

# THE OMAHA SUNDAY BEE MAGAZINE PAGE

Charlotte, the World's Most Famous Woman Skater, Now Appearing at the Hippodrome, Posing Specially for This Page

The Correct Position at About the First Quarter of the Left Outside Backward Plain Circle

The Proper Way to Start a Left Inside Backward Plain Circle.

The Finish of a Left Outside Forward Plain Circle.



## How to Do the New Dances on Ice Skates.

### No. 2—Showing how the Circle Eight and the Serpentine or Change of Edge Are Made.

By Mr. Irving Brokaw  
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Author of the "Art of Skating," Etc.

**L**AST week we described the employment of the four edges of the skates. Until the skater has attained control of these four edges and can use them either forward or backward, it is useless to attempt the school figures, which are the basis of all figure-skating and dancing on ice.

As a general rule, I would advise the student to make the diameter of his circles at least ten feet, and as much larger as is feasible. It is better, however, to complete the figure in correct form as far as the pose of the body is concerned, even at a sacrifice of size, than to maintain the original idea of size and finish inartistically.

In practicing the various school figures it is a good rule to follow right from the start to execute each figure three times on each edge before trying another edge.

The first of the school figures is the "Circle Eight," No. 2, in the International schedule.

This figure consists of two plain circles, the first circle being made on one foot and the second circle on the other. In describing the various figures in the course of these articles the following abbreviations will be used: R, right; L, left; I, inside; O, outside; F, forward; and B, backward. Right outside forward, for instance, will be ROF, right inside forward, RIF, etc.

There are four sections of the Circle Eight, and they must be practised in their prescribed sequence in order to follow out the system laid down by the rules and regulations of the International Skating Union, a system which is designed to develop figure skating in a logical way.

These four sections are as follows:

First Circle. Second Circle.

No. 1..... ROF LIF

No. 2..... RIF LOB

No. 3..... ROB LOB

No. 4..... RIB LIB

Figure 1 on this page illustrates the first section of the Circle Eight and this diagram will also apply for the three other sections. The following descriptions apply to the right foot only, but the figures must be executed on the left foot in a corresponding manner.

Whenever the balance foot passes the skating foot from backward to forward, it passes close to it, so as to prevent rotation, the knee being turned out, the toe turned in. This is purely for artistic effect, since the balance foot cannot pass the skating foot with the heel touching. Remember that when one foot passes the other the knees never touch.

As soon as you bring the balance foot forward, rock (till) the upper part of the body slightly backward, in order to com-

pensate for the weight of the unemployed leg in front; so in like manner lean forward when the balance foot is carried behind.

The first section of the Circle Eight, ROF, is executed as follows:

Standing at rest with the feet together, the right shoulder pointing to the centre of the circle which is to be made and the head facing the direction to be followed, the start is made by pushing off from the inside edge of the left skate. The moment the right foot starts on its course, the left leg, which is used to balance the body, is raised, the foot pointing downward and outward but just inside the print which the right foot is making.

This position of the balance foot is maintained until the first half of the first circle is completed, the hips being held back so as to maintain that position as long as possible. When the hips can be twisted no more, then bring the left foot slowly past the skating foot, the left knee turned out and the right knee bending a little more while the left leg is passing.

At the start of this figure, the hands are carried to the left side of the body, but toward the end of the circle they are brought slowly to the right side. Note this: that while, at the start, the skater's back is toward the centre of the circle, at the end of the circle the skater faces the centre. This leaves the skater in position to start the second circle on the left foot, both feet being brought together as in the original position.

The second circle of this figure is LOF, which is executed in precisely the same manner as ROF, except that the left foot is used to trace the figure instead of the right and the right foot becomes the balance foot instead of the left.

The second section of the Circle Eight is the Inside Forward. The first circle of this section is RIF, the second circle being LIF. Here again we describe the figure as done on the right foot.

The start is made with a push off from the inside edge of the left foot, with the back toward the centre of the circle to be made and the left should be well forward and twisted away from the centre so as to untwist slowly during the execution of the curve, which is the only way a large circle may be sustained.

The body leans somewhat forward at first, the balance foot pointing downward and outward following directly behind. About the middle of this circle the left foot is brought slowly forward so as to pass the right knee as close and as gradually as possible, the left shoulder twisting slowly toward the centre of the circle. As the circle is completed, the arms, which at first are to the right of the body, are brought slowly to the left to compensate for the shifting of the balance foot, which is brought forward and across the employed leg in order to hold out a full rounded circle.

