

# Solo Figure Skating Essentials

This playbook outlines the fundamental elements of solo figure skating, covering key techniques such as jumps and spins. It provides a structured approach to learning and mastering the basic components of the sport for individual skaters.

## Step 1: **Get Equipped**

Acquire the appropriate figure skating gear, including well-fitted skates, comfortable attire that allows for movement and warmth, and safety equipment like gloves and pads.

## Step 2: **Warm-Up**

Perform a thorough warm-up off the ice to increase blood flow and mobility. This should include dynamic stretching and exercises targeting muscles used in figure skating.

## Step 3: **On-Ice Basics**

Start with on-ice basics by practicing falling and recovering, stopping, forward and backward crossovers, and turns.

## Step 4: **Basic Edges**

Learn basic edge work by practicing inside and outside edges on both feet, developing balance, control, and understanding of the blade's edges.

## Step 5: **Jumps Fundamentals**

Progress to basic jumps, such as the waltz jump, and work through the six foundational jumps of figure skating: toe loop, salchow, loop, flip, lutz, and axel.

## Step 6: **Spins Technique**

Learn spinning by starting with the basic two-foot spin and advancing to more complex one-foot spins and variations like sit spins and camel spins.

## Step 7: **Combining Elements**

Begin to combine jumps and spins with other skating elements, focusing on smooth transitions and maintaining flow throughout routines.

## Step 8: **Choreography**

Work on the choreography by interpreting the music and incorporating expressive movements and footwork into programs.

## Step 9: **Routine Practice**

Regularly practice entire routines to build stamina and polish performance details, paying attention to timing, precision, and artistic expression.

## Step 10: **Feedback and Refinement**

Seek feedback from coaches and peers, and use it to refine techniques, optimize performance, and improve overall presentation.

# **General Notes**

## **Safety Precautions**

Always prioritize safety when on the ice by being mindful of your surroundings and other skaters, and by wearing protective gear.

## **Coaching**

Consider hiring a coach for personalized guidance, especially for techniques like jumps and spins which can be complex and challenging to learn on one's own.

## **Physical Fitness**

Maintain good physical fitness off the ice with strength training, flexibility exercises, and cardiovascular workouts to support on-ice performance.