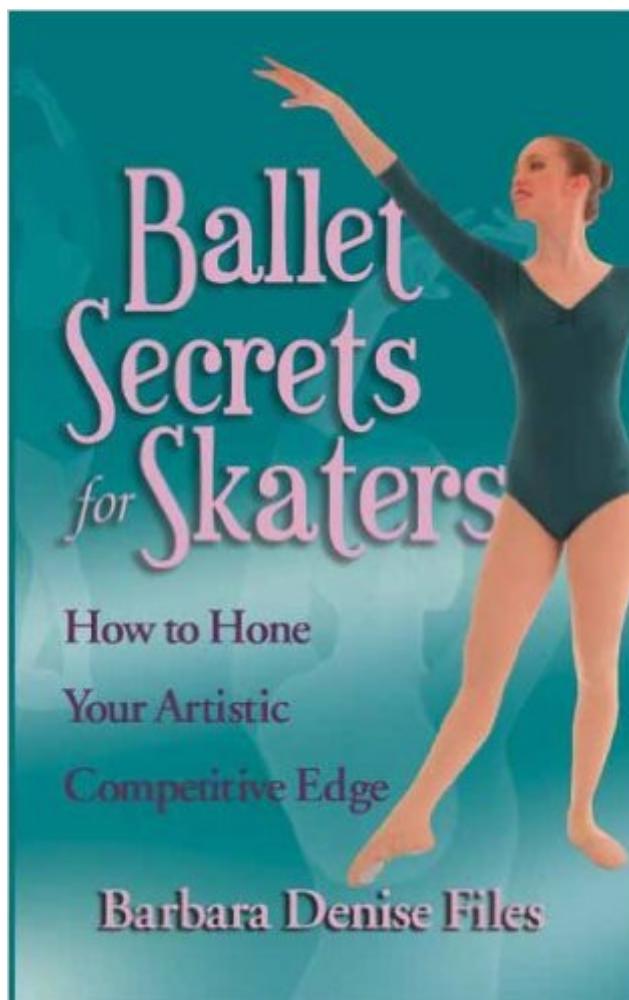


The book was found

# Ballet Secrets For Skaters: How To Hone Your Artistic Competitive Edge



## **Synopsis**

Do you command an audience's attention using graceful arm and head positions? Learn how...in the first ballet book designed for skaters! *Ballet Secrets for Skaters* unlocks the secrets of ballet technique in a fun and friendly style. Discover many tools and tips for proper placement of the upper body--the first place an audience looks. . Phtos of real figure skaters show common pitfalls and how to avoid them. . *Ballet Secrets* and Quick Checks help you remember these points on the ice. . Emphasis on making a winning impression--even when you stand still. Bonus! Olympic Gold Medalist Viktor Petrenko and Ladies World Champion Yuka Sato--famous for their artistic expression--offer advice and inspiration for today's competitive skaters.

## **Book Information**

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Average Customer Review: 4.7 out of 5 starsÂ ¤ See all reviewsÂ ¤ (6 customer reviews)

Best Sellers Rank: #930,506 in Books (See Top 100 in Books) #43 inÂ Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating #67 inÂ Books > Arts & Photography > Performing Arts > Dance > Ballet #77855 inÂ Books > Humor & Entertainment

## **Customer Reviews**

useful

Such a helpful, well-written book! Each ballet "secret" is clearly explained & includes helpful photographs of an actual skater. I learned how small changes in position of your fingers, arms, shoulders, etc can make a huge difference in how your program looks to the judges. So much helpful information is packed into this small book. Highly recommended.

I teach classical ballet to figure skaters, as well as run a website and blog dedicated to the magic of these two worlds combined. Commitment, perseverance, artistry, alignment, flexibility, musicality, poise, strength, and solid technique are qualities that shape and define successful dancers, figure

skaters, and skaterinas as I call them. This book is among my staples and I often pull it out so that I can quickly access photos that I feel will give life to the concepts I want my students to comprehend and master as they work hard to develop and strengthen their skills.

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