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Figure Skating: Championship Techniques (Sports Illustrated Winners Circle Books)



Synopsis

As a sport, an art, a fitness activity, nothing quite beats figure skating for excitement, grace, beauty, or fun. Now former U.S. Champion figure skater John Misha Petkevich shows how you can find your full potential as a figure skater no matter what your age or ability. The lavishly illustrated volume includes: Detailed instructional-photo sequences What to look for in skates, clothing, rinks, and instruction Getting started 6 basic turns that every figure skater should know 15 spins that you can master The keys to performing 19 classic figure skating jumps and splits

Book Information

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Customer Reviews

I started taking figure skating classes about a year ago. As an older student compared to the 9 year olds in my class, I found it very difficult to follow the class now that I'm on freestyle level. The kids in my class seems to be able to perform the moves without putting too much thought into it, but I found myself standing in the class and just watching them moving, and before I knew it, the class was over and I had spend the entire class just standing, freezing trying to understand the moves. This book was so helpfull as it describes the moves in great detail. There are several diagrams so you know where your foot goes. Should I use the left, should I use the right foot? When you read the

description of the moves you might not understand at first, but as you read and you practice the moves, it becomes an excellent tool. You can use the book together with some of the u-tube videos. You can watch the moves in the u-tube to have an idea, then you go to the book and break it down the moves. Then you are able to get it after practicing a lot! I recommend this book to anybody starting to learn a little bit more difficult moves and need some help.

I purchased this book to be able to show my students a visual representation of some of the techniques I was demonstrating and teaching. It's a nice book for a fan looking to learn the lingo or for a skater taking instruction. I would never recommend this in place of proper instruction for advanced moves.

As a newbie skater, this book offers some good general info and advice as most instructional books do. My main complaint is that the pictures are not descriptive enough to follow a sequence and, let's face it, it's tough to show movement in book form anyway. However, the other issue is that the text is hard to follow as well, if you are trying to learn about a new move. Naturally the text and the pictures make more sense when you already know the move and want to improve on it. So, depending on your ice-skating skill level, your ability to decipher instructions and your imagination, you might say this book is skating on thin ice.

This book has wonderful descriptions about just about everything in skating, except for take off technique. I don't understand why the author goes into extreme detail explaining how to do a three turn before a flip, but barely mentions how to take off into the actual jump. (This has been the case with just about every skating book I have read) Also the pictures are in black and white. The book has some very helpful tips and I think it is worth reading I just wish he would explain take off in a lot more detail.

I have this in print and it is a great resource.

A birthday gift for a young figure skater. She LOVED it.

Perfect

This book by Misha gives the very comprehensive description to the basic spins and back spins,

jumps from single rotation to multi rotational, and of course the fundamentals of skating, ie edges and stroking. The wonderful thing about this book is that Misha provided the possible faults to the failure of execution of a particular move. So one may treat this book as a 'coach'. I personally liked the illustration of the sketches of the tracing on ice and the precision that is shown by Brian Boitano featured for the jumps and spins. You get to watch a few frames of a quadruple toe loop too. A must buy for any freestyle skater in advance technique. Truly a treasure of a life-time.

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