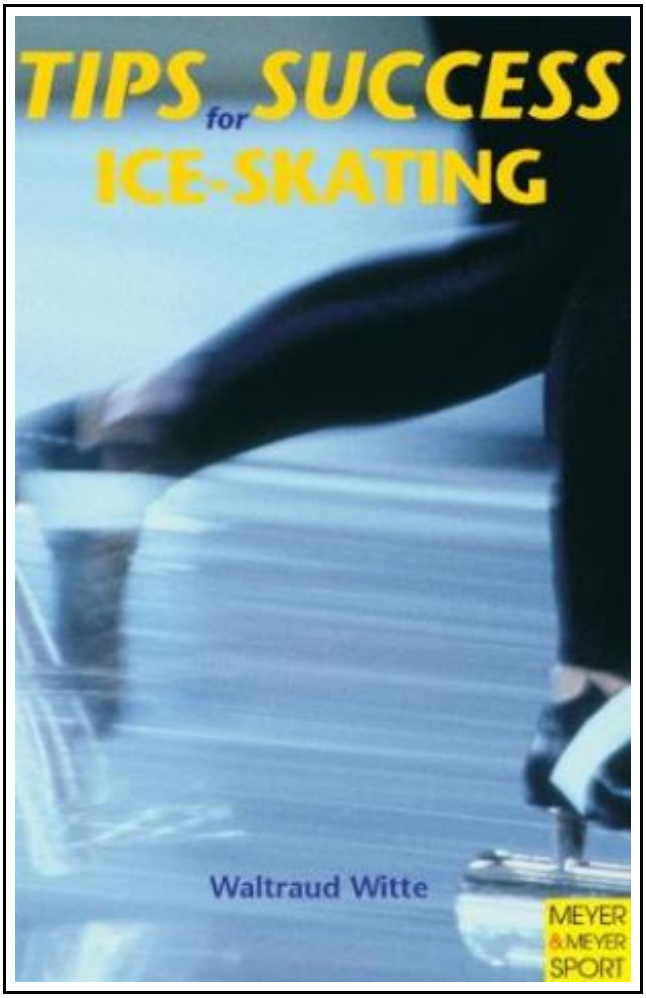
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TIPS FOR SUCCESS: ICE SKATING (PAPERBACK)

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Meyer Meyer, Germany, 2009. Paperback. Book Condition: New. 167 x 134 mm. Language: English . Brand New Book. Tips for Success - Ice Skating is a clear and easy-to-grasp guide to the fundamental principles of the figure-skating, ice-dance, speed-skating and ice-hockey disciplines. It illustrates many different possible variations on ice both in movement and creative structure, all of which can be carried out without much previous experience. Beginning with a short historical summary of ice-skating, the author then gives some advice about equipment as well as tips for preventing accidents. The chapters following look at the different age groups, from toddlers to seniors, and give suitable practical advice on how to master several techniques and movements. Whether for artistic pirouettes, elegant dance steps or steering techniques for speeding around corners - useful tips and advice are given for all sports in ice. The numerous ideas for games and enjoyable exercises either with a partner or on different pieces of apparatus show just how much fun ice-skating can be. This book is targeted at hobby skaters of all age groups: toddlers and children as well as their parents who would like to skate among them, older children and teenagers who want to learn or improve their ice-skating skills, and finally adults and seniors who wish to take up this sport again. And the great thing about this book is that all the tips and ideas given can be put into practice on inline-skates in the summer.

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