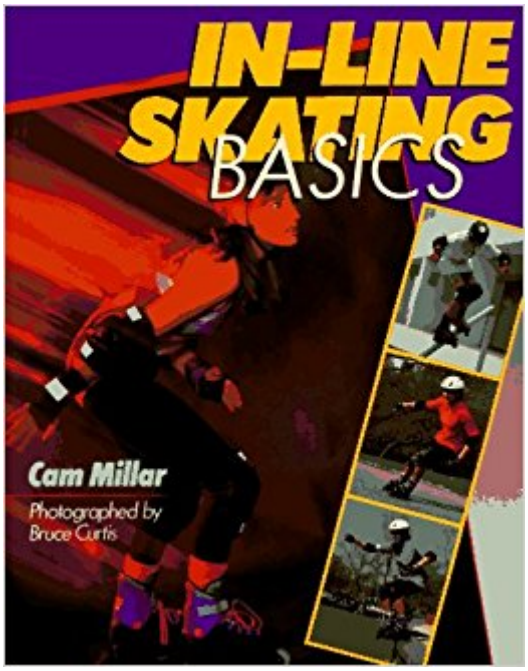
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In-Line Skating Basics



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Synopsis

Packed with photos, this unique, handy guide by a top coach can help anyone join in the action. The sequential approach presented here provides a sound base of balance and stay-in-shape technique that prepares you for all forms of more advanced in-line skating, like roller hockey and dancing. Find out how to choose the right pair of skates and appropriate protective gear, and then get ready to roll! 96 pages (all in color), 8 x 10.

Book Information

Age Range: 9 and up

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Average Customer Review: 4.5 out of 5 stars 4 customer reviews

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Customer Reviews

Write to the author! Cam Millar - artfarm1@earthlink.net Hi, and thanks for your interest in my book. I was thrilled to have the chance to write it, because I felt that there was a real need for a book such as this one. Spend time learning how to use your heel brake, and the road will open up to you! Experiment with the various exercises, and you'll find yourself skating with more and more confidence. I'm sure of that! If you're going to be skating in New York, or want to write me with any questions or comments, I'm at artfarm1@earthlink.net. Keep your knees bent, your wheel rotated, and your eyes up! Take care! Cam Millar

Good book for the beginner. Lots of pictures. Reviews various techniques. Would like to have more explanation at times.

This book is about basic technique. The picture sequences are very good and show exactly how to

execute these basic techniques. Although the descriptions are not very involved, the photos make it clear what the authors are trying to teach. This is a good companion to Get Rolling by Liz Miller.

satisfied

This a real wonderful book with sequence colour pictures for all the basic movements. It’s a joy to read this book. There is nothing else in this book really, just techniques and techniques. It’s pure skating.

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