

Katy Jo Power Skating

KJ Skating Intelligence™ | Method of 4 E's

1 - Equipment | Skate Fit & Sharpening



POOR FIT:

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

SKATE FIT

QUALITY FIT PROMOTES;

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



RADIUS OF HALLOW

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



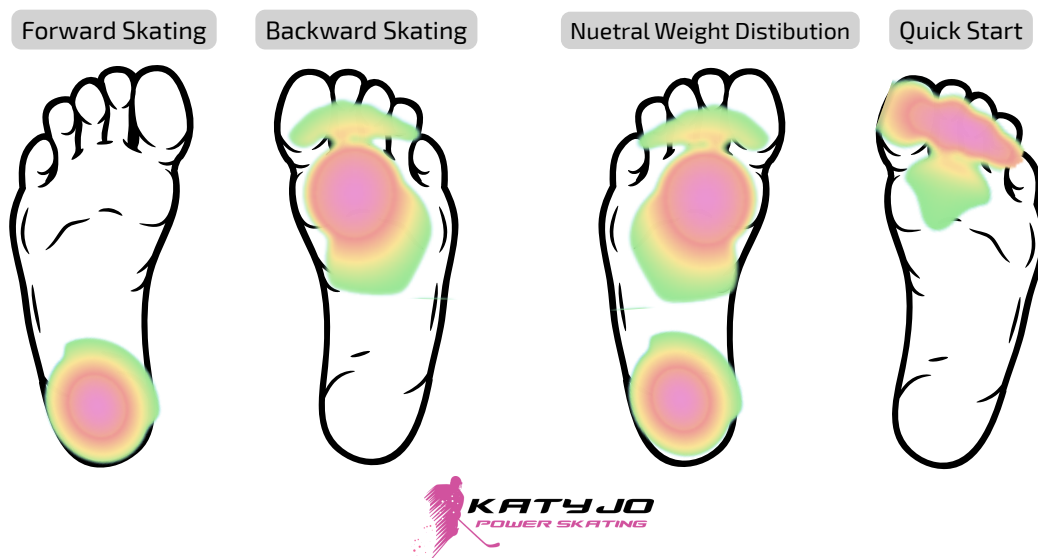
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2 - Evaluate | Activation & Alignment

- 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.