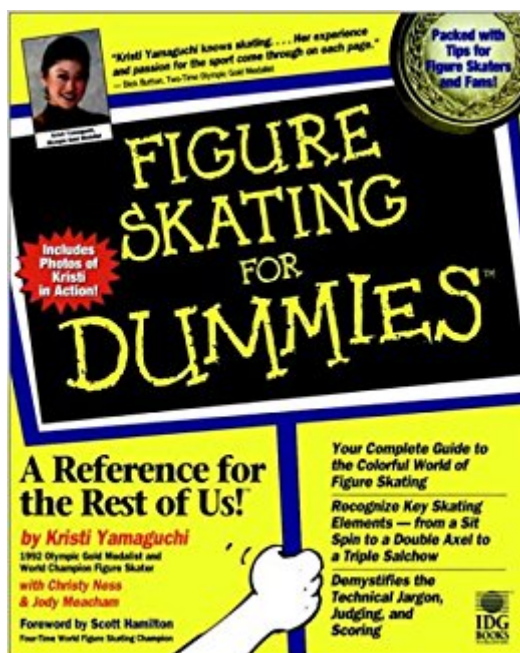


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# Figure Skating For Dummies



## Synopsis

"Kristi Yamaguchi knows skating.... Her experience and passion for the sport come through on each page." ?Dick Button, Two-Time Olympic Gold Medalist "Kristi truly explains it all ... from sit spins to death drops, from the kiss-and-cry area to center ice." ? Mark McDonald, Senior Olympic Correspondent, Dallas Morning News Covers Everything from Competitions to the Olympics and Beyond! Olympic Gold Medalist Kristi Yamaguchi Takes You for a Spin Through the World of Figure Skating! Distinguish a toe loop from a Lutz, an Axel, or a Salchow Discover how skaters select their music, choreography, and costumes Understand the judging and scoring of the short and long programs Select the best boots and skates ? for every budget Locate a practice rink and coach to fit your needs Get into skating shape with tips from Kristi's Olympic training regimen Understand the differences between amateur and professional skaters Keep score at home or rinkside with the Figure Skating For Dummies Scoring System

## Book Information

Series: For Dummies

Paperback: 346 pages

Publisher: IDG Books Worldwide; 1 edition (December 31, 1997)

Language: English

ISBN-10: 0764550845

ISBN-13: 978-0764550843

Product Dimensions: 7.5 x 0.8 x 9.3 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.5 out of 5 stars 29 customer reviews

Best Sellers Rank: #857,671 in Books (See Top 100 in Books) #37 in Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating

## Customer Reviews

After watching a figure-skating performance, do you ever wonder what just happened on the ice? The skater supposedly executed a flawless double Salchow and triple Lutz, among other things, and then the judges posted a bunch of numbers. Maybe you need help from the Dummies. Written by 1992 Olympic gold medalist Kristi Yamaguchi (with a foreword by Scott Hamilton), Figure Skating for Dummies is a primer for spectators and would-be skaters alike. Learn the lingo, understand the judging practice, and--if you're really committed--embark on a practical training schedule in hopes of performing your own double-toe loops and triple axels.

Kristi Yamaguchi won the hearts of fans across the globe when she won the Gold Medal at the 1992 Albertville Olympic Winter Games. As an amateur, Kristi won thirteen titles ? including two consecutive World Championships. American Skating World named her 1996 Skater of the Year and ESPN voted her the top female athlete among adult fans. Today, she travels throughout North America as a headliner in the Discover Stars on Ice tour. Kristi is also actively involved with the Always Dream Foundation, the American Lung Association, and the Make-A-Wish Foundation.

Good for new skaters at our rink that want to learn the basics for jumps and spins. BTW, we are artistic roller skating on quads and it's the same mechanism for freestyle as on ice!

It's decent book. A bit of color would have helped a lot.

This book tell you detail of figure skate and good guide for parents and biginnger skater.I always like her book.

I am an adult figure skater who began skating 2 years ago. It's nice to have a book that explains things I need to know about the sport.

This book was not only extremely informative but it was written with a fun, light tone that made reading enjoyable. Everything was very user friendly and never, at any given time, was I slightly confused or bored. Great book for skaters (because secrets are revealed) and non-skaters (who always wondered about the names of things, how certain moves are done, etc.).

Great book on figure skating and easy read

The book goes from the very basic stokes to the very difficult jumps. It was a disappointment to me as it did not illustrate or describe the "how to's" This is not an instructional book but rather a book for spectators or parents rather than the student skater.

I am very happy and excited about this product. It looks good, feels real, and cuts very well. I definitely think the product is of good quality for the low price. In other words, you get a good product for the price you are paying for. Definitely recommended! I will recommend it to my friend.

she says it is very beautiful , great . good.

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