

How to STOP

Advanced Level
BACKWARDS POWERSLIDE By Asha Kirkby



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1. Basic backwards skating (pre-requisite).
2. Low backwards Ready Position (up to 10 metres).
3. Low backwards Lunge Position (up to 10 metres, aiming for 70-80% weight).
4. Low backwards Lunge Position + 'Tap Tap' (to test if you are 80% minimum on support leg).
6. Test Slide in backwards Lunge (aim for quiet "Sshhh" sound).
7. Baby Powerslide (low speed) but ONLY IF your Test Slide above was successful. If not train the Lunge + Tap and Test Slide until you are absolutely 80-90%.
8. Backwards Powerslide at slowly increasing speeds.
9. Always slide to a stop.

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TRANSITION ENTRY TO BACKWARDS POWERSLIDE By Asha Kirkby



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1. Static walk through both sides.
2. Mohawk Transition revision (must be smooth and lifting both skates one after the other).
3. Mohawk Transition into backwards Toe Roll (aim for 5 metres in Toe Roll).
4. Mohawk Transition into one-legged glide for 2-4 metres.
5. Semi static walk through: Mohawk Transition step into Powerslide Position.
6. Mohawk Transition entry into backward Powerslide very slowly aiming for tiny slide.
7. Mohawk Transition entry into Powerslide slowly increasing speeds to get a longer slide.
8. Always slide to a stop.

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LUNGE TURN ENTRY TO BACKWARDS POWERSLIDE By Asha Kirkby



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1. Lunge Turn revision (pre-requisite).
2. Lunge Stop revision (pre-requisite).
3. Static walk through both sides.
4. Slow roll through, no slide. Lunge Turn, flip 90 degrees, Powerslide Position.
5. Slow to medium speed Lunge, Flip and Slide.
6. Slowly increase speeds for full Lunge Turn entry to backwards Powerslide. More speed = longer slide.
7. Always slide to a stop.

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HOCKEY STOP By Asha Kirkby



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1. Parallel Turn revision (pre-requisite).
2. Parallel Turns getting tighter with more body rotation.
3. Edge Stop. Introduce the 'wiggle' to the left before Parallel turning right for Edge Stop. Slow speed.
4. Edge Stop with wider stance, shoulder width.
5. Mini Hockey Stop (with only outside skate sliding).
6. Slowly increase speeds and body rotation with low knees until both skates start sliding. Smooth surfaces and harder wheels will help here.
7. Polishing the Hockey Stop. This process continues forever as it can always be done faster, smoother, lower and I've now seen it on one skate and two front wheels!
8. Always slide to a stop.