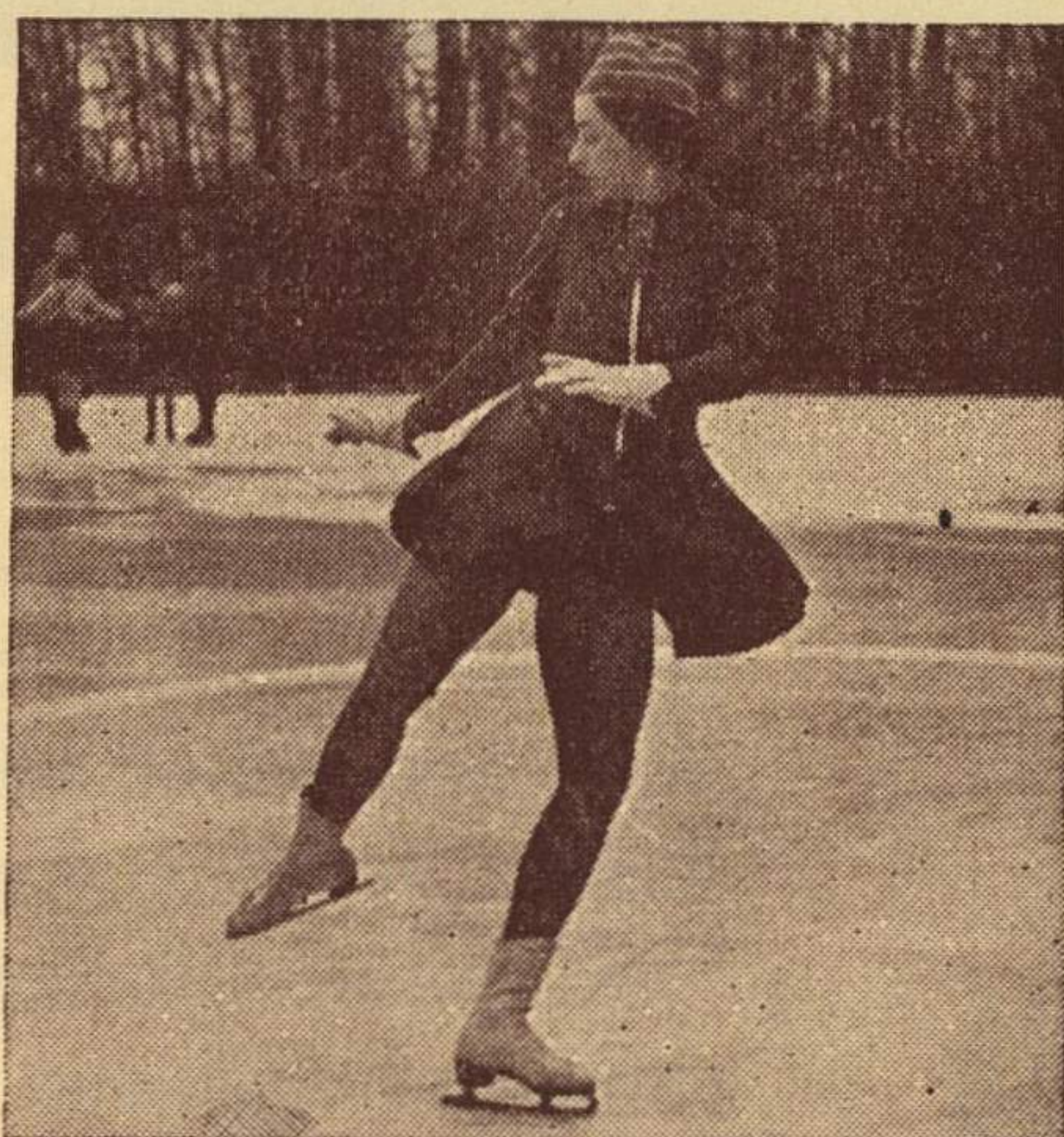


School figures and dance steps for the skating novice

Minutely described for you with text and diagram by the nine times U. S. National Ladies Singles Champion.



A complete elementary "course" carrying you through the first three official tests of the U. S. Figure Skating Association.

Maribel Y. Vinson's

PRIMER OF FIGURE SKATING

182 pages, 6 x 9, fully illustrated, \$2.75

HERE is a book to introduce you easily and effectively into the fascinating art of figure skating and dancing. The author takes nothing for granted, but begins with the very first strokes so that you get the proper start that makes advanced figures easier to do because they are done correctly.

The book brings you the careful, easily understood directions of a National Champion figure skater and dancer, representative of the United States on three Olympic teams and in numerous European championships. Miss Vinson has written the book for the enthusiastic novice who lacks a rink, club or competent instructor and must

visualize the school figures and positions through written descriptions, diagrams, and pictures.

From hints on how to buy your skates and skating clothes wisely and economically, to the moment you are "actually out there alone on the ice with the judges, a competition referee, and a knowing gallery to watch your every move" at your first competition, Miss Vinson is always a patient and thorough instructor, overlooking no suggestions she has found to be valuable in her wide experience. Fourteen plates of motion picture stills show the various figures in each stage of execution. The four standard ice dances: waltz, fourteen-step, fox trot, and tango are clearly interpreted and blueprinted with diagrams.

Let Maribel Vinson pass on to you what she has learned from countless hours of practice and numerous hard-fought competitions

I. EQUIPMENT

No such thing as weak ankles.

II. FIRST STROKES ON THE ICE

Bend that knee of yours

III. THE FOUR FUNDAMENTAL EDGES

Cutside forward, inside forward, outside backward, and inside backward figure eights

IV. THREE TURNS AND THE FORWARD CHANGE OF EDGE

The first test. Begin to dance now, too

V. BACKWARD CHANGE OF EDGE

The rest of the three turns. The second test. Begin to free skate now

UNITED STATES FIGURE SKATING ASSOCIATION: Its Objects and Functions

By Richard L. Hapgood, Secretary

VI. FORWARD DOUBLE THREES

Threes in combination with the change of edge

VII. LOOPS

The third test. Competition requirements

VIII. THE FOUR STANDARD ICE DANCES

Waltz, fourteen-step, fox trot, tango

IX. FREE SKATING

Simple moves. Program construction

X. YOU ARE A GOOD SKATER NOW

What can be done by the skater who has mastered the figures in this book. Pairs, fours, carnival groups, etc.

