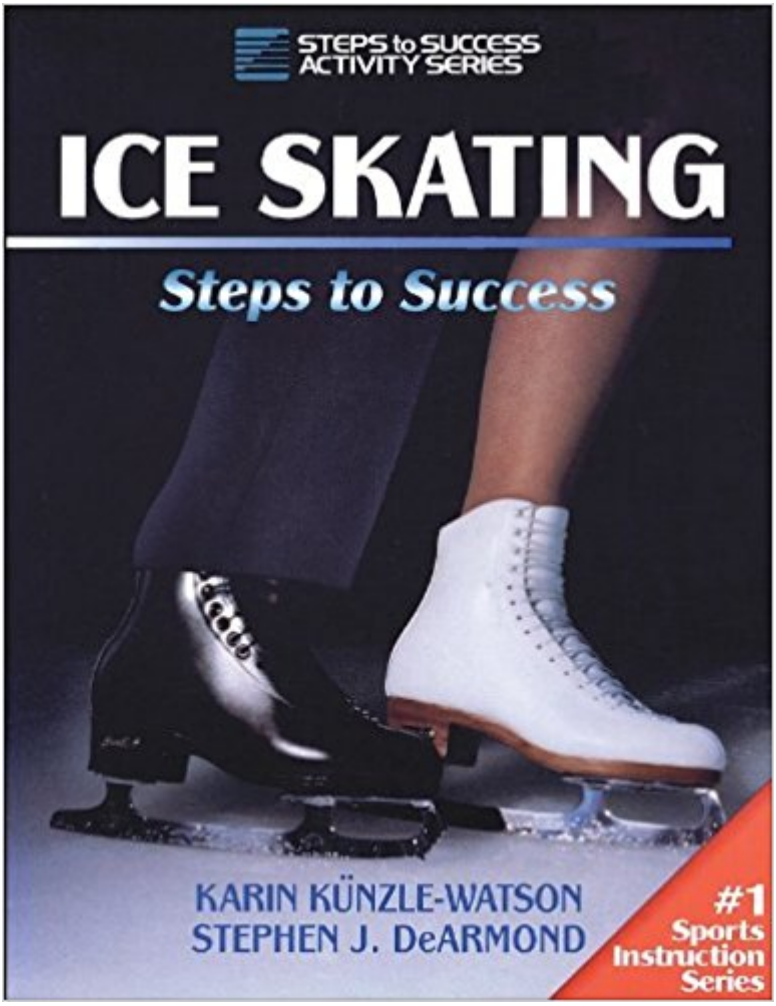
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Ice Skating: Steps To Success



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Synopsis

Now there’s a masterfully written guide that shows beginning and recreational skaters the fundamental skills of ice skating.In Ice Skating: Steps to Success, Karin KÃƒÂ nzle-WatsonÃ¢â ¬â •nine-time Swiss National Champion, former Professional World Champion, and one of skating’s best instructorsÃ¢â ¬â •shares with readers the steps that she and many of her students learned on their way to becoming elite competitive skaters.Most instruction books available on ice skating tend to focus on advanced jumps or spins, assuming the reader will learn the basics through professional instruction. Ice Skating: Steps to Success, however, covers fundamental skills in a way that’s easy to understand and apply. Part of the highly popular Steps to Success Series, this book includes 11 steps (chapters) that progress from basic to intermediate skills. It features over 300 illustrations that make it possible to learn proper form and technique. Readers will learn how to:- attain the posture and control required for basic skills;- use standard methods of gaining forward and backward speed;- execute four different methods of stopping;- fall properly and get up easily;- change direction without loss of control; and- control the skate edges in order to prepare for advanced maneuvers, including jumps, spins, and footwork.With Ice Skating: Steps to Success, beginning and recreational skaters will develop a solid foundation of skills to help them gain confidence in their abilities and enjoy the sport more.

Book Information

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Customer Reviews

""With the help of Karin Kunzle-Watson and Stephen J. DeArmond, thousands of people who never skated before can now find their way in this beautiful, though technically difficult, sport. Read it and

try it, have fun, get your body physically involved and your mind mentally working. Have this book with you on every practice.""Tamara Moskvina, PhDOlympic figure skating coach ""This book has a lot to offer someone who wants to learn the basics of ice skating.""Brian BoitanoFive-time Professional World Champion, Two-time World Champion, Gold Medalist, 1988 Olympics

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GREAT BOOK TO HAVE

This is an excellent book for the beginner or anyone looking to improve technique and edge control. The illustrations are very helpful and the step-by-step breakdowns explain the moves well. The background and history of ice skating is also quite interesting. I would highly recommend the book.

This is the only book that I've seen that teaches the basics in a very comprehensive manner. All the basic techniques (glides, stops, crossovers, turns, edges) are taught in detail, complete with instructions on how the upper body, knees and feet are oriented. The drawings and the checklists are also very helpful.I highly recommend this book to all beginning skaters, and also for the more advanced skaters who feel that they need to work more on their technique.

I will echo what other reviewers have said: this is an excellent book for beginning skaters. It will help you understand and develop basic skills so you can progress in whatever direction you choose, even if it's just to have more fun and be a more confident recreational skater.I like that she explains the value in each drill; what it does specifically (i.e. "swizzles" teach you to keep your weight on a certain part of the blade), and how it will improve your skills as a skater. I'm currently taking group classes, but it was due to the written information in this book, plus the illustrations, that I am finally able to properly do a backward one foot glide.The actual instructions are generally detailed enough that the reader can usually grasp what she means just by reading, but the illustrations take it to a whole new level. The only possible improvement would be a companion DVD, but as well done as

the illustrations and written descriptions are, it probably isn't necessary.My only complaint with the book is that every once in awhile, she uses descriptions/terminology that are non-intuitive and would not be familiar to a new skater. It's infrequent, but a brand-spanking-new beginner will have to head to google from time to time to look up some of the terminology. In a book written specifically for beginners, that shouldn't be happening. She does specify in the beginning that the book isn't meant to be a substitute for a good coach, but realistically, she should have known that many of her readers would be people who do not have access to professional coaching of any kind.Overall, for any beginner looking to learn some basics on their own, or supplement what they're learning in classes or lessons, this book is worth checking out.

Great book for beginning skaters. Useful information on skills in the USFS Basic Skills program.

This book is excellent for the beginner! I just recently started skating and take weekly group lessons. This book has helped me greatly by providing specific excercises to put into my practice sessions which in turn have made me feel like I am finally "getting" the whole concept of edges and especially the crossover maneuver. I highly recommend this book for the beginning skater.

I think it's poor for learning. A teacher really helps, but not the book although it has other interesting information.

Book offers good and helpful information regarding beginner skating, however the book content and layout seems to be very outdated.

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