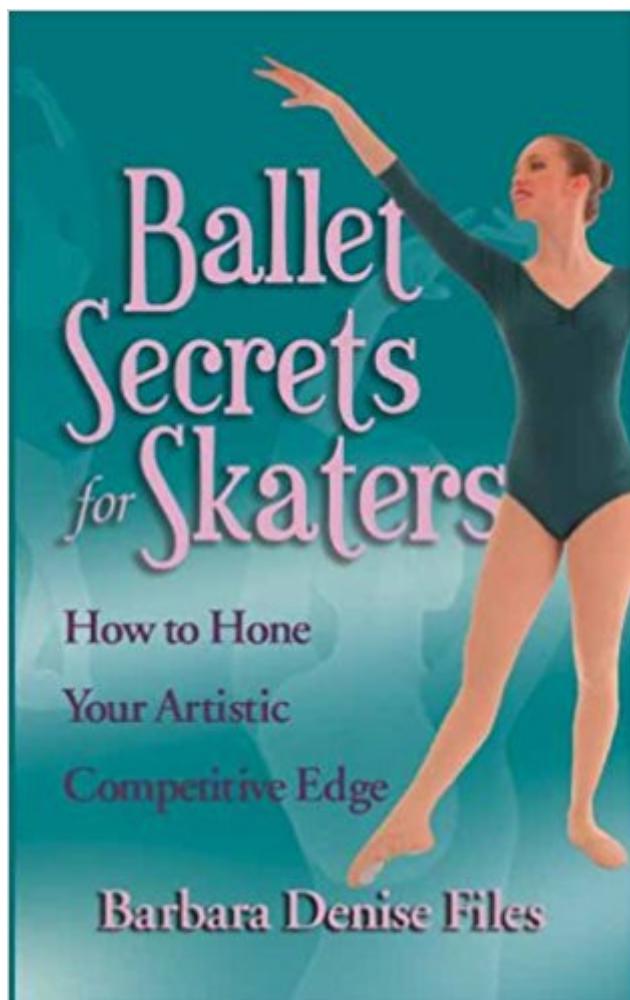


The book was found

Ballet Secrets For Skaters: How To Hone Your Artistic Competitive Edge



Synopsis

Do you command an audience's attention using graceful arm and head positions? Learn how...in the first ballet book designed for skaters! *Ballet Secrets for Skaters* unlocks the secrets of ballet technique in a fun and friendly style. Discover many tools and tips for proper placement of the upper body--the first place an audience looks. . Phtos of real figure skaters show common pitfalls and how to avoid them. . *Ballet Secrets* and Quick Checks help you remember these points on the ice. . Emphasis on making a winning impression--even when you stand still. Bonus! Olympic Gold Medalist Viktor Petrenko and Ladies World Champion Yuka Sato--famous for their artistic expression--offer advice and inspiration for today's competitive skaters.

Book Information

Paperback: 192 pages

Publisher: Artistic Enterprises International (January 2006)

Language: English

ISBN-10: 0972672389

ISBN-13: 978-0972672382

Product Dimensions: 8.2 x 5.5 x 0.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ ¤ See all reviewsÂ ¤ (6 customer reviews)

Best Sellers Rank: #930,506 in Books (See Top 100 in Books) #43 inÂ Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating #67 inÂ Books > Arts & Photography > Performing Arts > Dance > Ballet #77855 inÂ Books > Humor & Entertainment

Customer Reviews

useful

Such a helpful, well-written book! Each ballet "secret" is clearly explained & includes helpful photographs of an actual skater. I learned how small changes in position of your fingers, arms, shoulders, etc can make a huge difference in how your program looks to the judges. So much helpful information is packed into this small book. Highly recommended.

I teach classical ballet to figure skaters, as well as run a website and blog dedicated to the magic of these two worlds combined. Commitment, perseverance, artistry, alignment, flexibility, musicality, poise, strength, and solid technique are qualities that shape and define successful dancers, figure

skaters, and skaterinas as I call them. This book is among my staples and I often pull it out so that I can quickly access photos that I feel will give life to the concepts I want my students to comprehend and master as they work hard to develop and strengthen their skills.

[Download to continue reading...](#)

Ballet Secrets for Skaters: How to Hone Your Artistic Competitive Edge Artistic Anatomy: The Great French Classic on Artistic Anatomy Galaxy S7: The Ultimate User Guide - Learn How To Master Galaxy S7 And Galaxy S7 Edge, Plus Advanced Tips And Secrets! (S7 Edge, Android, Smartphone) Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer The Performance Paleo Cookbook: Recipes for Training Harder, Getting Stronger and Gaining the Competitive Edge Thinking Strategically: The Competitive Edge in Business, Politics, and Everyday Life (Norton Paperback) Thinking Strategically: The Competitive Edge in Business, Politics, and Everyday Life The Secret of the Ballet Book: (Kids Fantasy Books, Ballerina Fiction) (Kids Mystery, Girls Books Ages 9-12, Ballet Stories, Dance Books, Kids Books, Kids Fantasy Books Ages 9-12) Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet Ballet 101: A Complete Guide to Learning and Loving the Ballet Minecraft Secrets: Master Handbook Edition: Top 100 Ultimate Minecraft Secrets You May Have Never Seen Before (Unofficial Minecraft Secrets Guide for Kids) (Ultimate Minecraft Secrets Handbook) Nightmare's Edge (Echoes from the Edge) The Edge of the Light (The Edge of Nowhere) Atlas of Percutaneous Edge-to-Edge Mitral Valve Repair Law of Attraction Directly from Source: Leading Edge Thought, Leading Edge Music What's Your Creative Type?: Harness the Power of Your Artistic Personality Minecraft: Minecraft Secrets Handbook : Master these Ultimate Minecraft game tips, tricks, secrets and hints to take your game to the next level. (Unofficial Minecraft Secrets Guide) Beating the Commodity Trap: How to Maximize Your Competitive Position and Increase Your Pricing Power The End of Competitive Advantage: How to Keep Your Strategy Moving as Fast as Your Business

[Dmca](#)