



Making the Right Moves

Peter Dalby

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'Making the Right Moves' is an instructional book designed to help ice skaters of all levels understand the requirements for passing Moves in the Field skating tests. These tests are an essential part of present day ice skating, and must be passed in order for a skater to compete in championships and certain competitions. In the first part of the book some general comments are made about the various different aspects of skating, techniques are explained, and exercises are suggested to help the skater improve their standard of skating. In the second part of the book each of the forty four moves are addressed in turn, and explanations are made about how they are best performed. The book is not only instructional, but gives the skater a host of information about skating in general, as well as preparing for Moves in the Field tests.

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