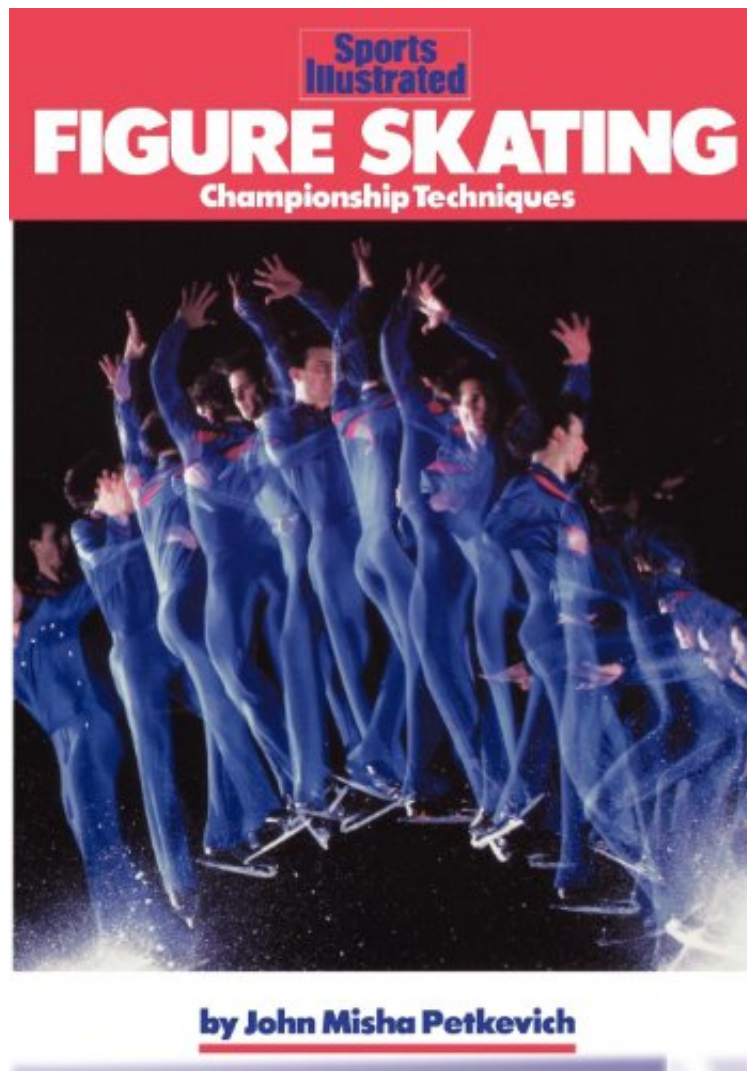


(Download) Figure Skating: Championship Techniques (Sports Illustrated Winners Circle Books)

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

Von John Misha Petkevich

*Download PDF | ePub | DOC | audiobook | ebooks



DOWNLOAD



READ ONLINE

Produktinformation -Verkaufsrank: #467093 in eBooksVerffentlicht am: 1988-11-01Erscheinungsdatum: 2012-07-26File Name: B009LLAV58 | File size: 42.Mb

Von John Misha Petkevich : Figure Skating: Championship Techniques (Sports Illustrated Winners Circle Books) before purchasing it in order to gage whether or not it would be worth my time, and all praised Figure Skating: Championship Techniques (Sports Illustrated Winners Circle Books):

