



How To Use This Course

Ideally you should try and master each exercise taught in the skill progression until it looks as close to the demonstrations as possible, before moving on to the next (harder) exercise. If you skip exercises that you don't like (or you think you don't need), sooner or later this will create problems in your technique.

Don't forget to also practice all of the static exercises shown in the videos. Introducing a new movement statically is the best way for your body to then be able to repeat it correctly while rolling.

This progressive Training Model will ensure your practice movements begin with easier versions and then progress on to more challenging exercises.

You may find it useful to ask a friend to film your practice (not of the final skill, but of the progressive exercises). This will open up your analytical mind and help you see if you are creating any of the common problems. Then you'll know what needs adjusting or polishing so that the movement is as correct as it can be (for today).

Imagine I'm skating beside you and I'm watching your knees as you practice.

You should have the expectation of practicing the exercises regularly, every time you skate, (not just once or twice after watching the videos). Your practice of the various exercises will improve over time and then your speed will increase during the exercise and this process repeats.

Repetition of correct progressive movements will produce improvement. It will take some focus and discipline to give this 'work' the effort it deserves. Think of this 'work' as your fitness regime, your exercise, your personal growth... then you will connect with it more deeply.

Focussing your attention on the task at hand will help you notice from day to day how you are gaining control, balance and consciousness of your movements. Feeling yourself improve is super motivating and highly addictive!

Skate practice is one of my favourite kinds of 'active meditation', where you are so focussed on your present action, you have no brain space for anything else. If you can embrace it like this, you will then be rewarded with better, smoother and more confident skating.

Enjoy the process!