Transition

The transition: To achieve a powerful back inside edge, you must first execute a deep, pronounced forward outside edge. On body=One direction

The why: this creates a stronger "snap" effect. The more energy you build on the outside forward edge, the more angular velocity you generate when you finally shift to the take-off edge.

The fix: quiet the torso.

The feel: feel the blade carving a deep groove into the ice, like a loaded spring ready to release. Your upper body should feel like a solid, frozen block until the moment the blade initiates the turn.

Body Axis

Effective weight transfer: pressing firmly with the left foot ensures your mass is fully stacked over the skating hip during the turn.

The why: a firm press aligns your body weight directly over the blade's "sweet spot," preventing lateral drift that can lead to falls upon landing.

The fix: lean into the circle.

The feel: feel your weight "crunching" the ice under your foot to lock in your balance. Imagine your body is a tilted pillar, shifting toward the center of the curve to find the perfect equilibrium.

The arm and head path

Optimization of the arm and head path: passing the arms and head low while looking outside the curve lowers your center of gravity and stabilizes your vertical axis. This prevents early "leaning" into the circle, which often kills rotation.

The why: this positioning maximizes your potential energy by keeping the body "coiled" against the centrifugal force of the entry curve.

The feel: feel like you are dropping an anchor to steady a ship before it sets sail.