The second circle of this section is executed on the left foot, LIF, the start being made with a push off from the inside edge of the right foot.

The third section of the Circle Eight is ROB. At the very start, the left shoulder and arm are held well out and back, but the balance foot is carried in front, inside the print and pointed down, the skating knee being well bent. After the first quarter of the circle has been executed in this manner, the left leg is moved past, the shoulder rotating meanwhile to the left, its weight and movement contributing additional power. Then the left foot is pointed in exactly the opposite direction to the right foot in what is known as the "spread-eagle" position. The head faces over the left shoulder, which helps to hold out a well-rounded curve.

Near the end of this circle the skater is, of course, still on the right outside edge. To facilitate the strike-off for the second circle on the left outside backward, it is necessary to make a very

### An Instructive Series of Lessons by Mr. Irving Brokaw, the Foremost Figure Skater of America

short change of edge at this point so that at the very end of the first circle the skater is on the inside edge of his right foot for an instant in order to get a "purchase" on the ice for the "strike-off," the shoulders being brought into position and the skating knee slightly straightened for the strike-off. When the left foot has begun the second circle the head faces in the direction of motion.

The fourth section of the Circle Eight is the Inside Backward, which is by far the hardest of the four and, for that reason, is valued at 2 in the official programme against 1 for each of the other sections.

The difficulty in executing this figure lies in the tendency to make the first circle too small. This may be overcome by paying particular attention to the start-off. Stand firmly on the left foot with the right foot straight out in front; push off hard from the left inside edge, lunging as hard as possible on the right inside back, the right arm and shoulder being held back and the eyes being kept on the starting point throughout the entire figure. The left leg at first is kept in front pointing downward and outward, but it is brought slowly past the skating foot on the inside of the print and carried in as near to a spread-eagle position as possible, the eyes following it to the end. By bringing the arms quickly to the sides of the body about the middle of the circle and straightening the skating leg as the balance leg is brought back close to it, the skater will find it easier to execute this figure.

The second circle of this figure, LIB, is executed in a similar manner.

The second school figure is known as the Serpentine, or Change of Edge, because it consists of a half circle on an edge of one foot followed by a full circle on the other edge of the same foot.

Like the Circle Eight, it consists of four sections, which may be designated as 5a, 5b, 5c and 5d, as follows: No. 5a ROIF, LIOF. No. 5b ROIB, LIOB. No. 5c LOIF, RIOF. No. 5d LOIB, RIOB.

The first section (5a) is known as the Forward, Outside to Inside, and consists of half a circle on the right outside edge, changing to a full circle on the right inside edge, followed by half a circle on the left inside edge, changing to a full circle on the left outside. The first half of the figure is illustrated in Figure 3 on this page.

The first half-circle is executed exactly like the first half of the ROF Circle Eight. The skater bends well on the right knee as the change is approached, the left being brought to the front and pointing downward, and the left shoulder being slowly rotated forward. After the change of edge has been accomplished the left leg is dropped behind again and the arms held low, and then the regular RIF circle is executed, the left leg being brought slowly forward when about half way through the circle.

This is followed by a half circle on the left inside edge, changing to a full circle on the left outside edge, a change which will be found more difficult than the preceding one.



MR. IRVING BROKAW AND CHARLOTTE IN AN ORIGINAL FAIR-SKATING MOVE, THE GENTLEMAN PULLING LADY FAST-HIM UNDER HIS RIGHT ARM.

