



Figure skating

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What is sport?

Sport is a type of physical culture, aimed at achieving the best result



Figure skating

Unfortunately, I do not have a favorite sport. But judging by what I like to watch, it will definitely be figure skating.



What is figure skating?

Figure skating - speed skating Olympic sport, the main idea of which is to move an athlete on ice on skates and perform special elements to the music.



ISU

There is the International Skating Union - an international federation that manages skating sports headquartered in Switzerland.



History

- Figure skating as a separate sport was formed in 1860 and in 1871 was recognized at the first Congress of skaters.
- The first competitions were held in Vienna in 1882 among male figure skaters. The first women's world championship was held in 1906 in Davos.
- Since 1924, figure skating has consistently been included in the program of the Winter Olympic Games.



In figure skating there are 5 disciplines:

- ⦿ Men's single skating;
- ⦿ Women's Singles;
- ⦿ Pair figure skating;
- ⦿ Dance Sport;
- ⦿ Group synchronized skating.



The main elements of figure skating:

In the figure of cathinuis, 4 main, basic elements can be distinguished: steps, spirals, rotations, jump.



There are also a number of specific elements performed in pair skating:

- ◉ Support;
- ◉ Twist;
- ◉ Emissions.



Figure skating is a beautiful, graceful and exciting sport. But in fact, very difficult, requiring great effort from an athlete.



Thanks for attention

