

# Adult Figure Skating 101: Ready, Set, Glide!

Have you always dreamed of gliding across the ice with grace and elegance? Figure skating is a beautiful and challenging sport that can be enjoyed by people of all ages. If you're an adult who's new to figure skating, don't worry - you're not alone! This comprehensive guide will teach you everything you need to know to get started, from choosing the right skates to mastering basic moves.



## Adult figure skating 101: Ready, set, glide... by Ron Hotchkiss

★★★★☆ 4.2 out of 5

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## Choosing the Right Skates

The first step to learning how to figure skate is choosing the right skates. There are two main types of skates: hockey skates and figure skates. Hockey skates are designed for playing hockey, while figure skates are designed for figure skating. Figure skates have a longer blade with a toe pick, which is used for jumping and other advanced moves.

When choosing figure skates, it's important to consider your skill level and budget. If you're a beginner, you'll want to choose a pair of skates that are comfortable and supportive. You may also want to consider renting skates until you're sure that you're committed to the sport.

## **Getting Started**

Once you have your skates, it's time to start learning the basics of figure skating. The best way to learn is to take lessons from a qualified instructor. A good instructor can help you develop proper technique and avoid bad habits.

If you're not ready to take lessons, there are a number of resources available to help you learn on your own. There are many books, DVDs, and online tutorials that can teach you the basics of figure skating.

## **Basic Moves**

The following are some of the basic moves that you'll need to master as a figure skater:

- **Forward and backward skating:** These are the most basic skating moves. Start by practicing skating forward and backward in a straight line. Once you're comfortable, you can start to practice turning and stopping.
- **Crossovers:** Crossovers are a basic skating move that is used to change direction. To do a crossover, simply cross your left foot over your right foot (or vice versa) and push off with your inside edge.
- **Mohawks:** Mohawks are a more advanced skating move that is used to gain speed and change direction. To do a mohawk, start by skating

forward on your left foot. As you approach the turn, push off with your left foot and swing your right foot behind you. Land on your right foot and push off with your inside edge.

- **Spins:** Spins are one of the most exciting and challenging aspects of figure skating. There are many different types of spins, but the most basic spin is the waltz jump. To do a waltz jump, start by skating forward on your left foot. As you approach the turn, push off with your left foot and jump into the air. Pull your right knee up to your chest and spin around on your left foot.

## Safety

Figure skating is a safe sport, but there are always some risks involved. It's important to take precautions to avoid injury. Always wear a helmet when you're skating, and make sure to warm up before you start skating. If you're not sure how to do a particular move, ask your instructor for help.

Figure skating is a beautiful and rewarding sport that can be enjoyed by people of all ages. If you're an adult who's new to figure skating, don't worry - you're not alone! This comprehensive guide will teach you everything you need to know to get started. So what are you waiting for? Lace up your skates and get ready to glide!



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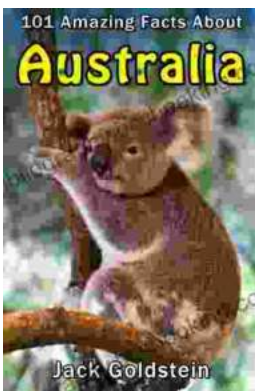
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