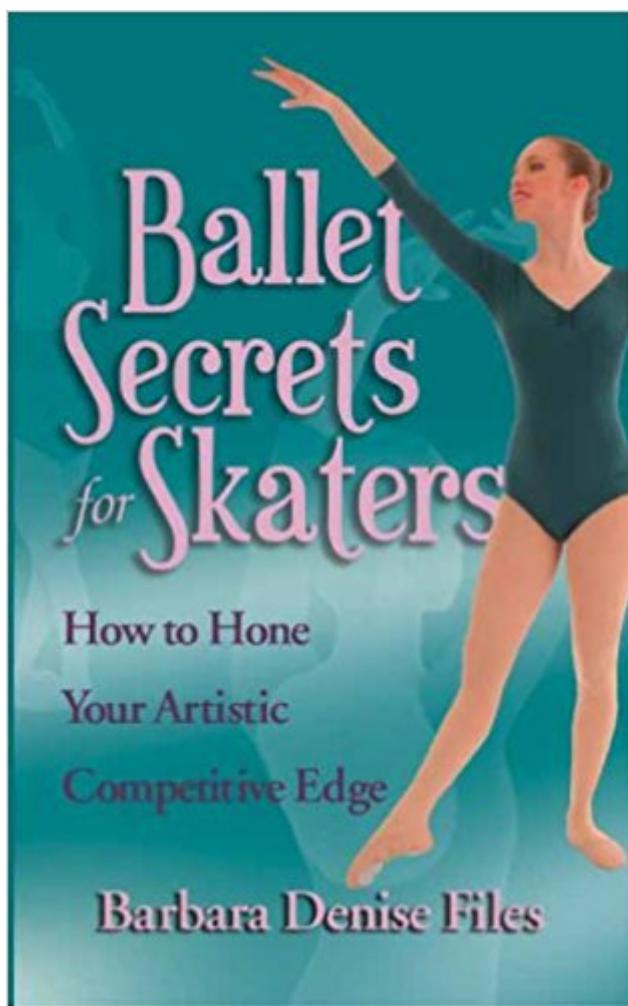


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# Ballet Secrets For Skaters: How To Hone Your Artistic Competitive Edge



## **Synopsis**

Do you command an audience's attention using graceful arm and head positions? Learn how...in the first ballet book designed for skaters! *Ballet Secrets for Skaters* unlocks the secrets of ballet technique in a fun and friendly style. Discover many tools and tips for proper placement of the upper body--the first place an audience looks. . Phtos of real figure skaters show common pitfalls and how to avoid them. . *Ballet Secrets* and Quick Checks help you remember these points on the ice. . Emphasis on making a winning impression--even when you stand still. Bonus! Olympic Gold Medalist Viktor Petrenko and Ladies World Champion Yuka Sato--famous for their artistic expression--offer advice and inspiration for today's competitive skaters.

## **Book Information**

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## **Customer Reviews**

A valuable guide for figure skaters, coaches, dance teachers and skating enthusiasts of all ages...Highly recommended... -- Midwest Book Review, February 2006

Nice clear pictures, written in an easy to understand way, "quick checks" given as an easy review of postions/ tips

Anything that refrains from signing up for another class is helpful. My daughter got good tips from this book

Such a helpful, well-written book! Each ballet "secret" is clearly explained & includes helpful

photographs of an actual skater. I learned how small changes in position of your fingers, arms, shoulders, etc can make a huge difference in how your program looks to the judges. So much helpful information is packed into this small book. Highly recommended.

Good information in a fun, readable format. Not a boring book of rules, but quick, condensed lessons you can enjoy reading. I have used the information and recommend this book to all skaters, especially those who may not have the time or money to invest in ballet lessons. Definitely worth the cost.

useful

I teach classical ballet to figure skaters, as well as run a website and blog dedicated to the magic of these two worlds combined. Commitment, perseverance, artistry, alignment, flexibility, musicality, poise, strength, and solid technique are qualities that shape and define successful dancers, figure skaters, and skaterinas as I call them. This book is among my staples and I often pull it out so that I can quickly access photos that I feel will give life to the concepts I want my students to comprehend and master as they work hard to develop and strengthen their skills.

Written by a Russian-trained dancer, teacher, and choreographer, *Ballet Secrets for Skaters: How to Hone Your Artistic Competitive Edge* is a valuable guide for figure skaters, coaches, dance teachers, and skating enthusiasts of all ages and ability levels. Chapters disseminate basic poise tips of ballet, from how to hold the fingers, wrist, and shoulder to artistic guidelines for the arm and head position, and ballet poses that will add grace and charm to any ice skating routine.

Black-and-white photographs clearly demonstrate the positions and, and the text clarifies tips, tricks and techniques for embodying grace. Highly recommended for intermediate to advanced and competitive skaters.

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