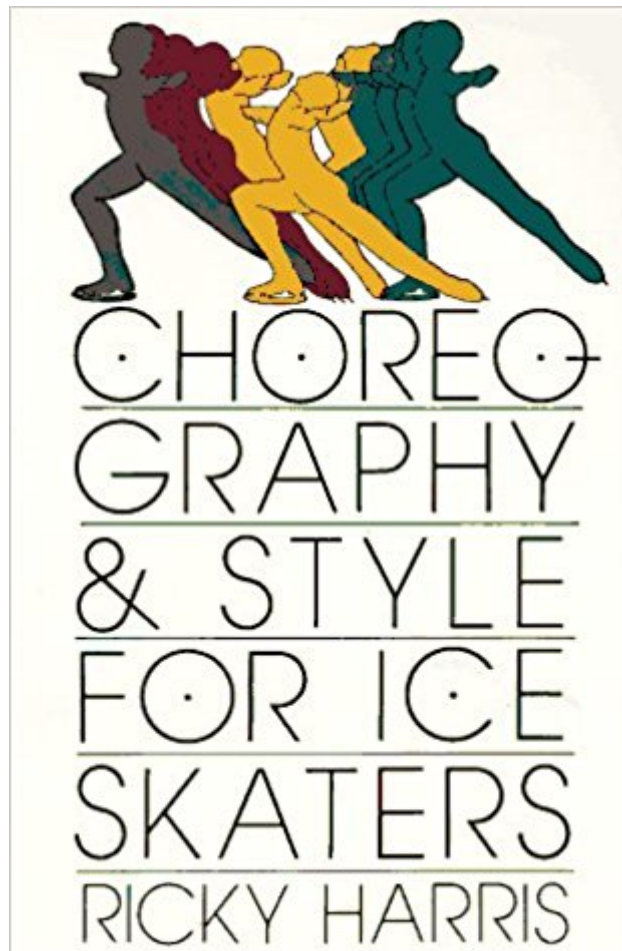




The book was found

Choreography And Style For Ice Skaters



Synopsis

Explains how to create a unique, personal skating style and foster creativity, charisma and excellence on the ice, and covers topics from choosing the right music to off-ice exercise, warm-ups, and nutrition.

Book Information

Paperback: 149 pages

Publisher: St. Martin's Press; Rev Sub edition (February 1991)

Language: English

ISBN-10: 0312054017

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Product Dimensions: 9.2 x 6.1 x 0.5 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,788,239 in Books (See Top 100 in Books) #95 in Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating

Customer Reviews

Bought this for a skate class.

This book has been around for a while but nothing can hold a candle to the depth of artistic and technical content that Ricky Harris has given us in this "must have" book! Her expertise and technical insight is a real gift to us all, the chapters on "Design in Space and Time", "Movements from Gestures" as well as "Warming Up" & "The Ice Barre" show such artistic evaluation and implementation. Since She runs a dance studio her chapter on "Why Dance?" is especially relevant and the photos of her students certainly validate that she is a Master Teacher in her field. Actually I am surprised that her book is not more widely known and used in the skating field. I teach an on/off ice course for figure skaters and am always recommending this book to both skaters and coaches for its clarity, accuracy, and wisdom..."be humble; ask for help if you need it. One little word from someone may cause that light to switch on", and one I always harp on "A Stretch is NOT a Warm up!"

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