

# How to STOP

## HEEL BRAKE STOP

Beginner Level  
By Asha Kirkby



1. Ready Position into Half Scissor (cruise along a straight line for 10-15 metres).
2. Ready Position into Full Scissor (cruise along a straight line for 10-15 metres).
3. In Full Scissor, "tap" front wheel of front skate (testing if your weight is distributed at 70/30%).
4. Ready, Scissor, brake on gently and slide to a stop.
5. Ready, Scissor, brake on gently then sink lower and elongate the Scissor to a more abrupt stop.
6. Practice all the above exercises at slightly higher speed. Repeat when successful at even higher speeds.
7. Always come to a complete stop.

# How to STOP

## PLOUGH STOP

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1. Rolling A-Frame Position to a stop.
2. Rolling A-Frame Position pushing down on inside edges (staying wide for 10-15 metres).
3. Rolling A-Frame Position pushing heel wheels outwards to engage slide.
4. Do parts 2 and 3 simultaneously, pushing both skates laterally so that toes do not come together.
5. Practice all the above exercises at slightly higher speed. Repeat when successful at even higher speeds.
6. Only when successful at higher speeds attempt on gentle slopes, starting at the bottom (see Heel Brake on Slope lesson for slope method).
7. Always come to a complete stop.

# How to STOP

## GRASS STOP

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1. Normal rolling Scissor then lower both knees (and roll 10 metres on tarmac).
2. Then lengthen Scissor by 1/2 skate length (and roll 10 metres on tarmac).
3. Shift weight a little more to back knee (from 60% to 80%).
4. Find suitable patch of grass next to skating surface and approach slowly in Scissor and do parts 2 and 3 simultaneously as you hit the grass. Roll to a stop in Scissor on the grass.
5. Practice number 4 above at slightly higher speed. When successful repeat with more speed.
6. Always come to a complete stop.

# How to STOP

## HEEL BRAKE STOP ON SLOPES

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1. Find the Neutral Position on a gentle slope.
2. Neutral Position to brake quickly and slide down slope in control.
3. Neutral Position to brake quickly, then brake on, brake off, brake on, brake off.
4. Neutral Position to brake on quickly and slide, then at bottom of slope sink down and elongate Scissor to stop on the slope.
5. Always come to a complete stop.