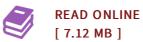




## A Basic Guide to Figure Skating

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.



## Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

## -- Cheyanne Barrows

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- Hank Powlowski