

Ag: 1-7-8-9-0
 allow 1-7-8-9-0
 men 1-7-8-9-0
 judg 1-7-8-9-0
 requ 1-7-8-9-0
 the skater and coach. Free skating failures often require a complete review and a subsequent improvement schedule. Skaters tend to know when they have not done well in compliance to the USFSA standards.

The Final Connection should be an appreciation to all the persons involved who were contributing their time to support the Test Session. ■

Tips From The Masters

Gustave Lussi Method

by Cecily A. Morrow

Mr. Lussi emphasized delay, momentary suspension in the air, at the apex of all jumps. To help skaters achieve it, he trained them in spectacular single jumps - even highly accomplished students.

Arms were left forward and out to the side during the entire single jump trajectory. No pulling in for singles. Rotation was not the objective until the skater had mastered "distance, height and beauty" in basics.

While rising to the top of the jump (single and multi), skater's arms reach up, slightly above shoulder level, hands flat (Figure 1), rotated a bit so that thumbs are the bottom finger. In singles, they remain there, then they pull wider (to the sides) for landing.

Rapid pull in for doubles, triples and quads follows single jump training: elbows stay lifted, lower arm structure coming inward fast and strong (back scratch spin training pays off here). For rotation counterclockwise, left hand above right, at stomach level, palms flat, parallel to ice (no clenched fists); the head "snaps" leftward, assisting arm

ICE CRYSTALS

"Our chief want in life is somebody who shall make us do what we can"

R. Waldo Emerson

SINGLE OR MULTI-ROTATIONAL JUMPS



Figure 1

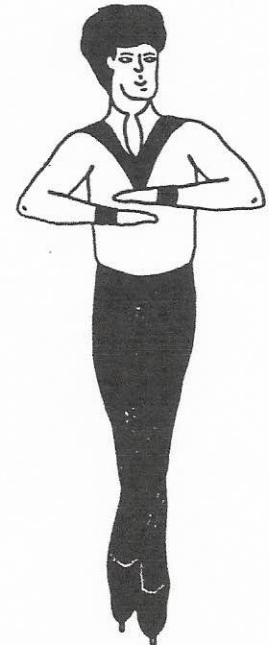


Figure 2

contraction to increase skater's airborne angular velocity (Figure 2) and turns to the right on landing to facilitate checking out.

This action - arms wide, then brought in, lightning quick, only when the jump apex is reached - produces a dramatic "delayed" quality as well as control over the landing.

Any premature rotational body motion, especially pulling in just after take off, tends to create a spinning action around the wrong body axis (the left, in counterclockwise), leading to difficulties in clean edged landing, as well as limiting the distance (and, thus, air time) in jumping.

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