KundenrezensionenHilfreichste Kundenrezensionen4 von 4 Kunden fanden die folgende Rezension hilfreich. A life-long manual freestyle skateVon paulsen@geocities.comThis 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.2 von 2 Kunden fanden die folgende Rezension hilfreich. Fabulous technical reference - a "how-to" bookVon Ein KundeThis book is perfect for the beginning, intermediate, or advanced figure skater, and for coaches as well. However, it is not suitable for fans and other people who are only interested in learning something about this sport.It includes plenty of skating jargon, as well as descriptions of moves in the field, spins, and jumps that can get very technical and even a little confusing at times. The author covers every imaginable aspect of figure skating, from choctaws to spin combinations to axel variations, describing how to execute each move.I can't wait to get back out on the ice to try out some of the new techniques that I have learned from this book!1 von 1 Kunden fanden die folgende Rezension hilfreich. "Figure Skating: Championship Techniques" by John Misha Petkevich as approached by an amateur non-competing skaterVon EleutheriaPLThe fact that you are looking alone for reviews of skating manuals may mean that you are a freelance skater, like me. Being an adult amateur solo ice inline roller figure skater, to a great extent self-taught and not aiming at competitive performances, I have been in search for a handbook that would enable me to develop as proper and safe skating habits as possible in the face of the lack of support from a trustworthy coach. I am trying to assess to what extent a given skating manual can become a primary source of practical knowledge. Incidentally, please take into consideration that no handbook can replace a coach and spotter, and be aware that self-learning is not the best, safest or easiest way to acquire skills in this dangerous sport, so do not follow me unless you likewise have no other choice. It is possible that you do cooperate with a coach and will simply need a book as a secondary reference; in such a case your expectations will probably be slightly different from mine.My non-professional skating background does not let me issue a binding judgement on the contents of Mr. John Misha Petkevichs book; it is enough to say that it has gained a broad acclaim among professionals and has been included into the standard skating reference library ever since. My purpose here is to analyse to what extent it answers my needs, and I hope that you will find this evaluation helpful. By comparing it with some other manuals, I am also able to provide an assessment of its relative value.The first touchstone against which I am going to measure the merits of this handbook is one of my greatest anxieties and I believe yours as well the issue of safety. Especially if you have ever tried, apart from ice skating, also artistic roller skating on concrete surface: you will know how far the fear of falling can impede your progress. Fortunately, Mr. John Misha Petkevichs handbook for ice skaters provides the whole range of valuable indications, not only as regards the proper techniques that prevent falling, but also as regards the difficult art of learning how to fall without incurring injury to yourself.In connection with the above, the second issue is a need to learn step by step the proper techniques and being able to self-evaluate and avoid mistakes. This is, in my opinion, the strongest point of this manual. Written by a proud skating technique inventor and elaborator, the book has a definitely felt scientific touch and is ideally attuned to an analytical mind. Each description of a figure is divided into stages, and each stage describes, in a clearly defined order, the performance of every fragment of a skaters body. No limb position is left unmentioned. Each of the several edges leading to the take-off is described in astonishing detail. Wherever it might prove helpful, the author even provides the precise angles at which the tangents of two curves should be related to each other, or the angle at which the shoulders should be turned against the hips. The book also includes something incredibly helpful, something that a few other manuals lack: vast, generous analyses of possible mistakes. After each detailed specification how to perform a given figure, illustrated by up to ten carefully selected photographs in motion, several most common mistakes are mentioned, around which possible reasons are grouped and if needed - explained further. Sometimes there are even two variants of prints on the ice: the one that is correct and an additional one which denotes a mistake in the technique. Worth noting is a very helpful and systematically organised chapter on spin combinations. This manual is also a very accurate resource except for two mistakenly mirrored photographs of a split and stag jump, the book seems to be flawless. My study of those analyses has already improved my back spin, lutz and some other figures on which I had lost years of futile endeavour before I reached for this publication. Based on previous resources, I had given up any hope in ever performing a flying camel but with Mr. Petkevichs manual I was able to land this spin successfully on the first day, almost at the first attempt ever (naturally, it requires a lot of practice still).My further objective is to improve elegance. Mr. Petkevichs book does a great service to all those who keep forgetting that an arched torso, a raised chin and a pointed toe are not only helpful in the successful performance of most figures, but also indispensable if you are ever to skate in front of a jury (for the sake of digression: none of the books I have had in my hands take into consideration that if you always practise on an extremely crowded and jabbed ice-rink, your possibility to extend and lock your limbs or look away from the surface will always be seriously challenged). The author also presents all the interesting variations on jumps which he has invented and become famous for. However, there is one reservation. Although the US champion of 1971 emphasises that the overall impression and the interpretation of music is more important than the technical elements of a programme, and has indeed been widely acclaimed for his own elegant style and vivid musical expression, the book does not elaborate upon this topic. We are left with this bare statement to develop our own imaginative style, without

