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# Foreword

Inline skating is a recreational sport and is fast gaining popularity worldwide. In line skates are usually equipped with 2 to 5 polyurethane wheels which are arranged in a single line. Get all the info you need here.



## ***In-line Skating Made Simple***

Mastering In-line skating easier and more fun

# Chapter 1:

*In-line skating is really easy*

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## Synopsis

The design is made to accommodate more speed, better maneuverability and balance.



## **The Basics**

The inline skating is usually found in a few popular venues such as tracks specifically designed for the purpose of inline skating, at skate parks, urban area and off roads.

Besides being a leisure activity, some people actually include in a form of inline skating that is rather aggressive in nature.

There are three major types of aggressive inline skating which would be hard boots, soft boots and skeletal skates. There is usually a lot of competitiveness between the inline skaters as most of their abilities are a result of hard work.

However there is still some, interest in this sport due to the other contributing factors. The modern style of inline skating has since replaced a lot of ice skating, and this is probably due to the easy accessibility of the sport and more venues where is can be exercised.

# Chapter 2:

## *Considerations when getting your skating gear*

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### Synopsis

In order to get the best out of skating, it would be best to take the time to look around for skating gear that is both suitable and comfortable for the user.

Having some helpful tips to use as guidelines, would be very helpful indeed, especially if the individual has very limited knowledge on the subject

The following are some tips to help when considering the purchase of skating gear:



## **The Gear**

The most important consideration to make would be to ensure the fit of the pair of skates is accurate. If the fit is not comfortable, the individual would probably have to eventually endure really uncomfortable blisters which could be rather painful and cause the use of the skates to be put on hold.

This should also come with a good pair of socks, which should be thick. This is to ensure there is enough cushion for the feet to create good airflow and be shock absorbent.

The skates should fit snugly and support the ankles well. This is to ensure the user does not sustain any unnecessary injury to the ankles area, as this is commonly the case for a lot of skaters. The fit should also not feel pinched at the toes.

There is also the consideration of what the general use of the skates would be. Competitive skating would require a different set as compared to leisure skating. The type of surface that the users intend to skate on would also have to be factored in when making the choice for the purchase. There are quite a few varied types such as for speed skating, street hockey skating use, uneven terrain skating , indoor skating, trick skating and many other kinds. Each activity would require a different type of skate in order to be able to perform optimally.



# Chapter 3:

*Remember the rules and regulations*

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## Synopsis

As with all activities, there are rules that usually governing the various aspects of it in order to ensure the experience is both enjoyable and safe. Failing to take note of these rules and regulations could result in injury, thus rendering the experience less enjoyable.

The following are some of the rules and regulations that should be noted to ensure the individual does not eventually encounter any problems:



## **Rules**

Perhaps the first and most important rule to adhere to would be to be constantly aware of the surroundings when using the skates. This is important as the user would not only create problems for himself or herself but also for those around if the care and caution aspects are not taken seriously. Being aware of the traffic rules governing the area being used is also something that should be noted. This would directly affect the safety and the convenience of others using the same path.

Ensuring the attire chosen is both suitable and safe for skating is also important. These would include the proper helmet, wrist protection, elbow pads and knee pads. Using all the right accessories would help limit the level of injury sustained should an accident occur.

Staying alert at all times is also another important point to practice when using the skates. Staying in control would require the user to be alert, and to watch out for road hazards, avoid water, oil and sand encounters and avoid traffic.

The techniques used when skating also should be as according to the standard requirements. Skating on the right and passing on the left is very much a standard practice of all skaters, and should be followed as much as possible. It would be even better to announce the pass if it is possible and giving way to pedestrians is also highly recommended.

# Chapter 4:

## *Fundamentals of skating posture*

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### Synopsis

Disregarding the importance of proper posture when it comes to inline skating would eventually result in injury or a less than optimal experience. Therefore one should take the time to understand the need to practice posture when inline skating.

The following are some of the fundamental skating postures that are recommended to be used:



## **Posture**

In order to keep a good balance when skating, the individual would have to lessen the chances of losing the centeredness of the body that would help to keep from falling backwards.

Keeping the weight forward and over the balls of the feet is the first posture position to follow. This would help the individual have better balance, thus avoiding the tendency to lean too much backwards. This will also help to steady the stance when on the skates, which can be quite tricky, as this is when most people tend to lose their balance.

