

Skatefresh

How to skate - Advanced Practice Exercise Summaries

Weight Distribution and Stance

Focus on:

- **Full (correct) knee bend** = knee cap covering toes, weight on the ball of the foot, shins supported by ankle straps.
- **Half (incorrect) knee bend** = weight on the mid foot or beginning of the heel (toes slightly tight or gripping). Video yourself from the side and see where your bend is most of the time.
- **Down-Up-Down movement introduced.** This appears in some skills and will enable part of the skate to become unweighted so that it can move faster in the air or create pressure on a different part of the skate (e.g. heels). This will be looked at in detail in the various lessons where it appears.
- The harder the skill, the **lower** you go in support knee bend (in general).
- **Upper body rotation.** We will always learn the feet first and then add the upper body at the end. However, eventually, it is the upper body that will lead the skates and this will produce smooth and beautiful looking skating.
- **Upper body;** Nose, Knees, Toes in a line. Don't hinge forwards from the waist. Missing out the Ready Position is the way to be unprepared and then more likely not to implement the skill correctly.

Requisite Skills:

- Comfortable **backward skating** with any method.
- A comfortable **forward to backward Mohawk transition.**
- A comfortable **backward to forward Mohawk transition.**
- Comfortable **Parallel Turns in both directions.**
- **Gentle forward outside edge glide** in Toe Roll or on one foot.
- Solid Intermediate level skills.

Secrets of Advanced Backward Skating

Positions to practice both static and rolling.

- **Scissor #1** "Left Leading" (Learn static and rolling).
Left skate leading (60%), right skate trailing (40%).
- **Scissor #2** "Right Leading" (Learn static and rolling).
Right skate leading (60%), left skate trailing (40%).
- **Scissor #3** "Left Trailing" (Learn static and rolling).
Left skate trailing (60%), right skate leading (40%).
- **Scissor #4** "Right Trailing" (Learn static and rolling).
Right skate trailing (60%), left skate leading (40%).
- **5 wheel Scissor #1** "Left Leading"
Left skate leading (80%), right skate trailing (20%) on heel wheel.
- **5 wheel Scissor #2** "Right Leading"
Right skate leading (80%), left skate trailing (20%) on heel wheel.
- **5 wheel Scissor #3** "Right Leading"
Left skate trailing (80%), right skate leading (20%) on toe wheel.
- **5 wheel Scissor #4** "Right Trailing"
Right skate trailing (80%), left skate leading (20%) on toe wheel.
- **4 wheel glide #1** "Left Leading"
Left skate leading (100%), right skate trailing (0%) in the air.
- **4 wheel glide #2** "Right Leading"
Right skate leading (100%), left skate trailing (0%) in the air.
- **4 wheel glide #3** "Right Leading"
Left skate trailing (100%), right skate leading (0%) in the air.
- **4 wheel glide #4** "Right Trailing"
Right skate trailing (100%), left skate leading (0%) in the air.

Common problems with Advanced Backwards Skating

- **Steering in a straight line is often difficult.** Fix this by ensuring your heels are lighter (and steerable) by bending into the ball of the support foot. Steering can be controlled with micro-movements of the support knee in and out to move the weight towards the little toe or big toe side of the ball of the foot.
- **Drifting Toe on 5 wheel versions where toe is leading.** In 5 wheel versions with the toe roll leading it's common for the toe to drift out to the side or cross behind the support skate. Fix with tiny micro-adjustments of the leading heel either in or out by 1-2cm. This is very subtle but aim to keep the leading heel completely upright.
- **Inability to control the edge of the support skate.** Aim for a centre edge on the support skate (or very slight outside edge is OK). But beware of an inside edge or an extreme outside edge. Neither of those is a place to find your balance.

Backwards Crossovers

- Half Lemons in a circle (anti-clockwise, weight on right skate, half lemons with left).
- Half Lemons on the circle and pause in Scissor #2 with edges.
- Half Lemons on the circle and pause in Scissor #3 with edges.
- Half Lemons on the circle and pause in Scissor #2 and then straight into Scissor #3 until they are both comfortable for several metres.
- Half Lemons on the circle and pause in Wide Scissor #2 and hold for several metres.
- Slow Motion crossovers, pausing in Wide Scissor #2 and then rolling into Crossed Scissor #3 and pausing for several metres in each scissor position. Practice a lot with slow motion and long pauses.
- Return to Scissors and half lemon practice if the crossovers feel uncomfortable.

