

# SKATING IS FUN

VALUABLE INFORMATION  
TO HELP YOU  
IMPROVE YOUR SKATING



*Compliments of*

**NESTOR JOHNSON MFG. CO.**

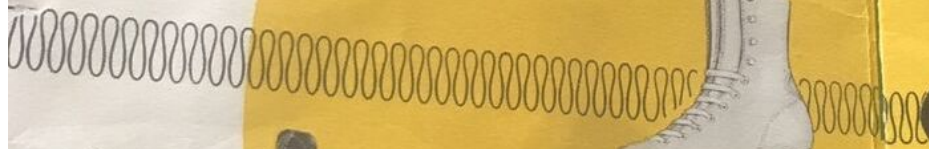
1900 NORTH SPRINGFIELD AVENUE

CHICAGO 47, ILLINOIS

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GENUINE  
**JOHNSONS**  
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*... for every Skating Pleasure*



**HARD TOE HOCKEY**



**LADIES' FIGURE**



**MEN'S FIGURE**



**FAMOUS NESTOR JOHNSON RACERS**

**WORLD FAMOUS**  
*over 60 years*

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Any activity is always more fun if you have the right equipment and take good care of it.

Always use guards if it is necessary to walk to and from the ice surface.

When you are through skating, dry your skates thoroughly. Never dry your skates in excessive heat.

★  
**TAKE CARE OF YOUR SKATES**

Never store your skates with the guards on. Never leave wet guards on your skates.

Have your skates sharpened only by those who have the proper equipment and knowledge.

When storing skates from season to season, a light coating of vaseline or oil on the runners is advisable.

**BE SAFE!** Don't skate on ponds unless you are sure they are safe. Don't skate fast or try stunts on crowded ponds. Skate in the direction of the crowd.

# ★ Skating is Easy



## HOW TO START

When you start out your legs should be fairly close together. Place one foot backward, slightly pushing with the toe of the skate to get a start. Allow the knees to bend naturally, just as you do when walking. Observe, the skate that is flat on the ice is pointed slightly outward.

## STROKE FORWARD AND OUTWARD

At the end of the stroke, bring the foot forward and outward for the next stroke. Meanwhile, the foot that is going back should lift the heel of the skate off the ice first, pushing slightly outward with the side of the runner.



## ARM MOTION

Whichever foot is going forward, your arm should swing with it. For example, when the right foot goes forward the right arm should swing forward, and then backward when the foot goes back. In this way you maintain better balance and also pick up more power for the next stroke.

## TURN SHOULDERS

To illustrate. When the left foot is forward the left shoulder should be turned slightly forward to the angle of your stroke, and the left arm swinging forward in the same direction. This co-ordination of body rhythm and stroking makes for easier balance—adds power to the stroke.



## LOOK AHEAD—NOT DOWN

Always hold your head up while skating. Looking down throws the body off balance, hinders complete relaxation, and the result is you make no progress as a skater. Look ahead. You will balance yourself better and you will skate better.

## HOW TO GAIN SPEED

It is natural to bend the knees more when you want to gain speed. The greater the bend in the knee the longer the stroke, the greater the power and push at your command. Swinging the arms with the stroke also helps to increase speed. Before the speed of the stroke dies down, start off on the next stroke.



## GET THE RIGHT Start

### TURNING CORNERS

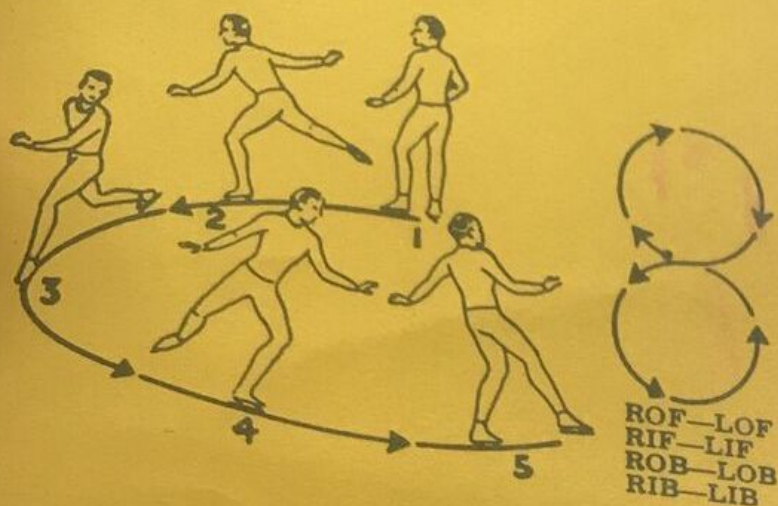
When making a turn, your eyes and head should turn first, then the body. Body should lean slightly toward the inside of the turn you are making. When you decide to turn start to stroke at an angle in the direction you want to turn, and continue to stroke at an angle until you complete the turn.



### DISTANCE SKATING AND SPRINTING

For distance skating lean well forward, with arms behind the back, and take long strokes. This position keeps your back from getting tired, makes balance easier on long strokes, and cuts down wind resistance. For sprinting stroke should be short and fast. Put weight on toe of skate and swing arms from side to side.





