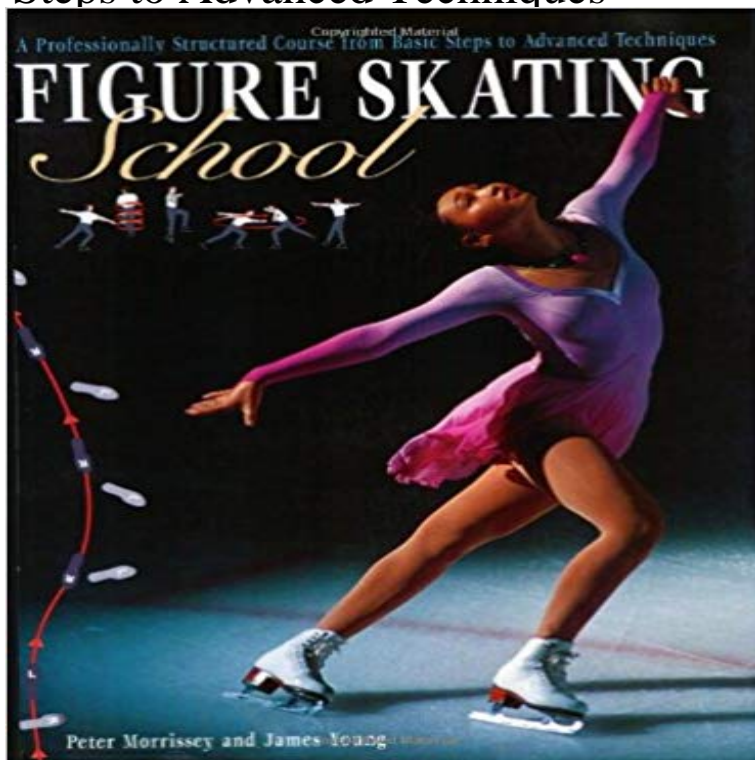


Figure Skating School: A Professionally Structured Course from Basic Steps to Advanced Techniques



The budding Elvis Stojko or Josee Choinard in your family will love this guide with diagrams and instruction on jumps, steps and other recommendations. Figure Skating School is for people of all ages and abilities. Whatever your level of fitness and sporting ability, you can make great progress with this practical guide. A systematic course of instruction, it guides you from basic steps--skating forwards and backwards -- through the most advanced techniques such as double flip and triple Salchow. Written by two professional instructors, the clear text is complemented by over 30 full-color figure illustrations. Diagrams showing correct positioning of the feet accompany each illustration, making sure you don't put the wrong foot forward. Also includes: History of Figure Skating Guidance on clothing and equipment General principles of good skating Sections on pairs skating and ice dance Stunning photographs of today's skating stars complete a figure skating treat for anyone interested in the sport.

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