Common problems with Backwards Crossovers

- **Insufficient knee bend on leading leg in wide, step out Scissor position.** Fix this by practicing the Parallel turns (narrow and wide) with weight on the leading skate until this gentle backwards outside edge feels more secure. Feel for your weight going down through the ball of the leading skate.

Backwards Crossunders

- **Statically walk through the Crossunder.**
 - » Step 1 - push out to the right and heavily weight the left skate by bending the left knee.
 - » Step 2 - step back into 5 wheel Scissor #2.
 - » Step 3 - lift the left skate and return to Ready Position (via 4 wheeled Scissor #2).
- **Step 1 rolling.** Continuous backwards Scooters, weight on left leg, scooting with right skate.
- **Step 2 rolling.** Push to the side, step back into 5 wheel Scissor #2 and roll there for 3 metres. Then repeat.
- **Step 3 rolling.** Step back into 4 wheel Scissor #2 and glide for a moment before regrouping. Over time Step 2 will begin to Crossunder more fully (don't rush this).
- **Continuous push, Crossunder, (mini glide), regroup. Push, Crossunder (mini glide), regroup.** Stay parallel to your direction of travel.
- **2 Crossover and 2 Crossunders** with Scissor pauses at each end.
 - » **Do 2 slow motion Crossovers,** Scissor #2 (several metres), regroup and push to the right (weight on the left).
- **Do 2 slow motion Crossunders,** Scissor #3 (several metres), regroup and step out with the right skate into a Crossover.
- **Semi-slow motion** without acceleration, linking 2 crossovers and 2 crossunders.
- Step out, Crossover, step out, Crossover and pause (Scissor #2).....regroup to Ready.
 - » Push, Crossunder, push, Crossunder and pause (Scissor #3), losing your speed a bit.
- Only **very slowly over time** begin to increase the speeds. **Do not try to learn too fast.**

Common problems with Backwards Crossunders

- Stepping back into the crossunder position (whether crossed or uncrossed) can cause problems if you are not fluent with the 5 wheeled Scissors #2 or #1 at whatever speed you are trying to do your crossunders. **Too much speed will hinder this progress.** So keep training the secret scissors at increasing speeds even when you begin to learn harder skills.

Moonwalk

- Rolling Scissor #4.
- Rolling Scissor #3.
- Rolling 5 wheel Scissor #4.
- Rolling 5 wheel Scissor #3.
- Static Moonwalk (holding onto something).
- One half of Moonwalk (5 wheel Scissor into Toe Point and back again on the same side).
- Other side of Moonwalk.
- One Moonwalk on each side (5 wheel Scissor into Toe Point, place and lift, repeat the other side). Include pauses in each position.
- Slow Motion Moonwalk pausing in each position.
- Slowly progressing to full Moonwalk with no pauses but each position one after the other in smooth succession.

Common problems with Moonwalk

- Steering issues in 5 wheeled Scissors #3 and #4. Fix by pointing the foot inside the Toe rolling skate and controlling any drop in or out of the heel in the lead. The heel should point straight up.
- Support knee rises up when moving from the 2 moonwalk scissor positions. This will mean the Toe Point scissor isn't defined and the heel will drop down in Toe Point position.

Barrel Roll

- Requisite skill: the '1234'.
- **Unassisted Barrel Roll (without cross behind step, easy version).**
 - » Forwards to backwards Mohawk transition (left to right) ending in Scissor number 2 rolling.
 - » From Scissor number 2, lift and cross left over right into tucked in crossed over position and pause and roll. Step forwards onto right skate to repeat slowly.
 - » Remove Scissor number 2. Transition, lift to cross, step forwards. Repeat slowly.
- **Assisted Barrel Roll with 5 wheels (and forward crossed under step).**
 - » Cross under step in isolation (in a straight line), ending in 5 wheel Scissor number 2.
 - » Cross under step, but allow the right heel to drift around to the right and into the transition.
 - » Full assisted Barrel Roll version with 90% on support leg each time and 10% on heel or toe wheel each time.
- **Unassisted Barrel Roll with forwards cross behind step (hardest version).**
 - » Cross under step in isolation (in straight line), ending in 4 wheel Scissor number 2 and glide.
 - » Cross under step in isolation (in straight line), ending in 4 wheel Scissor number 2 and swing the right skate in the air to end in a Scissor behind the left skate
 - » Full unassisted Barrel Roll with cross behind step.
 - » Begin to vary the size of your circles by adjusting your edges.
 - » Only begin to increase your speed for the Barrel Rolls very slowly.
 - » The upper body continually rotates in a clockwise direction (while skating around an anti-clockwise circle).

