

### **NEW LUSSI JUMP VIDEO RELEASED**

For over fifteen years, Cecily Morrow has been working feverishly to document the teaching methods of master coach Gustave Lussi. She recently released the third video in this series—the first one about his method for teaching jumps. It is of the same high quality and extraordinary detail as the first two videos on spins (see pp. 14-15).

In this new video, Mr. Lussi is shown teaching a number of students, including Paul Wylie. With great care, Morrow systematically presents step-by-step instructions for learning the Lussi approach to jumping. Beginning with the Axel, which Mr. Lussi considers the foundation for all jumps, Morrow works from the blade on up: edges, feet, skating leg, free leg, torso, alignment, arms, head position, and so forth. Jumps taught include the Axel, Salchow, and toe-loop, with single, double, and triple rotations.

In addition to having the opportunity to actually watch Mr. Lussi teach, the viewer also benefits from diagrams, slow-motion as well as full-speed demonstrations, clippings from past competitive performances, explanations from former Lussi students Dick Button and John Misha Petkevich, and much more. The viewer also has the rare opportunity to see Cecily Morrow, who has an extraordinary commanding presence on the ice, demonstrate edges, spins, and jumps as she explains things in great detail.

"In producing this series," says Morrow, "I have been motivated by deep respect not only for Mr. Lussi and his extensive, successful, coaching career, but more for his reliable techniques that produce first-class spins and jumps." For more information, contact: **Lussi Technical Video**, 207 Earle Avenue, Easton, MD 21601; (410) 820-6125.

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