

Core Body

The core body is defined as the rectangle formed by a skater's hips and shoulders.

While the head is not specifically included, its position can influence the distribution of weight and how the core body attempts to adjust for the displacement of weight from the ideal position for each of four basic positions – forward outside, forward inside, back outside, and back inside curves.

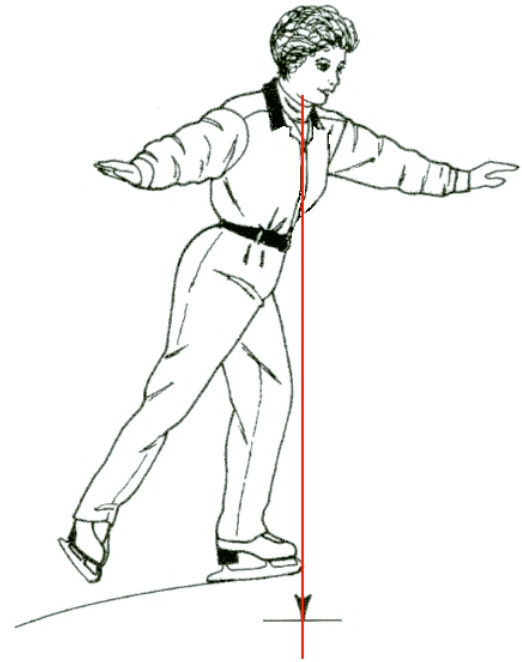


Hips not in proper alignment with shoulders

The angles of the core body rectangle need to be 90 degrees. In the above example, the hips are not in alignment with the shoulders. The right hip needs to be in a direct line with the shoulders and the skating foot.

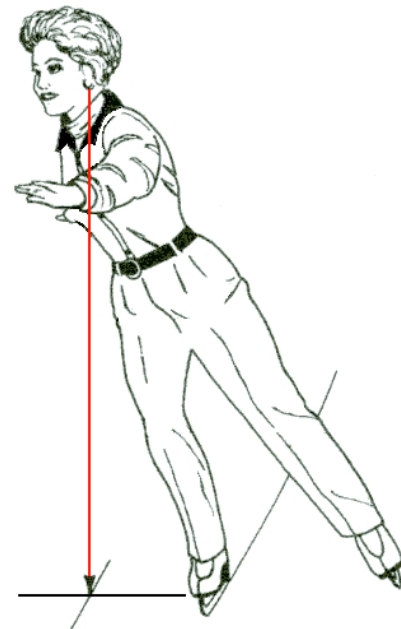
Skaters must learn not to skate edges by sticking their hip out or by dropping their ankle.

Every skater needs to understand this concept in order to be able to automatically apply it to every element they learn as they progress through the levels of MITF.



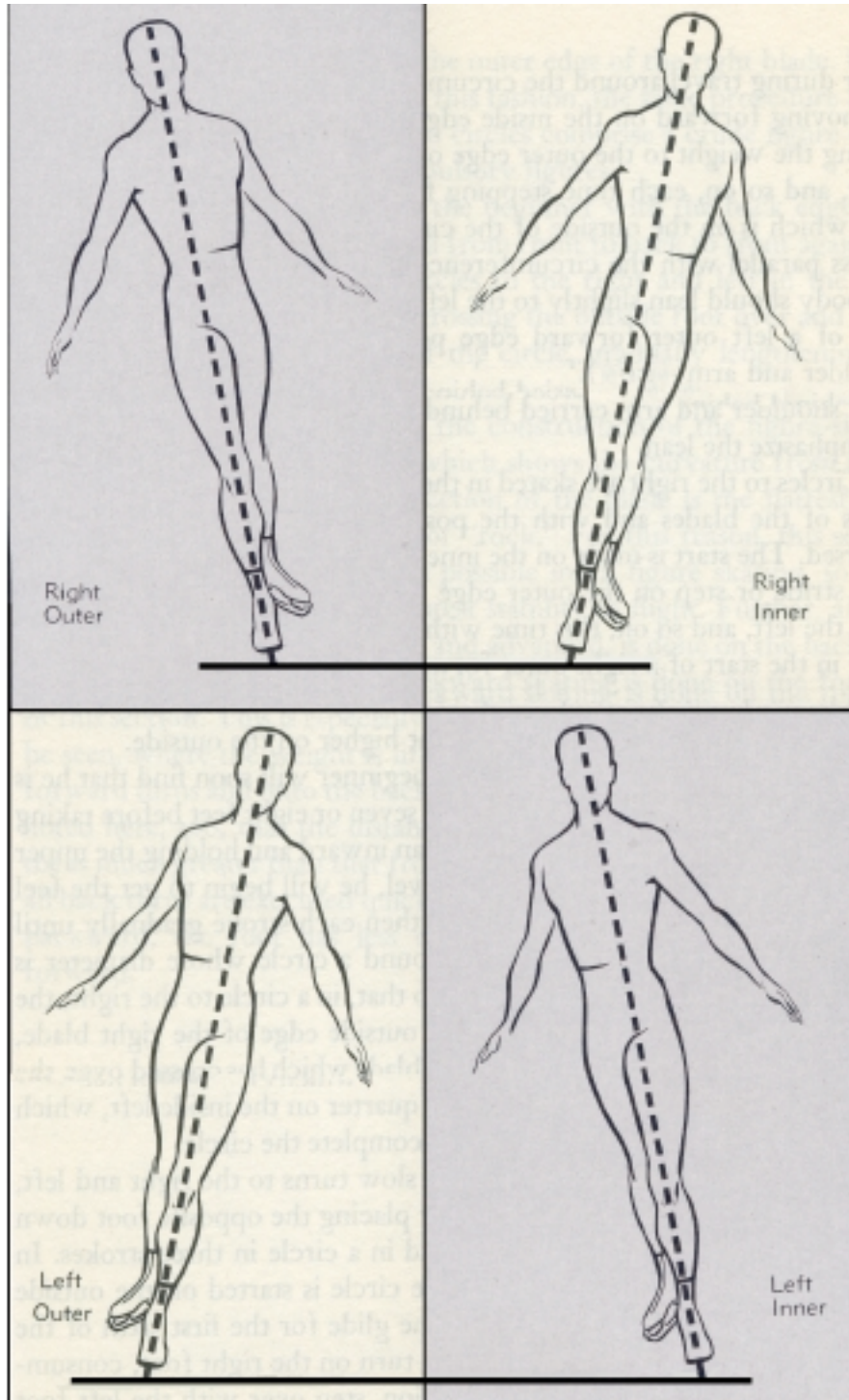
The head position shifts weight forward

Looking down can negatively influence the core body causing it to shift forward so the balance point is well ahead of the hips and toward the toe picks instead of over the ball of the skating foot.



Upper body extended forward and inside circle

When skating forward crossovers, skaters tend to over do their lean into the circle by substituting leaning forward at the waist.



Ideal body alignment on each of the four basic edges