Swinging the hands side to side in front of the body is also another motion to incorporate into the posture formation. Without this swinging motion, the balance will not be able to be maintained equally and this too may cause injury, as balance is the prime element in keeping mobile an in control.

Learning to relax while keeping the knees bent is important. Though initially it may seem rather an uncomfortable position to take on, eventually with practice the individual will be able to become more accustomed to this position. This particular position also acts as a good way to absorb and impacts on the body, thus is considered the ideal shock absorber position.

Ideally the body should stay in line with the skates, even when the surrounding changes while skating. Keeping the weight balance throughout the experience is both essential and important in keeping the individual on the skates.



# Chapter 5:

## *Keeping the balance while skating*

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### **Synopsis**

In order to be able to in line skate well and have some level of consistency, the individual would have to consider several different aspects all of which contribute to the success of the experience. Some of these requirements would include the very important element of balance.

In line skating requires the individual to focus on the horizontal rather than the vertical positioning. Creating the ideal centre of gravity will help to propel the skater forward effectively, thus the need to crouch down and lean slightly forward.

The following are some of the stance positions to practice to ensure the ideal balance is achieved when inline skating:

## **Balance**

Building muscle memory is important and standing up straight with the feet shoulder width apart is the first way to gauge the eventual skating stance. Keeping the arms at waist level and the hands in front of the body, the individual would then be required to bend the knees forward about 5 inches. All this is to be done while still keeping the shoulders directly above the hips and the hips over the heels positioning.

Staying loose while raising and lowering the hips, the individual should be able to feel a little resistance from the skate boot against the front of the shins. The lower sinking position should be the end position used when applying the heel brake.

For practicing balance when on turns, the individual should lean the skates to the right and then to the left as this will help to maintain the balance equally.

By pulling the heels of the skates together and pointing the toes outwards the V stance can be accomplished. Then the individual should step forward with the other foot to meet the first while constantly keeping the V stance.

# Chapter 6:

## *How to make a stop in skating*

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### Synopsis

While enjoying the sport of skating, one should also have some idea of how to stop effectively with minimal or no injury at all. Initially the idea of stopping may present a challenge, but there are several effective ways this can be achieved without fear, if initiated well.

The following are some of the different ways one can utilize to stop effectively and safely:





## Stopping

Although this may seem to be a rather strange or bizarre suggestion, learning how to stop through falling should be tried in the initial stages of skating. This works to achieve two very fundamental elements which are to fall correctly and to overcome the fear of falling. In order to do this, the individual would have to bend the knees and sit down gently, remembering of course at this point, the skating speed should be slow. Because the attire for the butt area is supposed to be thickly padded, there should not be any injury from this act.

Another way to stop would be to apply the T-stop position. This movement would require the individual to drag one foot behind with the toes turned out, so that the wheel of the skate is perpendicular to the direction of travel. Then by applying some downward pressure with that foot, the stop should be easily initiated.

As most inline skates have a brake at the back of one boot, by simply bending the knees deeply and putting the legs in a staggered position with the brake skate in front. Keeping the rear leg back in the stance would also be ideal while maintaining a width that is no wider than the shoulder; the back should be kept upright. This will help to further initiate the slowing down momentum until the final stop is made.

# Chapter 7:

## *Mastering the major skating turns*

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### Synopsis

Skating is a fun activity and can be done fairly well, if a few important steps are mastered. These steps should not be looked upon as a daunting challenge but a necessity to minimize unwanted occurrences.

The following are some of the techniques to master when learning to make ideal skating turns:



## **Turns**

Parallel turn – this is a movement initiated without any stopping or stumbling and requires the individual to place the foot ahead of the torso with right turns requiring the right foot to shift forward. While applying some pressure to the outside part of the front foot, the individual would then need to lean to that side using the body weight. The parallel part of the turn would require the feet be kept parallel to each other until the turn is completed. The arms should be kept perpendicular to the waistline and to avoid any large spaces between the skates from forming.

Crossover turns – these are moderately difficult but can be broken down in three steps. The first step would be to position the back leg in a stepping ahead motion to the front leg without slowing down. This needs to be integrated with a shift of the former front leg to prevent tripping during the turn. Then by shifting the weight to the back leg, the movement to the original position should commence and the redistribution of weight is now to be on the outside edge of the front leg.

