ADVANCED VIDEO
ANALYSIS

PERFORM LIVE

Your Shapes Analysis.

What are shapes?
Shapes are the mechanical "blueprints" of figure skating. As defined by coach vern gambetta, they are the specific postures and positions that allow an athlete to generate and control force effectively.

The universal law
Every jump is built on an invariable foundation. these shapes remain constant regardless of:

- Entry style: (regular or challenging).
- Arm position: (at chest or overhead).
- Skill level: (beginner or elite).

The training goal
Shapes are your roadmap. By mastering these positions, you simplify the learning process and ensure your body is always in the optimal state for power and stability.

Name: Catherine Date: #########

Axel technique Score

During the backward outside edge — **Status**

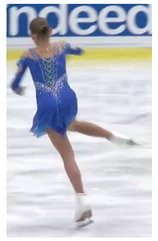
Support axis is aligned (white line) and leaned into the circle.	✓
Skating knee can be bent or almost extended.	✓
Skating a curvilinear trajectory.	✓
Shoulders & hips lines are square and parallel.	✗ correction required
Free hip and upper body are opened, with the head looking into the direction of the jump.	✓
Arm movement is done according the range of motion of the skater and his way to do his rotational move	✓
Position on the blade: middle forward	✓

Support of the free leg on ice — **Status**

Is body weight transfer active? ✗ correction required

Take-off — **Status**

Extension phase done.	✓
Complete the rotational arms move.	✓
Body angle is inclined.	✓
Body faces the future landing spot.	✗ correction required



Angular Velocity — **Status**

Data collected in the average range of the database? 26,966 rad/s ✓

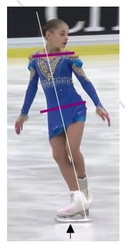
Final air position

Optimal posture? (Tight, arms close to the upper body, legs motionless). ✓

Final Score 79%

Scoring as close to 100 points as possible will increase the chance of getting a high success rate.

Axel technique Data



Flight time — **Status**

Does the skater reach the minimun flight time to succeed the jump? ✗ correction required

t(f): 0.333 s

Launch Angle

La (α): 20 °

>40°	Ineffective parabolic path
30-40°	Optimal parabolic path
<30°	Ineffective parabolic path

The optimal launch angle will contribute to the skater getting a parabolic path in the air.

Basic angles

Air posture1: 2 °

Air posture2: 4 °

Is it correct? — **Status** ✗ correction required

Body angle at Take-off: 13 °

Body angle at Landing: 8 °

Is it correct? — **Status** ✓