Forwards Outside Three Turn

- Forward outside edge Toe Rolls on a circle in both directions (to decide which your favourite is). This lesson is for **Anti-clockwise Three Turn on the left skate** (left foot in front for the Toe Roll).
- Entry Cusp only. Deep knee bend Down and then rise Up at the end of the Entry Cusp. Repeat over and over. Down Up. End up with left skate pointing into the centre of the circle and left knee nearly straight at the end. Create the Entry Cusp 'Grhhh' sound.
- Rolling backwards, 5 wheel Scissor #3 (as preparation for the Exit after the Flip) in a straight line first. Then on a gentle inside edge curve.
- Static 'Flip' from Toe Roll forwards to Toe Roll backwards and Down Up Down (almost no rolling). Must be very comfortable before you try it rolling.
- The full (Toe Roll assisted) Three Turn rolling slowly with fast tempo Down Up Down.
- **Slightly harder version 1**
 - » Toe Roll in and clean edge out (no Toe Roll on Exit Cusp and edge).
- **Slightly harder version 2**
 - » Clean edge in (no Toe Roll) and Toe Roll out for Exit Cusp.
- **Final Three Turn Version 3**
 - » Clean edge in, clean edge out (no Toe Rolls before or after the Three Turn).
 - » Start with slow speeds and only increase speeds very slowly. Keep Down Up Down in fast tempo.
 - » Link forward Outside Three Turn straight into 1 or 2 Backwards Crossovers.

Common problems with Forward Outside three Turn

- **Lack of entry cusp into the Three Turn.** This creates a straight line three turn which is more risky as it involves more time up on the front wheel and a 180 degree lift of the heel wheels. Fix by focussing on the entry cusp exercise and deeply bending down before the straightening of the support knee to create the tighter outside edge in the Toe Roll position. Without the cusp the three turn won't happen.
- **Lack of Down-Up-Down movement in the three turn leads to the wheels getting stuck and 'tripping' on the transition.** Practice this Down-Up-Down movement in Toe Roll position until the heel wheels lift momentarily on the up and balance is regained on the down. This can be done forwards as a training exercise and then added to the cusp practice.
- **Inability to exit on backwards inside edge in Toe Roll or one foot.** Fix this by returning to practice 5 wheeled Scissors #3 and #4 so that the exit curve is pre-rehearsed when added to the three turn.

Backwards Outside Three Turn

- **Backwards Toe Roll** on an outside edge in both directions on a circle to decide your favourite direction/leg.
 - » Anti-clockwise, this is 5 wheel Scissor #4 on an outside edge, looking over left shoulder.
 - » Clockwise, this is 5 wheel Scissor #3 on an outside edge, looking over right shoulder.
- **Static Entry Cusp using the Curtsey.**
 - » From static Toe Roll, bend both knees into the Curtsey position and make contact with the knees. Repeat many times.
- **Entry Cusp rolling**
 - » 5 wheel Scissor #4, drift into Curtsey position with big knee bend Down. Repeat many times.
- **The Flip** (statically coming up onto the heel wheel and flipping the other wheels to forwards).
- **Exit Cusp creating static Three Turn.**
 - » Down (Curtsey), Up (Flip), Down (Toe Roll exit). Repeat many times.
- **The Assisted Three Turn in full, rolling slowly;**
 - » Entry Cusp Curtsey in, the Flip and Exit Cusp out in Toe Roll.
- Assisted Backwards Outside Three Turn in combination with **Forwards to Backwards Mohawks.**
- Assisted Backwards Outside Three Turn in combination with **Forwards Outside Three Turns.**
- **Unassisted Backwards Outside Three Turn**
 - » Static Curtsey ("Tuck") in the air. Rolling Curtsey in the air. Tuck (Down) and rise up to finish.
- **Static (holding on).**
 - » Clean in, Toe roll out. Curtsey in the air (Down), Flip onto heel wheel (Up) and end in forwards Toe Roll (Down).
- **Slowly rolling.** Clean in, Toe Roll out. Curtsey in the air (Down), Flip (up), Toe Roll (Down).
- **Progressions for creating clean unassisted Backwards Three Turn.**
 - » Curtsey in the air, Flip, Toe roll + tap
 - » Full unassisted Backwards Outside Three Turn.
 - » Curtsey in the air, Flip, Glide (no tap)
- **Alternative version of the Backwards Three Turn,** ending with left leg in front.
 - » Upper body. Static first
 - » Push the back arm 90 degrees across your body as you bend for the Curtsey.
 - » Rolling clean Three Turn with back arm pushing on the Curtsey.

