Unit 34 — English for Figure Skating

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Axel

A forward jump with 1.5 rotations.

"The figure skater flawlessly executed an axel, launching into the air and completing one and a half rotations before landing smoothly on the ice."

Choreography

The arrangement of movements in a routine.

"The figure skater's choreography was innovative, seamlessly blending technical elements with artistic expression to create a mesmerizing program."

Coach

A person who trains a figure skater.

"The coach provided expert guidance and motivation, helping the figure skater develop their skills, build their confidence, and achieve their full potential."

Competition

An event where skaters perform routines.

"The figure skater prepared for the competition with unwavering dedication, honing their skills and perfecting their program to achieve their best performance."

Costume

Special clothing for skating performances.

"The figure skater's costume sparkled under the lights, enhancing their movements and adding a touch of elegance to their routine, captivating the audience."

Element

A jump, spin, or other move in skating.

"The figure skater executed each element with precision and grace, seamlessly integrating them into their program to create a captivating and unforgettable performance."

Flip

A jump with a toe pick and edge takeoff, inside edge.

"With grace and athleticism, the skater perfectly executed a flip, utilizing the toe pick for takeoff and demonstrating control in the air."

Ice

Frozen water surface.

"The skaters glided effortlessly across the ice, their blades carving intricate patterns into the frozen surface as they pursued their passion."

Judge

A person who scores a skating performance.

"The judge carefully evaluated the figure skater's performance, considering the technical merit, artistry, and overall impression to determine a fair score."

Lutz

A jump with a toe pick and edge takeoff.

"The figure skater performed a powerful lutz, using the toe pick to launch into the air with impressive height and completing multiple rotations."

Medal

An award given to winners.

"The figure skater proudly accepted their medal, a symbol of their hard work, dedication, and success in the competition, marking the end of a journey."

Performance

The act of skating a program for an audience.

"The figure skater delivered a captivating performance, drawing the audience into their world with their artistry, athleticism, and passion for the sport."

Practice

Regular training sessions.

"The figure skater dedicated countless hours to practice, honing their skills, refining their program, and pushing their limits to achieve their goals."

Program

A planned routine.

"The figure skater meticulously rehearsed their program, perfecting each jump, spin, and transition to create a seamless and captivating performance, leaving a mark."

Rink

An enclosed ice surface for skating.

"The figure skater spent countless hours at the rink, honing their skills and pushing their limits under the guidance of their coaches, working towards their dreams."

Salchow

A jump with an edge takeoff.

"The skater effortlessly executed a salchow, launching from one skate edge and gracefully rotating in the air before landing smoothly, displaying control."

Score

The points awarded for a skating performance.

"The figure skater anxiously awaited their score, hoping that their performance would earn them a high enough mark to advance in the competition and reach goals."

Skates

Footwear with blades for gliding on ice.

"The figure skater carefully laced up their skates, ensuring a snug and secure fit that would provide the necessary support and control for their performance."

Spin

Rotating on one foot.

"The figure skater spun gracefully, captivating the audience with their seamless transitions and elegant movements across the ice during performance."

Spiral

Holding a leg extended above hip level.

"The skater arched gracefully into a spiral, extending her leg high above hip level, showcasing her incredible flexibility and balance with style."

Toe Loop

A jump with a toe pick takeoff.

"The skater demonstrated precision with a toe loop, using the toe pick on the other foot to launch into the air before a flawless landing."