knowing how to approach it. After all, each cubic centimetre of our body has its weight, which makes attempts at creative body positions or changes difficult and even dangerous. Advice would be highly appreciated. One of the most important matters is to make my theoretical knowledge fuller and more systematic. Unfortunately, here we touch the greatest shortcoming of this manual. The punctilious analyses of the technique of the most basic figures fill the 288 pages completely. Of course, it is difficult to include everything in one publication, but if some important segments are left out, another volume should be issued to cover all these. No room is left for a greater variety of figures, and you will feel this want acutely after the completion of your reading. It seems as if skating consisted only of turns, spins and jumps. Entire categories of figures are omitted, not only such quaint moves like hydroblading (popularized in 1990s, that is after this book was written) but also traditional moves like spirals, spread eagles, let alone loop steps or twizzles. Even within the chapters treated with detail there are many shortcomings: e.g. among spins, it is fruitless to look for a pancake, doughnut or royal spin. The well-known artistic variants are also missing: although Boitano is featured on many photographs, including the cover photo with the characteristically raised hands, no reference to this Tano versions of jumps is ever made. I would also appreciate a set of introductory exercises preparing a skater for double jumps, which unfortunately are absent. But the greatest omissions affect figures performed predominantly by ladies. The book has not even got a brief catalogue of the most popular figures and variants known at the time of its completion. Other kinds of skating, apart from the singles, are very slightly touched upon, whereas the synchro, which was getting rapidly more and more popular at the time of writing the book, has not been given even a paragraph. Nothing particular is written as regards the ethical and legal aspect of skating for me one of the focal points of interest. The chapters concerning the equipment and clothes are too concise, as the author refers us to a separate handbook. Regardless of this, the descriptions of the equipment and clothes have become partly obsolete in the course of time; thus, a newer edition would be needed, anyway. Off-ice conditioning and practical tips for selection of music are virtually absent. The chapter concerning jumps has, in my view, a little impractical order of presentation. I think it can even make the systematic learning difficult, since the axel is being explained right after the waltz jump, before any other jump, and the loop comes fourth. The fact that all the edge jumps have been explained prior to the chapter on toe jumps can pose a problem to a person who has a natural inclination to learn toe jumps first (like me). Last but not least, except for a simple table of contents, there is not an index of skating terms. It would be very helpful, either with dictionary-like explanations or with a simple reference to pages. In conclusion, the present book gives a skater very sound basics and a brilliant start, but it leaves him/her in the middle without even suggesting what there is to be learnt yet. Although skating has been changing, both from the artistic and technical point of view, new figures have appeared and some traditional ones are performed slightly differently this handbook is nonetheless extremely helpful in achieving a reasonable set of habits and turning this extraordinary sport into a second nature. I strongly recommend that you should get familiar with it as early in your career as possible, but it will not be the last manual you will need to buy. I am greatly indebted to Mr. Petkevich for enabling a considerable improvement in my technique. An updated and more inclusive edition would be needed - and very welcome, indeed. Elbieta Flisak

Kurzbeschreibung 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

Kurzbeschreibung 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

ber den Autor und weitere Mitwirkende John Misha Petkevich was the United States and North American Men's Singles Figure Skating Champion in 1971 and the World University Games Champion in 1972. Widely considered one of figure skating's "great," he was a member of the U.S. Olympic Figure Skating Team in 1968 and 1972, and has served as expert analysis in figure skating for NBC, CBS, and ESPN.