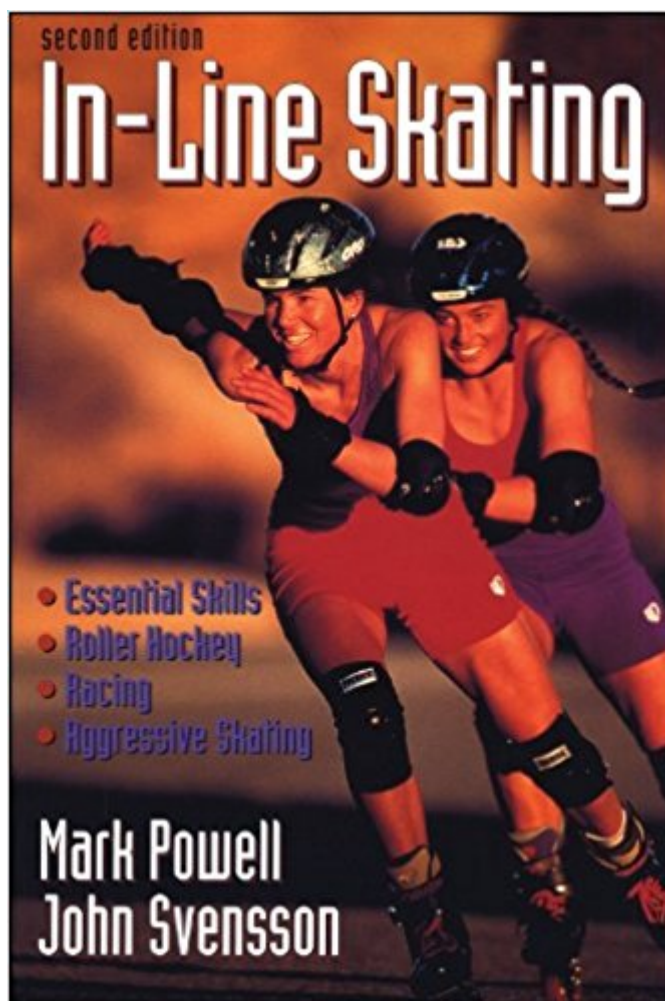




The book was found

Inline Skating - 2nd Edition



Synopsis

Speed, excitement and fun are all part of the experience when enthusiasts strap on a pair of in-line skates. What began as an off-season training activity has exploded onto the world's sporting scene, with participation growing more than 500 percent in the last 5 years. In the follow-up to the highly successful first edition, *In-Line Skating (Second Edition)* has been updated and expanded in its coverage of what makes in-line so exciting: roller hockey, racing, and aggressive skating. For skaters new to the sport, *In-Line Skating* provides five step-by-step chapters on how to master skating technique. The millions of skaters looking for new trends in the sport can brush up on their technique, train for a race, pick up roller hockey, or learn how to try some of the trick skating they see on TV. The book's highlights include:- advice on the latest in-line equipment- 104 photos and illustrations showing skating technique- 39 drills, and exercises- two race training programs for in-line skating- roller hockey rules, drills, and descriptions of necessary equipment- tips on street and vertical skating. This book combines the skating and fitness expertise of Mark Powell with the skills of one of the leading skate designers in the world, former in-line racer John Svensson. Together they explain and show the skills and thrills that make in-line so appealing to skaters of all ages and abilities.

Book Information

Paperback: 208 pages

Publisher: Human Kinetics; 2 edition (September 3, 1997)

Language: English

ISBN-10: 0880116595

ISBN-13: 978-0880116596

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.5 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #815,808 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #725 in Books > Medical Books > Medicine > Sports Medicine #89703 in Books > Health, Fitness & Dieting

Customer Reviews

""The second edition of *In-Line Skating* is the most comprehensive, updated guide to in-line skating yet. It reflects the diversity and changes that have occurred in the short life of in-line skating's existence and gives the recreational or beginning skater a taste of what's

possible."""Kalinda MathisDirector, Instructor Certification ProgramInternational In-Line Skating Association ""Everything you'd ever need--from inline skate basics to more advanced moves--is covered in the second edition of In-Line Skating. It's especially helpful for those wishing to strengthen their fitness ability through skating."""Heather HachAssociate EditorInLine Magazine "

" ""The second edition of In-Line Skating is the most comprehensive, updated guide to in-line skating yet. It reflects the diversity and changes that have occurred in the short life of in-line skating's existence and gives the recreational or beginning skater a taste of what's possible."""Kalinda MathisDirector, Instructor Certification ProgramInternational In-Line Skating Association""Everything you'd ever need--from inline skate basics to more advanced moves--is covered in the second edition of In-Line Skating. It's especially helpful for those wishing to strengthen their fitness ability through skating."""Heather HachAssociate EditorInLine Magazine "

I'm new to inline skating and I'm looking for a book to get me started. My experience with ice skating and skiing is helping me. I'm looking for a book to, "take me to the next level."This is a good book, but it isn't that. There are some good pictures that show how to do certain maneuvers in time lapse. That helps. However, sometimes illustrations rather than pictures are the most effective means to get a concept across to the reader. The written descriptions on how to do certain things, such as a Y-stop, are good, but not always thorough enough. It would help if the author would build up to certain tasks. For example, the author might teach certain points about turning, which could then be used to form the foundation of a Y-stop. Learning is about developing a foundation and building on that foundation. Too much in this book was independent of everything else I need to learn. I just didn't come away feeling that I had moved to the next level because of this book. Don't get me wrong, I learned quite a bit. However, this book wasn't as thorough as I had hoped.

[Download to continue reading...](#)

Inline!: A Manual for Beginning to Intermediate Inline Skating Inline Skating - 2nd Edition Weight Loss On Wheels: Rollerblading: A Fun Hip, Thigh and Full Body Fitness Workout Through Inline Skating (Building Better Bodies Book 1) Inline skating in contemporary sport The Official Rules of Inline Hockey Laura Stamm's Power Skating - 4th Edition Laura Stamm's Power Skating 3rd Edition Laura Stamm's Power Skating Book-4th Edition/DVD Package Get Rolling, the Beginner's Guide to In-line Skating, Third Edition On Thin Ice: Enhanced Multimedia Edition (Figure Skating Mystery Book 2) Skating on Air: The Broadcast History of an Olympic Marquee Sport Ski Skating With

Champions: How to Ski With Least Energy Great Moments in Olympic Skating (Great Moments in Olympic Sports) Skating School: White Skate Wishes: White Skate Wishes Kids' Book Of Figure Skating: Skills, Strategies, And Techniques Figure Skating School: A Professionally Structured Course from Basic Steps to Advanced Techniques Skating on the Edge: A Memoir and Journey through a Metamorphosis of the CIA Conditioning for Figure Skating: Off-Ice Techniques for On-Ice Performance The Art of Falling: Freestyle Slalom Skating Beginners Roller Skating Made Easy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)