

Forward Stroking

It is common for skaters at every age to want to advance quickly without investing the time to learn the basics thoroughly. Errors acquired, as a beginning skater, will not magically disappear.

The time, effort, and financial investment to correct basic skating errors suggests that rushing through this learning phase reduces the progress of a skater who is serious about achieving their testing and competition goals. Everything you will learn to do as a skater is built on the basic, fundamental skating skills.

Forward Stroking - It is a major error to push forward with the toe. Power is gained by turning the skating foot so you push against the ice with the side of the blade.

Stand with your feet together, then slip one of your feet behind the other, and angled so the toe points out. Push with the inside edge of the "behind" foot, and transfer all your weight to the "front" foot.

Bring your feet together again, and do the same with the other foot. This will have you traveling forward on one foot, then the other, on an inside curving edge.

Your arms should be out to the sides, relaxed, and your hands should be palms down and about waist level. Later on, to add finesse, extend the pushing leg behind you as much as possible at the finish of each stroke.

You should end the pushing movement with the new free leg extended directly back over the tracing, not to the outside of the tracing.

Don't pick the pushing foot up. The leg should be extended with the entire edge in contact with the ice until it's no longer on the ice. Properly performed, there should be a strain in your buttocks muscles as you learn the correct techniques.

The leg will straighten and lift naturally from the ice and the stroke is completed. The toe of the free skate should be parallel to the ice and the toe fully extended in a stretched position.

Correct body posture

Developing the correct body posture and balance is essential - your body should be upright, chin up, with your knees bent - if you lean forward your weight will also shift forward and cause you to catch your toe resulting in an unexpected fall or face plant requiring stitches to repair the injury to your chin.

Developing the correct body posture and balance is essential - your body should be upright, chin up, with your knees bent - if you lean forward your weight will cause you to lose your balance and fall forward.