



SOCHI 2014



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In our presentation we want to present you the dictionary of terms used in figure skating.

We chose the figure skating because it is one of the most complicated and beautiful kinds of sport. At one time figure skating is a smooth, grace, gentleness, and to the other the passion, the greatness, the danger with every step or jump.



Figure Skating

Figure skating - skating sport, refers to **сложнокоординационным** sports. The main idea lies in the movement of the athlete or athlete skating on ice with changes to the sliding direction and performance of additional elements (rotation, jumping, combinations of steps, supports and other) to the music.



Figure skating allocate 4 disciplines:

- single male
- female single
- pair figure skating
- sport dances.

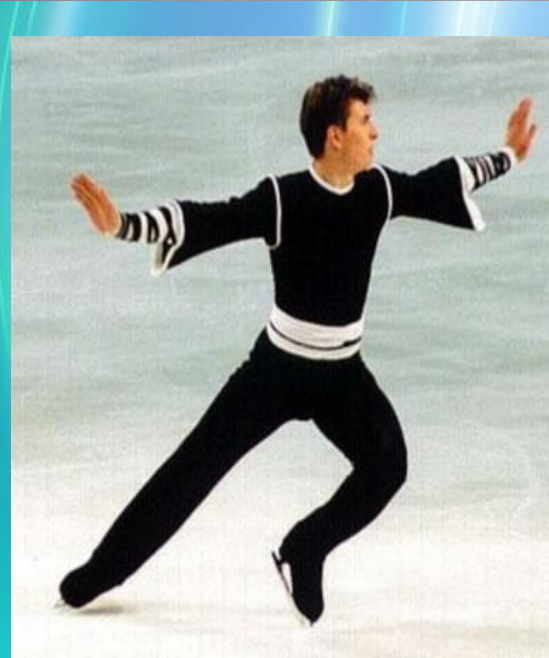
Figure skating is possible to allocate 4 basic elements

- Steps
- Spirals
- Rotation
- Jumping



Steps

The steps in figure skating connect all the programme elements in a coherent whole. They are a combination of shocks, arcs, triples, banners, brackets, hooks, ВЫКРЮКОВ and loops through which the skater moves on the floor



Types of steps

- **No change of foot steps directions and ribs**

Arc
Entry steps
Loop

- **No change of foot steps**

Troika
Bracket
Hook
Counter
Upholstering
Twizzle

- **Steps change foot**

Chasse
Cross roll
Cutting
Jogging step

- **The most known combinations of steps**

Waltz three turn
Jackson

Spirals

Spiral - a required element of women's and a pair figure skating, long sliding on a clear edge of one of the ridge in the same pose with his free leg. As a result, the ice must stay the trail with a smoothly varying curvature. In the performance of this element is important beauty and precision poses



Types of spirals

Variations spirals

Spiral Arabesque

Spiral ring

Biellmann spiral

Cross-grab Biellmann

Y-spiral

Spiral Charlotte

Spiral Kerrigan

Fan spiral

Rotation

Rotation (pirouettes) on one foot is a necessary element of figure skating. There are five classic poses rotation: standing («Vint»), Layback spin, the Bielmann spin, sitting («top») and the rotation of the «swallow» (Camel spin). In addition to these five, there are many variations of: «checkbox», Layback spin «ring» and other



Types of rotations

The rotation of the standing ago

Layback spin

Bielmann spin

Rotation sitting

Camel or sit

Ring

Jumping

Jumping is mandatory elements of the programme of figure skating for all disciplines, in addition to sports dances on ice.



Kind of jumps

With the separation of the type риттбергера
half-loop

Valley

With the separation of the type Axel

Rocker

Jump in twine

Support, emissions, backspin

Lutz

Sheepskin coat

Flip

Salchow

Axel

Criteria of estimation

Components of the program	Компоненты программы
Skating skills	Мастерство катания
Transition	Связующие движения
Execution	Исполнение, артистизм
Choreography	Хореография, постановка программы
Interpretation timing	Интерпретация
Subtotal components	Сумма за компоненты

List of literature:

- http://vk.com/im?peers=26885880_45143770_c45_c65&sel=c64&z=video-48940689_167444889%2Fca10ef71b52877821a
 - <http://ru.wikipedia.org/>
 - http://go.mail.ru/search_images
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- http://iceskyte.ucoz.ru/publ/nemnogo_o_figurnom_katanii/figurnoe_katanie_kak_vid_sporta/elementy_figurnogo_katanija/4-1-0-11

Thank you for watching