



# Figure skating

# What is sport?

Sport is a type of physical culture, aimed at achieving the best result



# Figure skating

Unfortunately, I do not have a favorite sport. But judging by what I like to watch, it will definitely be figure skating.





# What is figure skating?

Figure skating - speed skating Olympic sport, the main idea of which is to move an athlete on ice on skates and perform special elements to the music.



# ISU

There is the International Skating Union - an international federation that manages skating sports headquartered in Switzerland.



# History

- Figure skating as a separate sport was formed in 1860 and in 1871 was recognized at the first Congress of skaters.
- The first competitions were held in Vienna in 1882 among male figure skaters. The first women's world championship was held in 1906 in Davos.
- Since 1924, figure skating has consistently been included in the program of the Winter Olympic Games.



# In figure skating there are 5 disciplines:

- Men's single skating;
- Women's Singles;
- Pair figure skating;
- Dance Sport;
- Group synchronized skating.





# The main elements of figure skating:

In the figure of cathinuis, 4 main, basic elements can be distinguished: steps, spirals, rotations, jump.





There are also a number of specific elements performed in pair skating:

- Support;
- Twist;
- Emissions.



Figure skating is a beautiful, graceful and exciting sport. But in fact, very difficult, requiring great effort from an athlete.





# Thanks for attention

