

# Katy Jo Power Skating

## KJ Skating Intelligence™ | Method of 4 E's

### 1 - Equipment | Skate Fit & Sharpening



#### SKATE FIT

##### POOR FIT:

- ✗ Energy Leaks
- ✗ Delayed Response
- ✗ Unstable Base
- ✗ Loss of Glide



##### QUALITY FIT PROMOTES:

- ✓ Confidence
- ✓ Efficiency
- ✓ Edge Effectiveness,
- ✓ Ability to Produce Force



#### RADIUS OF HOLLOW

GOALIE CUT



MY RECOMMENDATION FOR MOST ATHLETES —>

I'M HERE

3/8"

7/16"

1/2"

9/16"

5/8"

11/16"

3/4"

7/8"

1"

MORE BITE, LESS GLIDE

LESS BITE, MORE GLIDE



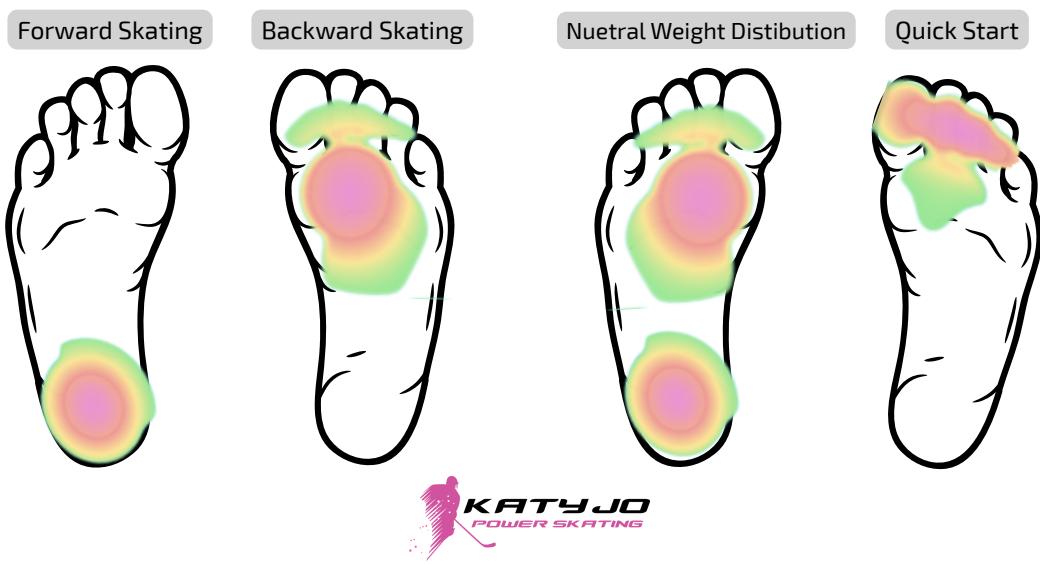
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### 2 - Evaluate | Activation & Alignment

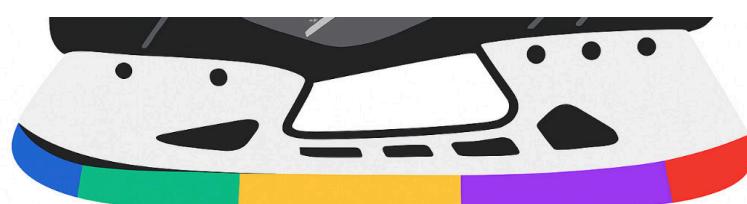
- Create Mind-to-Muscle Connection

#### FOOT MAPPING



#### BLADE ANATOMY | PRESSURE REGULATION

- Toe
- Ball
- Neutral
- Mid-Heel
- Heel



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### 3 - Exercise | Set Movement Patterns | Goal Line Drills

- Activate & Align Continued with Power Turn Escape (Right & Left)

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### 4 - Execute | Transfer Movement Patterns into Scenario Based Drills

#### Pressure Control Checklist:

##### Alignment

✓ Neutral spine; can head rotate over the shoulder while hips stay aligned?

✗ Head/shoulders pulling off axis → hips break alignment, glide collapses!

##### Muscle Engagement

✓ Core braced, quads loaded, glutes recruited with mid-heel pressure.

✗ Loose core → weak kinetic chain!

##### Glide Control

✓ Equal weight through the mid-heel → sustains glide and keeps options open for the next move.

✗ Overloading edges or sitting back on heels → kills glide, kills speed, and eliminates potential space.