Backwards Inverted Mohawk

Static Backwards to Forwards Mohawk on both sides to determine which is your favourite direction.

Focus On:

• 3 parts to the manoeuvre;

- » **Part 1** - Inverted Backwards T-Slide (through 90 degree turn)
- » **Part 2** - Down-Up-Down Weight transfer from one skate to the other (Down-Up - weight on leading skate, final Down weight shifts to new front leg).
- » **Part 3** - Upper body rotation
- » This lesson shows **clockwise** rotation from right skate going backwards to left skate going forwards. If you prefer anti-clockwise then **reverse** all the instructions.

• Part 1 – Inverted Backwards T-Stop/Slide.

- » Rolling backwards Scissor #2 (weight on ball of the right foot).
- » Rolling 5 wheel Scissor #2 (more weight on right skate).
- » Rolling backwards T Stop in a straight line starting from Scissor #2.
- » Rolling backwards T Stop in a straight line starting from 5 wheel Scissor #2
- » Rolling backwards T Slide beginning to go around the corner by 45 degrees.
- » Rolling backwards T Slide increasing slowly to go around the corner by 90 degrees.

• Part 2 – Down Up Down. Practice the static weight transfer from one skate to the other.

- » Rolling Backwards Inverted Mohawk with slow speed but high tempo for the Down-Up-Down.

• Part 3 – Upper body rotation.

- » The back arm and shoulder must rotate through 90 degrees until they are facing in front of you to finish.
- » Practice combining all 3 parts at slow speeds before increasing velocity later.

• Three Combinations.

- » 1. Backwards Inverted Mohawk into Forwards to Backwards Mohawk.
- » 2. Backwards Inverted Mohawk with forwards to backwards Mohawk repeated over and over. This is called **The Rolling Spin**.
- » 3. Backwards Inverted Mohawk into forwards to backwards Mohawk into assisted backwards outside Three Turn into another forwards to backwards Mohawk and then end in backwards crossovers.

Common problems with Backwards Inverted Mohawk

- **Lack of 90 degrees T-Slide.** Not enough comfort in the T-slide position. Revise the 5 wheeled Scissor #1 or #2 and back T-slide in a straight line to check your weight is correctly on the ball of the support skate. Then begin to add the curve until you reach 90 degrees. Do not progress to changing leg until the 90 degrees has been achieved.
- **Lack of Down-Up-Down in support leg at end of the T-slide** which means lack of pivot point created on the Up to assist with change of legs. Do the T-slide position with Down-Up-Down and change of leg statically to gain the rhythm.
- **Lack of trailing arm push through 90 degrees creating an unsmooth transition.** Fix by pushing the trailing arm 90 degrees to help create the curved T-slide.

Jumps

- Arm Swing (statically, no jump).
- Static Arm Swing with knee bend and jump.
- **Forwards to Forwards Jump rolling very slowly**
 - » Forwards to forwards Jump with jumping line and preparation line.
 - » Slowly increase your speed and move the preparation line further away from your jump line.
- **Backwards to backwards Jump**
 - » Statically looking over your shoulder with diagonal arm swing and landing in Scissor #3 or #4.
 - » Backwards to backwards jump rolling very slowly.
 - » Backwards to backwards jump with jumping line and preparation.
 - » At higher speeds we need to jump less high. Remove back arm swing and keep hands on the table beside you before, during and after backwards to backwards jump with speed.
 - » Link together two backwards to backwards jumps.
- **Forwards to Backwards Jump**
- There are **only 2 safe options** that do not involve changing scissors in the air;
- Choose your favourite combo.
 - » Forwards Scissor #1 jumping into backwards Scissor #3.
 - » Forwards Scissor #2 jumping into backwards Scissor #4.
- **Forwards to Backwards Jump with jump line and preparation line**
- Only increase your speeds very slowly. If at any time you get a windmill or land with weight mid foot or on heels, slow down and perfect the arm swing and balls of the feet for landing.
- **Jumps with height**
 - » Tuck up the legs in the air.

Common problems with Jumps

- **Windmill arm circle on forward take off jumps.** This must be avoided by returning to the correct arm swing. The windmill often appears when you increase speed too quickly or add extra difficulty such as height or pressure (eg people watching). Know and respect your comfortable jumping speed. It will increase over time but not immediately.
- **Landing with weight on heels.** This must be avoided by consciously trying to land on the front half of your skates with your knees bending forwards over your toes. "V-ing". Fix as above, by holding the Lunge and Roll position for a count of 3 and check you are rolling parallel to the centre axis line. Find a real line to help you train this.