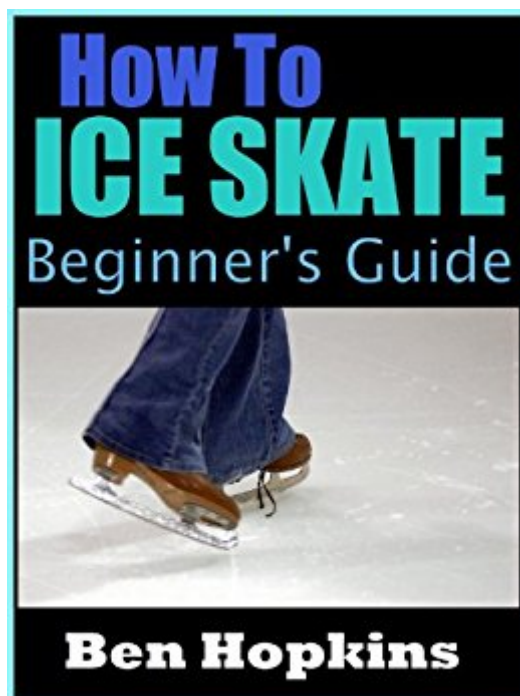


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# How To Ice Skate: Beginner's Guide To Ice Skating



## Synopsis

Learn all the Basics of Ice Skating Here!\*\*\* Best Seller in Canada! Get this book for the special promotion price of \$2.99! Regularly priced at \$4.99\*\*\*

“How to Ice Skate: Beginner’s Guide” is a comprehensive handbook for first-time skaters written by Mr. Ben Cheung. As a qualified skating instructor with almost ten years of experience with beginners, Mr. Cheung covers the basics of skating with all those interested in the sport, and provides step-by-step instructions for all the skills a beginner skater will require for their first time on the ice. Throughout this book, Ben looks at a brief history of ice skating, teaches about the equipment, mindset, and skills for ensuring that beginners are ready for an all-inclusive skating lesson. This book is definitely for those who wish to engage themselves in the intriguing sport of ice skating, as well as for individuals interested in learning more about skating fundamentals. Mr. Ben Cheung’s passion for new ice skating methods has driven him to discover the most effective system of teaching beginners this frozen art form. His techniques and practices are being used in numerous ice skating organizations in North America. This ice skating guide covers in details the how to in forward skating, backward skating, stopping on ice (hockey stops), gliding on ice, and other essential skating abilities. Armed with this “learn to ice skate” manual, individuals can now deliver their own ice skating lesson to themselves, their family, or their friends. This book is highly recommended for adults who wish to learn ice skating or for parents trying to teach their child for the first time.

“How to Ice Skate: Beginner’s Guide” is a thoroughly enjoyable book, full instructions proven, tried, and used currently by renowned ice skating clubs and skating instructors. This guide will give readers a new perspective and understanding to this sport.

Here’s a Preview of What You’ll Learn\*

- Required & recommended equipment for skating\*
- Difference between 3 types of ice skates\*
- How to check for skate sharpness\*
- Preparing physically & mentally before stepping on ice\*
- Balance, Gliding, Stopping\*
- Proper forward & backward skating skills\*
- Advanced skills such as sculling

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Comments from Other Readers

"This is one of the most comprehensive yet easy to understand skating guides out on the market. Perfect for first time beginners wanting to be prepared" - Emily Reid (Manchester, UK)

"I read this before I went skating for the first time, and it helped a lot! Good thing I wore the protective equipment recommend or else I would have hurt myself" - Jeff Ferguson (Colorado, US)

"Simple, quick, effective, and useful guide for skating. What more can I say, it works!" - Patrice Bell (Ontario, Canada)

Tags: Ice Skating, Ice skates, rollerblading, kindle, forward skating, backward skating, crossovers, skating basic, learn to skate, hockey, figure skating, recreational skating, ice rinks, balance, first time, how to advice, stopping on

ice

## Book Information

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## Customer Reviews

Nothing wrong with the book but nothing you can't find for free through a google search...

You can tell the author knows a lot about ice skating. He teaches you the basics in an easy to understand and easy to apply way! I recommend this book to anyone looking at starting to skate!

I like the fact he put helmets as one of the first requirements. I taught beginning skating for over 20 years and feel this book would be a good read and also practice off ice would help beginners gain confidence.

Great advice on getting started.

After reading this book, I really want to go to the ice skating rink!!! haven't skated since I was a child.Helpful info!!

First off, let me say that this book tries very hard to be a good teaching resource. However, it dramatically falls short. Let's take the cover. It shows someone in rental skates, with their laces dangling on the ice, wearing long blue jeans. I had hoped this was a tongue-in-cheek attempt at humor, but after reading the book, I'm not convinced it is. Rental skates are to be avoided like the plague, as they are rarely sharpened and will be ill-fitting. Laces should never drag on the ice, as this is a tripping hazard. And you should avoid jeans, because they aren't warm enough, they aren't flexible enough to let you move freely, and they absorb moisture, so if you fall, they stay wet a long time. There were several major factual errors. For example, the book says that skate blades are two or three CENTIMETERS thick! I can't imagine blades that large. I believe it means two or three millimeters. Also, the book recommends wrapping too-long laces around your ankles before tying them, but this is a rookie mistake. It reduces your ability to flex your ankles and can even cause damage to your skates and/or your Achilles tendon. The book also claims that figure skates run about the same size as street shoes, which is blatantly untrue. In street shoes, I'm a size 8. In skates? A size 6 1/2. Figure skates must fit considerably snuggler than street shoes, so you must buy a smaller size. Another example: The book teaches you to get up from a fall by placing both your hands on the ice and pushing up. This is contrary to the safe method of getting up that my skating coaches taught me. You NEVER want your hands on the ice, because you run the risk of stumbling another skater, or getting your fingers sliced open by a passerby's blades. Instead, you should put your hands on your knee and push up from there. There were other suggestions and recommendations that left me shaking my head with disbelief. All in all, I cannot recommend this book to beginner skaters. It isn't accurate enough to be helpful, and it might even prove harmful.

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