ADVANCED VIDEO
ANALYSIS

PERFORM LIVE

Your Technical Action Plan.

Prioritize the 'snowball effect': Priority #1 is the loss of vertical axis alignment at the moment of take-off, directly triggered by an unstable entry posture during the bracket control.
When the pelvis drops outward and the body fails to stack properly over the skating leg, horizontal momentum misdirects your energy. Fixing this foundational axis alignment at the entry immediately stabilizes rotational velocity, allowing the upper body to remain upright and centered through the launch.

From 'detail' to 'the fix':

Stack the axis

Lock the pelvis

Drive forward

Bracket entry and circle lean

Controlling the bracket requires an effective edge angle combined with an intentional lean into the circle. Maintaining this edge control prevents the body alignment from knocking off its axle during the transition, maximizing centrifugal force containment for a tighter air position. Feel like you are carving a sharp rail into the ice.

Pelvic stability and spinal posture

The pelvis position must be neutral and tucked inward ("lock the pelvis") to align your center of mass over the support foot. Correcting this ensures your vertical axis remains unbroken, optimizing the conversion of horizontal momentum into vertical lift without rotational axis tilt. Feel like your lower back is braced against an invisible wall.

Bracket entry and circle lean

Pelvic stability and spinal posture

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Forward extension and simplification

Simplifying the move removes superfluous upper body adjustments, allowing you to step forward cleanly into the takeoff. Streamlining this kinetic chain preserves your angular velocity and prevents energy leaks. Feel like a coiled spring releasing straight up through the crown of your head.

Take off