Get the right start. In most cities there are rinks with competent instructors in figure skating.

★  
YOU CAN LEARN TO  
*Figure Skate*

*Circle* (EIGHT)

Above diagram shows position of legs, body, arms and head in the first few movements of the Circle Eight. 1. Push off with the right foot. 2. Glide on outside edge of left skate, bending the knee. 3. Foot off ice is the free or balance foot and follows the movements of the body, toe of skate pointing outward and downward. As you complete the circle gradually bring the free foot to forward position (Fig. 4 and 5).

Diagram above shows complete Circle Eight. Direction of travel, ROF, LOF. Various executions of this figure shown in abbreviations under the diagram.

**IMPORTANT INFORMATION**

These simple school figures embrace the four fundamental edges which form the basis of all figure skating. They are (1) Outside Forward edge (2) Inside Forward (3) Outside

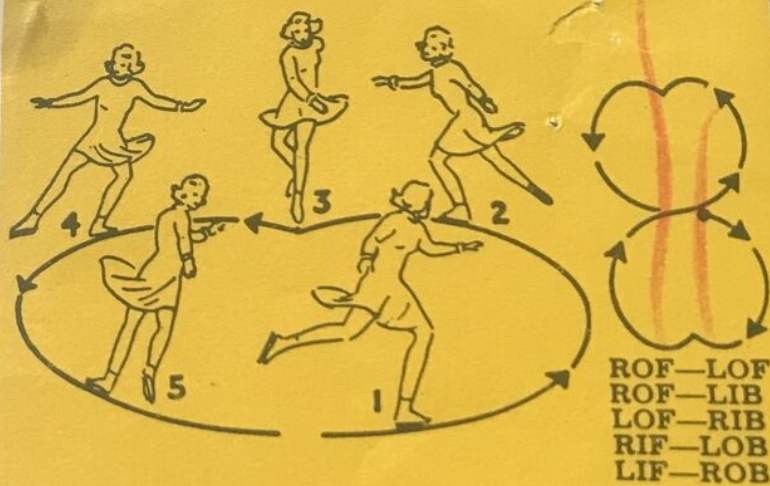
# Three's

Three's are executed as shown below. Start forward on outside of left skate (Fig. 1) turning shoulders forward (Fig. 2) with a quick pivot (Fig. 3) then turn shoulders backward and change to back inside edge of same foot (Fig. 4 and 5). As you reach the center point, shift to your right foot, and go into the second Three on the outside edge of the right foot (ROF). At pivot point change to back inside edge of the same foot (RIB).

Diagrams below show Single Threes. Direction of travel, ROF, LOF. Various executions of Threes shown in abbreviations under diagram.

## KEY TO EXECUTION OF FIGURES:

R stands for right foot, L for left foot, O for outside edge, I for inside edge, F for forward and B for backward. Thus, in the instructions for executing the Outside Forward Circle Eight, ROF, LOF means Right Outside Forward and Left Outside Forward. Likewise, in the Serpentine, ROIF, LIOF means Right Outside and Inside Forward, and Left Inside and Outside Forward.



Backward (4) Inside Backward. Outer edge means skating on the outside edges of the skate; inner edge means skating on the inside edge of the skate. In mastering these edges the very first requirement is proper balance. Head should be held erect, the body upright and the arms relaxed. The leg in use on the ice should bend at the knee. Practice these edges carefully.

Get the right start. In most cities there are rinks with competent instructors in figure skating.

