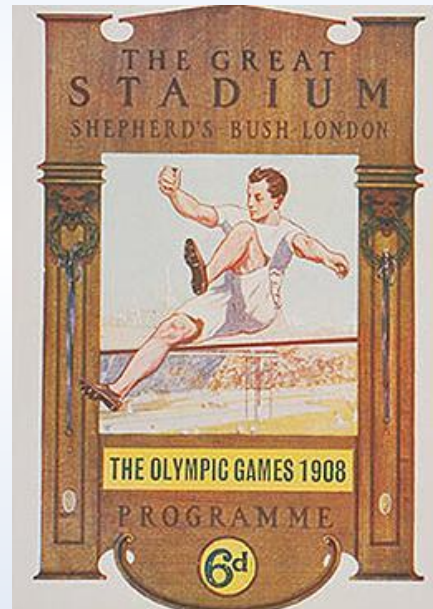


A close-up photograph of a figure skater's legs and feet. The skater is wearing light-colored, possibly white or pale yellow, figure skates with brown leather accents and laces. The skates are positioned on a dark, reflective ice surface. The background is dark and out of focus, showing some blurred lights. The title 'Figure skating' is written in a large, elegant, white cursive script across the center of the image, partially overlapping the skater's legs.

Figure skating

by: Zima Daria Sergeevna

- **Figure skating** is a sport and activity in which individuals, duos, or groups perform on figure skates on ice. It formed as a sport in 1860s.
- **Figure skating** is the first winter sport included in the Olympics, in 1908



Disciplines

- The four Olympic disciplines are *men's singles*, *ladies' singles*, *pair skating*, and *ice dancing*.
- Skaters generally perform two programs (short and long) which may include *spins*, *jumps*, *moves in the field*, *lifts*, *throw jumps*, *death spirals*, etc.



Famous figure skaters

- The most famous Russian figure skaters are:

Evgeny Plushenko



Ilya Averbukh



Adelina Sotnikova



Julia Lipnitskaya



Tatiana Volosozhar and Maxim Tran'kov.



A close-up photograph of a pair of white ice skates with black blades, resting on a frozen, cracked surface of ice. The skates are positioned diagonally, with the left skate in the foreground and the right skate slightly behind it. The ice is a pale blue-grey color with visible cracks and some snow or frost. The lighting is soft, creating a gentle glow on the white leather of the skates.

• Thank you
for the
all love!