

HOW TO SKATE FASTER

Focus Points

11. Toe Roll

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Steer in a straight line on a Centre Edge.
- Put your weight on the ball of the support foot.
- Push your support shin into the top ankle strap.
- Bend your front and back knee.
- Point your back foot inside the skate (like a ballet dancer's point).
- Have the front wheel of your back skate one skate-length behind your front skate's heel wheel.
- Trunk upright, arch lower back, shoulders back and down, chin horizontal.
- Balance for 10-15 metres in Toe Roll on a straight line (build up to this).
- Increase your speed gradually.
- Combine Toe Roll and an Outside Edge curve. Start by moving the front knee a little towards the little toes of that skate to drift off the straight line.

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12. Toe Roll to Short Toe Roll

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Have a perfect front knee bend.
- Put your weight on the ball of the front foot.
- Put 90% or more of your weight on the front skate.
- Balance on a Centre Edge.
- Glide along a straight line.
- Pull the back knee forwards to tuck behind the front knee.
- Do not rise up on the support knee or change your weight distribution.
- Roll the back skate in and out several times to isolate the movement.
- Squeeze your legs together to seal your thighs during the Short Toe Roll.
- Do a 3 centimetre Tap with the back toe wheel to check if 95% of your weight is on the support leg.
- Tap light and easy.
- Hold your body upright.

HOW TO SKATE FASTER

Focus Points

13. Lunge and Roll, regroup with Short Toe Roll (on the line)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Practice the Static Lunge Position.
- Lift the heel of your pushing foot up and out to initiate a Toe Roll regroup that rolls into a narrow Short Toe Roll.
- Put your weight on the ball of the support foot.
- Bend the knee of your support leg until the kneecap covers your toes.
- Support your torso by placing your hands on your support thigh.
- Keep your chest up and arch your lower back.
- Incline your upper body no more than 45 degrees.
- Balance along a straight line.
- Pause 2-3 seconds in Lunge and Roll and 2-3 seconds in Short Toe Roll.
- Make the regroup into Short Toe Roll quick and decisive.
- Bring the knees together to touch for the Short Toe Roll and then pause.
- Set down and change foot in an exact Ready Position with both skates pointing straight ahead.

HOW TO SKATE FASTER

Focus Points

14. Outside Edges 3 versions

by Asha Kirkby



INTERMEDIATE LEVEL Fitness Stride

Focus Points A

- Put your weight towards the little toe side of the ball of the back foot.
- Balance on an Outside Edge on the back skate and an Inside Edge on the front skate.
- Put 80% of your weight on your bent back knee.
- Trunk upright, arch lower back, shoulders back and down, chin horizontal.
- Practice Outside Edge circles from larger to smaller.

Focus Points B

- Put your weight towards the little toe side of the ball of the back foot.
- Balance on an Outside Edge on the back skate and an Inside Edge on the front heel wheel.
- Put 90% of your weight on your bent back knee.
- Lock your front knee straight!
- Flex your front foot inside your skate (opposite of 'ballet point').
- Trunk upright, arch lower back, shoulders back and down, chin horizontal.
- Practice Outside Edge circles from larger to smaller.

Focus Points C

- Put your weight towards the little toe side of the ball of the front foot.
- Balance on an Outside Edge on the front skate.
- Put 95% of your weight on your bent front knee.
- Point your back foot inside your skate (ballet point).
- Trunk upright, arch lower back, shoulders back and down, chin horizontal.
- Practice Outside Edge circles from larger to smaller.

HOW TO SKATE FASTER

Focus Points

15. Lunge and Roll, regroup with Short Toe Roll (crossing the line)

by Asha Kirkby



INTERMEDIATE LEVEL Fitness Stride

- Put 80% of your weight on your support leg.
- Bend the knee of your support leg until the kneecap is covering your toes.
- Push your shin into the top ankle strap.
- Use your support knee to steer over the line on an Outside Edge by bending it towards your little toes.
- Put your hands on your support thigh.
- Keep your chest up and your body at 45 degrees.
- Over time reduce your number of Scoots from 3 to 2 to 1 to 0.
- Keep your knees bent in the Ready Position when you change legs and hands.
- Pause for three seconds in Lunge and Roll on a Centre Edge skating straight ahead, parallel to the central axis line.
- Pause for one to two seconds in Short Toe Roll before regrouping in Ready Position.
- Make the transition from the Lunge and Roll to the Short Toe Roll decisive.
- Bring the knees together quickly into Short Toe Roll.
- Set down and change foot in an exact Ready Position with support skate pointing straight ahead (no 'V').
- Set down and regroup parallel to and to the side of the central axis.
- Use the central axis line to check if you are doing this correctly.

