

# How to STOP Intermediate Level

## T-STOP

By Asha Kirkby



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1. Choose your favourite side by statically trying both T-Positions.
2. Toe Roll Position on favourite leg (rolling for 10-15 metres).
3. Lunge and Scrape (from static T-Position, no rolling).
4. Semi static T-Lunge and slide.
5. Full T-Stop (very slowly trying all 3 entry methods to see which works best for you).
  - Toe Roll and drop the heel.
  - Rolling back into Scissor and around into T-Position (all 8 wheels stay on the ground).
  - Lift and place into T-Position.
6. Make sure every time you engage the T-Stop (from whichever entry method) you try to slide to a complete stop. If you can't then slow down. It's not a T-Stop unless you stop.
7. Slowly increase your speed when you can successfully slide to a stop. Continue with increasing speed.
8. Always come to a complete stop.

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## SPIN STOP

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1. Choose your favourite direction by statically trying both sides (on grass or with support).
2. Toe Roll in a straight line, then rotate 90 degrees with upper body to beginning the spiral.
3. The Pivot. Slowly Toe Roll and rotate into the spiral then pivot the back heel around and place into Spin Stop Position. Very slow speed.
4. Full Spin Stop slowly to a stop.
5. Increase the speed of rotation and pivot and slowly increase speed of Spin Stop until you discover it's highest speed (there is a limit to how fast the Spin Stop can be done).
6. Practice the Spin Stop in combination, after a T-slide to slow you down to Spin Stop speed.
7. Always come to a complete stop.

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## LUNGE STOP

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1. Lunge Turns revision (pre-requisite).
2. Reduce the size of your Lunge Turns by rotating the upper body into the turn. Faster rotation at the beginning of the turn will produce tighter turns.
3. Spiral Lunge Turn. Keep Lunge turning in a tighter spiral until you stop (maintaining weight on front skate throughout, knee over toe).
4. Statically moving the back leg from behind you in Lunge Position, to low Lunge Position both toes on the line. Repeat several times.
5. Statically repeat the above exercise and simultaneously move weight from the front to the back skate as you arrive in the final A-Frame Position.
6. Practice at low speeds and slowly increase your speed (but ensure the Lunge Turn entry is always a max of 1.5-2 metres in diameter). If you turns get larger, then train the Lunge Turns at higher speeds getting tighter.

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## LUNGE TURN

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1. Static Lunge Position.
2. Parallel Turn (revision) with more weight on the back skate 60% (pre-requisite).
3. Parallel Turn with more weight on the front skate 60%.
4. Medium Lunge Turn with more weight on the front skate 70%.
5. Full Lunge Turn (80% or more weight on front skate).
6. Full Lunge Turns varying the size of turn by varying the speed of rotation of the arms and trunk into the turn.