

Artistry in Motion Classes

Artistry in Motion (AIM) is designed to educate skaters on the basic principles and philosophy of choreography and to give them a foundation in basic body alignment, movement and line. By incorporating Artistry in Motion in conjunction with the Bridge Program athletes will achieve a complete training package.

The goals of this program:

- Skating movements are to be done at a "performance level" of execution.
- Emphasis is on;
- Body Line - Achieving full extension and complete use of the entire body in the six "Levels"
 - Head - Define movement by creating different focus points; erect, raised, turn, incline, lower
 - Arms - Incorporated into figure skating choreography, speed and line
 - Legs - Stroking, footwork, edges, line, extension, spirals, and connecting movements

Class Management:

Class instructor should possess a strong background in dance, music and/or choreography. The instructor should possess excellent communication skills and be able to comfortably communicate figure skating and the importance of artistry to movements. Concentration is on music, movement, rhythm, interpretation and skating.

Notes for the instructor:

- Please prepare a lesson plan for the session of classes.
- Prepare music selections.
- Choreograph footwork and edge sequences before the class time.
- Have necessary supplies available- paper, pens and markers

General Class Format:

The instructor will:

- Explain and discuss the type of music which will be interpreted
- Use skating and stroking designed for the appropriate ability level of the class
- Incorporate these movements and expressions on various patterns; circles, width of arena, length of arena, diagonal of arena
- Organize the skaters for the patterns being skated

Suggestions for movements to be included (but are not limited to) in class:

- Any form of gliding both forward and backward
- Straight line with variations
- Crossovers
- Swizzles
- All basic edges
- All basic three-turns
- Alternating three-turns
- All basic Mohawks
- All basic Choctaws
- Any of the Moves in the Field patterns
- Ina Bauers
- Spread eagles
- Pivots

Final Component:

The instructor will work with the class on entrances and exiting the ice surface! "How to bow"

The complete Artistry in Motion 1-4 badge curriculum can be found in the Basic Skills Instructor manual.

This program was written and designed by Paula Wagencr. ©1992 Artistry in Motion - Paula Wagener

U.S. Figure Skating Bridge Program