag&&(a.ue_furl&&a.u
e_furl.split?(b=a.ue_furl.split(.))
&&b[0]&&a.ue.tag(b[0]):a.ue.tag
(nofls))})(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=0736035486; v
(function(g,h){ function
d(a,d){ var b={ };if(!e !f)try{ var
c=h.sessionStorage;c?a&&(undefi
ned!==typeof
d?c.setItem(a,d):b.val=c.getItem(
a)):f=1 }catch(g){ e=1 }e&&(b.e=1
);return b}var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.
e?a=ET:(a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tab
id=a})(ue_csm,window);
(function(b,c){ var
a=c.images;a&&a.length&&b.ue.
count(totalImages,a.length))(ue_
csm,document);
(function(m,h){ function
I(a){ if(a)return a.replace(/^\//s+
//s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[
k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&
&a.m.target&&a.m.target.tagName
e?b+(Error handler invoked by
+a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+U
nknown error,b={ m:b,f:a.f
a.sourceURL a.fileName
a.filename
a.m&&a.m.target&&a.m.target.sr
c,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:
m.ue.d(),name:a.name,type:a.type

```

```
,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.l
ocation;d=a.stack
(a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_
err&&h.performance&&h.perfor
mance.timing&&(c=h.performanc
e.timing,f=window.performance&
&window.performance.now&&w
indow.performance.timing?windo
w.performance.now()+window.pe
rformance.timing.navigationStart:
+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.p
ush(a);e=e { };var b=a[p]
e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a,
e)} }function w(a,e){if(a){var
b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u]
[v]){var c={ };c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid
,mid:m.ue_mid,sn:m.ue_sn,reqs:[
c]),f=h1,n;if(n!=(f[D]&&f[D])(E,
g))){var l;if(h[F]){var k=new
h[F];k.onerror=s;k.ontimeout=s;k.
onprogress=s;k.onload=s;k.timeo
ut=0;l=k}else{var p;if(h[G]){var
q=new h[G];p=withCredentialsin
q?q:void 0}else p=void
0;l=p}n=1}if(d=n){d.open(POST,
E,!0);if(d[H])d[H](Content-type,t
ext/plain);d.send(g)} }catch(r){ }
else m.ue.log(b,
d,{nb:1 });if(!a.fromOnError){g=h
.console { };d=g.error g.log
s;c=h[u];f=Error logged with the
Track&Report JS errors
API(http://tiny/1covqr6l8/wamazi
ndeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch
(t){f+=no info provided;
converting to string failed}else
f+=b.m;d.apply(g,[f,b])} } }var
G=XMLHttpRequest,F=XDomai
nRequest,N=navigator,D=sendBe
acon,v=stringify,u=JSON,p=logL
evel,q=attribution,y=pageURL,r=
skipTrace,H=setRequestHeader,k
=message,s=function(){ },E=//+m.
```

```

ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.
ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256
,L=RegExp( (?([ ^ s]*):( d+): d+
)?).split(
).join(String.fromCharCode(92))),
K=/. * @ ( . * ) : ( // d * ) / ; x [ r ] = 1 ; C [ r ] = 1 ;
w [ r ] = 1 ; ( function () { for ( var
a, e = 0 ; e
(function ( c, d ) { var
b = c.ue, a = d.navigator ; b && b.tag &
& a && ( a = a.connection
a.mozConnection
a.webkitConnection ) && a.type &
& b.tag ( netInfo : + a.type ) } ) ( ue_csm
, window ) ;
( function ( c, d ) { function
g ( a, b ) { for ( var
c = [], d = 0 ; d
ue_csm.ue.exec ( function ( d, e, a ) { f
unction
b ( a, b ) { return { name : a, getFeature
Value : function () { return
void
0 ! == b
0 } } } function
h ( a, b, c ) { return { name : a, getFeature
Value : function () { return
b === c
0 } } } function
g ( a, b ) { return { name : a, getFeature
Value : function () { for ( var
a = 0 ; a
ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie8, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
( function ( g, b, h ) { function
c () { var
a ; a = h.cookie.match ( /session-id=( [
//w//- ] + ) / ) ; a = null ! == a ? a [ 1 ] : null ; v
ar
b = ue_sid, c ; c = Date.now ? Date.no
w () : ( new
Date ). getTime () ; d [ a ]
( e.log ( { k : k, t : c, nsid : a, osid : b } ), f ), d [
a ] = 1 ) } var
k = sbk, f = csm ; b = b.navigator.cooki
eEnabled ? ! 0 : ! 1 ; var
e = g.ue, d = { } ; e.log ( { k : cinf, enbl : b
, f } ) ; b && ue_sid && ( d [ ue_sid ] = 1, e.
attach ( beforeunload, c ), setInterval
( c, 1E3 ) ) } ) ( ue_csm, window, docu

```

```

ment);
ue_csm.ue.exec(function(e,f){ var
a=e.ue
{ },b=a._wlo,d;if(a.ssw){ d=a.ssw(
CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.
href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).v
al;!c&&b&&a.ssw(CSM_previou
sURL,b);d=c?reload:d?intrapage-t
ransition:first-view }else
d=unknown;a._nt=d},NavTypeM
odule)(ue_csm>window); var
ue_mbl=ue_csm.ue.exec(function
(e,a){ function k(f){ b=f
{ };a.AMZNPerformance=b;b.tran
sition=b.transition
{ };b.timing=b.timing
{ };if((f=a.webclient&&function=
==typeof
webclient.getRealClickTime?a.co
rdova&&a.cordova.platformId&
&ios==cordova.platformId?!1:!0:
!1)&&b.tags instanceof
Array){ var
c;c=-1!=b.tags.indexOf(usesAppS
tartTime)
b.transition.type?!b.transition.typ
e&&-1 (function(b){ function
c(){ if(a.log&&a.log.isStub){ var
b=[];a.log.replay(function(a){ var
c={ };c[a[1]]=a[0];b.push(c)});b.le
ngth&&k(b)} } function
k(a){ if(e)a=f(a),b.navigator.send
Beacon(g,a);else { a=f(a);var
c=new
b[d];c.open(POST,g,!0);c.setRequ
estHeader&&c.setRequestHeader
(Content-type,text/plain);c.send(a
)} } function f(a){ return
JSON.stringify({ rid:b.ue_id,sid:b.
ue_sid,mid:b.ue_mid,mkt:b.ue_m
kt,sn:b.ue_sn,reqs:a}) } var
d=XMLHttpRequest,a=b.ue,l=b[d
]&&withCredentialsin new
b[d],e=b.navigator&&
b.navigator.sendBeacon,g=//+b.ue
_furl+/1/batch/1/OE/,h=b.ue_fci_
ft;a&&(l
e)&&(a.attach&&(a.attach(before
unload,c),a.attach(pagehide,c)),h
&&b.setTimeout(c,h),a._ffci=c)})

```

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