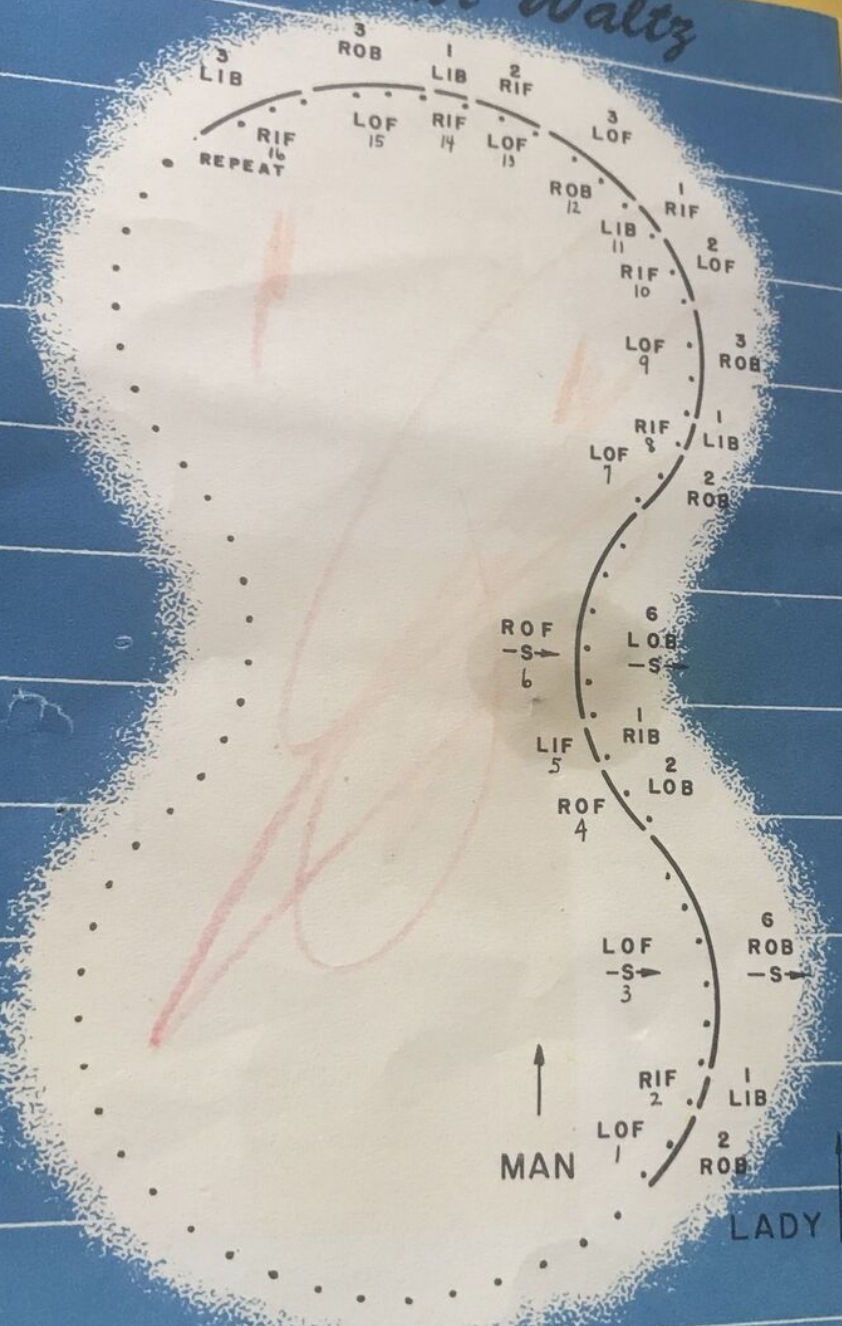
LEARN TO Skate

(HT)

arms and head in the off with the right foot. the knee. 3. Foot off movements of the body, As you complete the position (Fig. 4 and 5). Direction of travel, abbreviations under

figures embrace edges which figure skating. Forward edge (3) Outside

# North Star Waltz



IRWIN & JACOBSON

Dan

After mastering a 9  
backward skating, you  
fun by dancing on ice.  
The NORTH STAR  
face waltz position to  
around 138 metronome

Lady's part is shown  
number above the edge  
of musical beats for both

Man's part is shown  
number below the edge  
The lady skates back  
number 3 and 6 are for  
a graceful flowing swing  
as shown are not enough  
repeat the first six steps  
edges.

If you are not familiar  
such as LOF, ROB, etc., the  
foot and R for right foot  
for leaning on the outside  
for leaning to the inside  
F is forward skating and  
would then mean forward  
leaning toward the direction  
foot.

Diagrams of other enjoyable  
pleasure may be found in



## *Dancing on Skates*

### **IS FUN**

After mastering a good balance for both forward and backward skating, you will want to add to your skating fun by dancing on ice.

The NORTH STAR Waltz is a number skated in face to face waltz position to a Viennese waltz at a tempo of around 138 metronome, or to any tempo of your choice.

Lady's part is shown on the outside of drawing, the number above the edge abbreviation indicates the number of musical beats for both partners on that step.

Man's part is shown on the inside of drawing, the number below the edge abbreviation is the step number.

The lady skates backward in all but four steps. Steps number 3 and 6 are long gliding six beat strokes, with a graceful flowing swing of the free leg. If the 16 steps as shown are not enough to fill your skating area, then repeat the first six steps before starting around the corner edges.

If you are not familiar with the edge abbreviations such as LOF, ROB, etc., the first letter indicates L for left foot and R for right foot. The second letter indicates O for leaning on the outside part or edge of skate and I for leaning to the inside part or edge of skate. The letter F is forward skating and B is skating backward. LOF would then mean forward skating on the left foot and leaning toward the direction of the outside part of the foot.

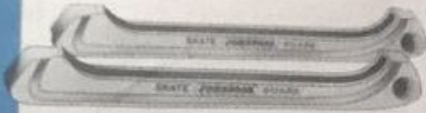
Diagrams of other enjoyable dances for your skating pleasure may be found in various handbooks.





★  
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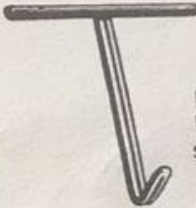


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 for runners from 14 to 16  
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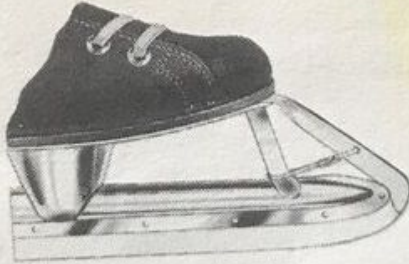
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*263*

*Harm*