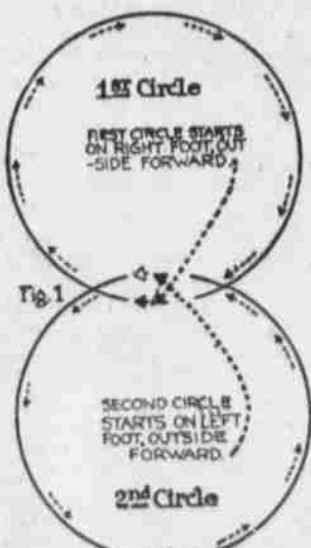
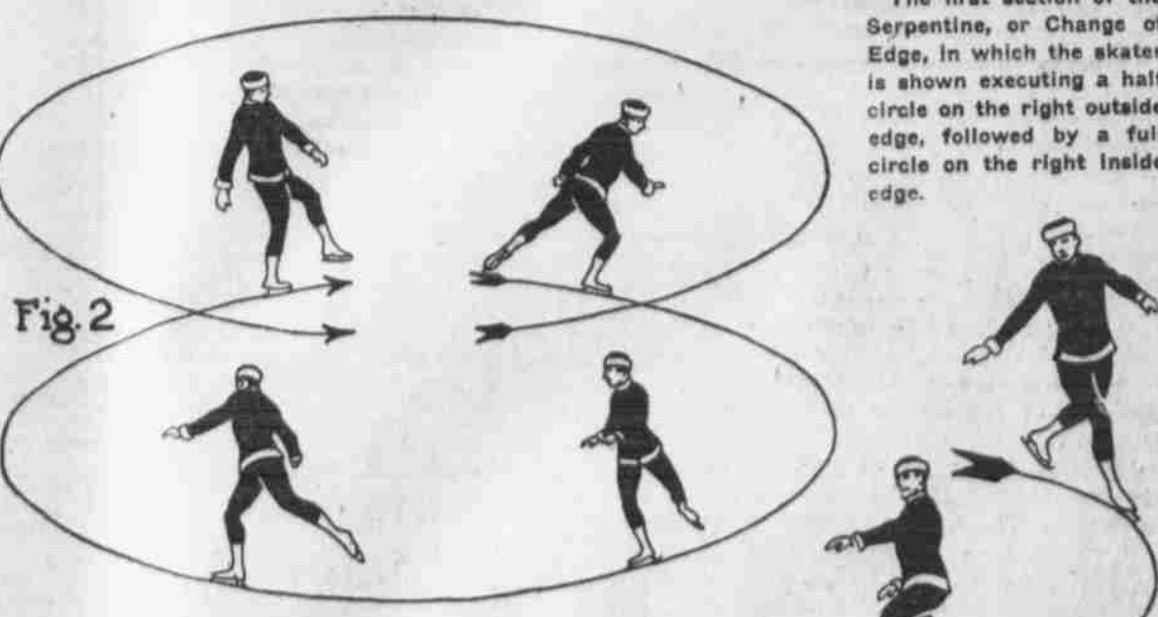
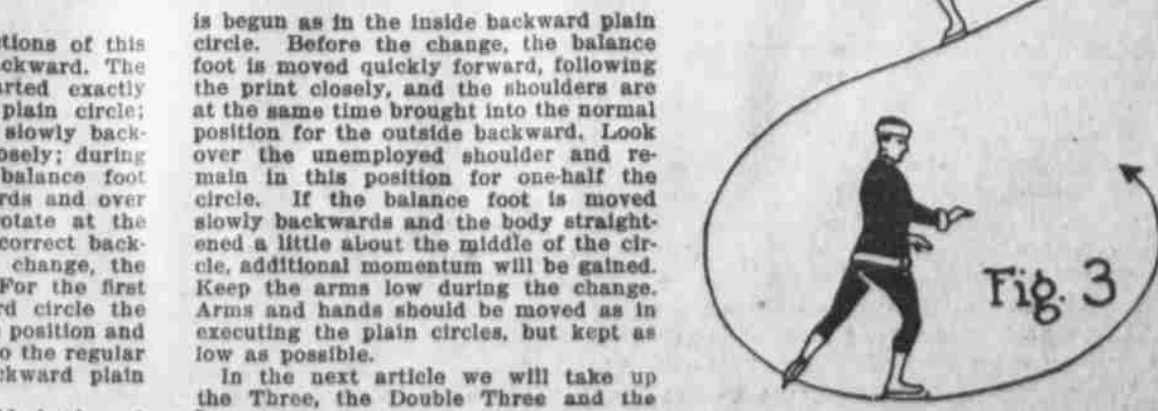


Diagram Showing the Circle Eight as It Should Be Executed.



The Circle Eight in Perspective, Showing Various Positions in the Course of the First Circle.



The Circle Eight in Perspective, Showing Various Positions in the Course of the First Circle.

The first section of the Serpentine, or Change of Edge, in which the skater is shown executing a half circle on the right outside edge, followed by a full circle on the right inside edge.

is begun as in the inside backward plain circle. Before the change, the balance foot is moved quickly forward, following the print closely, and the shoulders are at the same time brought into the normal position for the outside backward. Look over the unemployed shoulder and remain in this position for one-half the circle. If the balance foot is moved slowly backwards and the body straightened a little about the middle of the circle, additional momentum will be gained. Keep the arms low during the change. Arms and hands should be moved as in executing the plain circles, but kept as low as possible.

In the next article we will take up the Three, the Double Three and the Loop.