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### **DUBOVA STROKING VIDEO**

In the first of what promises to be an extraordinary series of videos, Cecily Morrow (producer of the Lussi Technical videos) has produced a step-by-step instructional video documenting the successful teaching techniques of Russian Olympic coach Natalia Dubova. The video is an on-ice class with Dubova (who trained Klimova & Ponomarenko, Usova & Zhulin, and Grischuck & Platov) teaching a group of students of varying levels, with demonstrations by her rising team of Stekolnikova & Kazarlyga.

The video covers stroking, efficient pushing, proper alignment and body positions, posture, progressives, crossovers, turns, chassés, and combinations. The explanations and demonstrations are detailed and supported by on-ice exercises to practice. Cost: \$49.99 plus shipping. For more info: Ice Command videos, 207 Earle Ave, Easton, MD 21601; (410) 820-5614.