Descend hill with downhill turns – the starting position would be an A frame one, where the inline skates are extended just outside the shoulders. Then by making a large A frame turn from one side of the street to the other, the individual should move slightly with each turn. Regulating the distance covered is important to ensure there is not unnecessary build up of speed while the turns are being initiated.

# **Chapter 8:**

## *What is aggressive skating*

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### **Synopsis**

Aggressive in line skating usually means the individual uses skates to perform stunts and tricks such as lumps, grinds, slides and flips. All these need a higher level of competence when taking on such challenges.

The following are some of the points that should be considered if the aggressive skating is to be an enjoyable experience:



## **Aggressive**

Perhaps the first and most important point to ensure would be to be categorized as an advanced level skater. With this type of competency level, the skater would be able to take on the more difficult moves with better percentages of success.

Having the suitable pair of skating boots that can comfortably accommodate the aggressive style would also be beneficial as most ordinary skates are not designed to adapt to such high level performances. If time and money permits, the skater should consider having custom made boots part of his or her complete attire.

Safety gear is also another important issue to consider, as most of the aggressive skating motions are prone to causing injury to the practitioner. Articles such as a good helmet, knee pads, elbow pads, wrist guards and bum padding are all essential part of the attire for aggressive skating.

Choosing comfortable skate wear clothing that has strong woven fibers that would contribute to a little more protection for the skater is advised. This would also help to lessen the bruising resulting from falls and abrasions. Jeans, long sleeves t-shirts, sweats and others like these are usually the common choice for serious aggressive skaters.

Taking the trouble to identify safe areas to practice this form of skating is another consideration that should be made. Simple flat areas are a good place to start, when attempting the more advanced style of aggressive skating.

# **Chapter 9:**

## ***Advance skating with In-line racing & roller hockey***

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### **Synopsis**

When the skater is more competent and experienced in skating, there are many options open to try, without the high risks of probable injury. However caution should still be exercised always.

In line speed skating is actually a racing sport using inline skates. Some would refer to it as roller sports and even inline racing as the participants popularly call it. It is probably a spin off from the more conventional way of simply skating for leisure.

Originally evolved from racing on traditional roller skates, the roller sports or inline racing is now popularly switched between inline and ice speed skating thus allow the participant to be able to get involved in such activities all year round depending on the appropriate corresponding season.

## Great Info

Generally being of a deeper and faster style movement, these are also done for recreational reasons but with a competitive edge. The wheels are being designed to be increasingly larger so that a longer wheel base is evident.

Brakes are not normally used for either of these styles; therefore there is a need to be competent in ways that allow the skater to stop effectively. Examples of which would include slalom which is actually a form of skating in S curves or V plowing, otherwise known as snow plowing.

These can be done with the heels being pushed outward and the toes inward. The v stop is usually used in situation where there is little lateral and forward room to stop.

Then there is also the T stop technique where the one foot is dragged perpendicular to being the other; however this sometimes wears the wheel of the skates quite quickly. Picking up one foot and setting it down quickly and repeatedly in a perpendicular fashion, to the forward motion will also help to effectively stop the skating motion.

# Wrapping Up

Doing anything is always fairly easy to take on, but doing something correctly is another matter altogether. The challenge usually lies in the individual's ability to get something done effectively and efficiently.

The following are some tips on how to skate correctly to ensure optimal enjoyment with minimal possibility of injuries occurring:

Keeping the head up and eyes focused and alert, is something that should be practiced without compromise. Being able to act instinctively will help the skater avoid unnecessary injury and this can only be done if the individual is focused and alert.

Using the scissors position is also another form of skating where the one skate is pushed forward and the other back. This position helps the individual to negotiate rough pavement, gravel or small twigs while still keeping the balance needed for the smooth ride. Shifting the weight to the back skate will help to keep the individual from pitching forward over the toe wheels.

Making a habit to avoid wet surfaces would be very much advised. This is because the skater would not be able to tell the kind of surface under the water, thus creating a rather dangerous position to be in, as the skater would not be able to judge and use the appropriate skating



motion to maneuver in this area. The smoother the surface the more likelihood of it contributing to the elevated danger factor.

When attempting to skate uphill, the individual should point the toes out so that the feet can form a V and maintain the forward momentum with short but quick strides.

Hills can be rather deceptive in terrain and surface forms, thus the skater should not attempt these unless experience is abound. Having extensive knowledge on how to handle such terrain is essential.

