

Adult Skating Class Notes: March 2009

Music interpretation is conveying and supporting the emotion and **rhythm** of the music.

1. ***Rhythm**: The combination of long and short, even and uneven sounds that convey a sense of movement.
2. ****Expression**: A quality that accounts for the specific emotional effect of music
3. **Keywords** from the International Skating Union's, Program Component Explanations (the old "artistic impression/presentation mark). Although all the items are important, I've highlighted those that I feel are vital to an Adult skaters success.!

Balance, **rhythmic knee action**, and precision of foot placement

Flow and effortless **glide**

Rhythm, strength, **clean strokes**, and an efficient use of lean create a **steady run to the blade** and an ease of **transfer of weight** resulting in seemingly effortless power and acceleration.

Cleanness and sureness of deep edges, steps, and turns: The skater should demonstrate **clean and controlled curves**, deep edges, and steps.

Varied use of power/energy, speed, and acceleration

Variety is the gradation – some of which may be subtle

Multi directional skating: Includes all direction of skating: forward and backward, clockwise and counterclockwise including rotation in both directions.

Mastery of one foot skating: No over use of skating on two feet.