



## A Basic Guide to Figure Skating

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By Thomas Pickering

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, A Basic Guide to Figure Skating, Thomas Pickering, Turns and spirals, jumps and spins -- no other sport can match Figure Skating's combination of strength and elegance, power and grace. Whether it is your first time at the ice rink or you have graduated to the axel, salshow, and lutz, you will enjoy this fascinating look at one of the world's favourite Olympic events. Special features include: Profiles and action photographs of the top American skaters; Proficiency test requirements; Guide to competitive Figure Skating; Comprehensive list of US Figure Skating champions; Fitness, health and nutrition tips.



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