

REVIEW - Ted Clarke

Video: Systematic Figure Skating: The Spin and  
Jump Techniques of Gustave Lussi. Volume I:  
Spins. Hosted by Dick Button, Produced by  
Cecily Morrow. \$49.99 (410)820-6125.

The video on spins is the first of four planned tapes which illustrate the spin and jump techniques of Gus Lussi, the renowned master whose teaching forms the basis of much of today's skating. Many, if not most of our champions were taught by Lussi or his students, and these tapes are another way of passing on his techniques.

As you view the tape on spins, you will seem to be eavesdropping on a Lussi lesson at Lake Placid. The student may be Paul Wylie, or another capable student, and as you watch the lesson, you will see the skater's spins improve. Lussi's teaching featured unique ways of remembering the points he wanted to get across, and he uses those here.

After viewing the tape, I went back onto the ice and applied what he had taught with immediate success. It isn't meant to replace lessons or assistance, but is likely to cut down on the number of lessons needed for each of these skills. An obvious advantage of a video is that you can stop it and replay the section you want without wear and tear on your crash pads.

The tape comprises lessons on the sit spin, scratch spin and back upright spin. Lussi is a demanding teacher, who requires his students to think, but also explains why certain things work.