

**The Simple Secrets Of Skating: A
Teaching Method**

By Lee Borowski



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Learn how to do basic beginning skating moves. Learn how to stop, jump, spin, turn, and learn other figure skating techniques.

<http://figureskating.about.com/od/figureskatingtechnique/>

This fully revised third edition has been updated to and encompasses rapidly developing research methods Simple Secrets of Skating, Alta Press, Lee Lee

<http://www.academia.edu/8868123/kemiwobu>

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http://issuu.com/insidegolf/docs/instructional_special

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Thinking of starting a figure skating program? Before you step onto the rink for the first time, follow these simple ice skating tips for beginners.

<http://figureskates.discountskatewear.com/t-iceskatingtips.aspx>

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He is the author of Ski Faster, Easier and The Simple Secrets of Skating- video and booklet. His latest book is Optimal Cross Country Training.

<http://www.zoominfo.com/p/Lee-Borowski/6807229>

If you have a real desire to take to the ice, then our top 10 tips for ice skating beginners should be just the ticket to have you skating confidently.

<http://www.realbuzz.com/articles/top-10-ice-skating-tips-for-beginners/>

Secrets of Skateboarding is my new step-by-step master guide I personally follow every time I want to learn a new trick in the shortest amount of time.

<http://secretsofskateboarding.com/main.php>

The New Simple Secrets of Skating, by Lee Borowski, 2001. (Alta Press, West Bend, WI) Lots of helpful concepts and exercises, clearly expressed with

<http://www.roberts-1.com/xcski/skate/resources/>

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<http://www.newmoonski.com/mm5/merchant.mvc?Screen=CTGY&Category Code=DVDs>

Videos, DVDs, Books & Magazines: USA: Simple Secrets of Skating DVD. Instructional video on skate-skiing technique, produced by coach Lee Borowski. \$20.

<http://www.nordicskater.com/books/>

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View Lee Borowski's business profile as Contributor at and his new video is The New Simple Secrets of Skating Pete from our teaching

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http://library.salve.edu/netLibrary/net1_lst.xls

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skating, 3 Secrets of the NBA's Best Shooters.

<http://www.stack.com/2011/08/29/three-drills-to-improve-hockey-stickhandling/>

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