HOW TO SKATE FASTER

Focus Points

16. Lunge and Roll, regroup in Short Toe Roll (with faster cadence)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Put your weight on the ball of your support foot.
- Make the transition between the Lunge and Roll and the Short Toe Roll Position quick with high tempo and cadence.
- Bring the knees together to touch for the Short Toe Roll.
- Bring the pushing skate from a Wide Lunge Position to a Short Toe Roll behind the support skate in less than a second.
- Have your support skate on a Centre Edge in the Lunge and Roll Position pointing straight ahead.
- Transition to a gentle Outside Edge in the Short Toe Roll curving over the central axis.
- Bend the knee of your support leg until the kneecap is covering your toes.
- Push your shin into the top ankle strap.
- Incline your upper body no more than 45 degrees.
- Roll parallel and next to the central axis line, about 1-2 metres to the side of it when you push for the short pause in the Lunge and Roll.
- Do not V in your regroup.
- Do not cross the central axis line in the Lunge and Roll.

HOW TO SKATE FASTER

Focus Points

17. Lunge and Roll, Lift and Tap (on straight line)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Put 95% of your weight on your support leg.
- Put your weight on the ball of the support foot.
- Only have 5-10% of your weight on your back tapping toe wheel.
- Make very light, silent Taps in the Short Toe Roll just behind the front skate's heel wheel.
- Film yourself to check where you are tapping.
- Have a Centre Edge throughout the exercise.
- Push sideways.

HOW TO SKATE FASTER

Focus Points

18. Lunge and Roll, Lift and Tap

(crossing the line)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Put your weight on your support leg.
- Bend the knee of your support leg until the kneecap is covering your toes.
- Cross the line on a gentle Outside Edge.
- Make your Tap gentle and light.
- Push laterally through the heel on each side.

HOW TO SKATE FASTER

Focus Points

19. Push, Lift and Tap (on straight line)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Aim for ease, comfort and perfect form.
- Don't go for speed yet.
- Put your weight on the support knee and ball of your foot.
- Put your arms behind your back.
- Keep your upper body from rotating by not over-pushing with your stroke.
- Do not over-push.
- Pushing laterally through the heel sideways, not diagonally backwards.
- Touch the back of the support knee with the pushing knee when you Tap before regrouping.
- Touch the knees together in the regroup.
- Stay low.

HOW TO SKATE FASTER

Focus Points

20. Push, Lift and Tap (crossing the line)

by Asha Kirkby



INTERMEDIATE LEVEL
Fitness Stride

- Practice perfect form rather than BIG Pushes and speed.
- Balance on the Outside Edge when gliding across the line (but not for too long).
- Bend the knee of your support leg until the kneecap is covering your toes.
- Don't over-push in width.
- Aim for easy, balanced and light Taps done with control.
- Utilise the Tap to help you balance after an unbalanced Glide and regain and improve your balance while gliding.
- Touch the back of the support knee with the pushing knee when you Tap before regrouping.
- Stay low.

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21. Conscious skating Level 2

by Asha Kirkby



INTERMEDIATE LEVEL Fitness Stride

- Imagine a slow metronome in your head marking a repetitive tempo of Push...Glide...Push...Glide...
- Adjust your tempo to your ability to glide on one skate.
- Bend the knee of your support leg until the kneecap is covering your toes.
- Aim to develop slower cadence.
- Have a Centre Edge on the Push.
- Have a gentle Outside Edge on the Glide.
- Imagine a slow metronome in your head marking a repetitive tempo of Centre Edge... Outside Edge.... Centre Edge... Outside Edge...
- Regroup in a narrow Ready Position.
- Avoid V-ing.