

Turning Techniques

Forward Outside 3-Turn

In this turn, the skater starts to move forward on an outside edge, rotates the upper body, and then lets the lower body and foot catch up with the rotation by turning backwards. The tracing on the ice looks almost like the number “3” as shown below.



Sounds easy, doesn't it? Actually, this apparently simple turn involves a lot more than you might think, such as the following:

- 1) **Rotation of your upper body.** The turn happens because of a difference in rotation between the top half of your body and the lower half. If you twist too quickly, your turn will be out of control and your body will tend to keep turning, causing you to start spinning.
- 2) **Change of weight on your skating blade.** As you rotate your upper body to execute the turn, you shift your weight forward on the blade very slightly until it is just behind the toe pick. This area is sometimes nicknamed the “sweet spot.” If you shift too far forward on the toe pick, you will drag the toe pick in the ice as you turn. If you don't shift far enough forward, you'll leave a wide scrape on the ice as you turn.

When you perform a really good forward outside 3-turn, there will be no noise as you execute the turn. One of the first things that judges notice at both tests and competitions is noisy 3-turns. Noisy forward 3-turns typically happen because of one of 2 things:

- 1) The skater shifted too far forward on the toe pick and dragged the toe pick while executing the turn.
or
- 2) The skater shifted too far back on the blade and scraped or skidded the blade while executing the turn.

The other really important thing to remember when skating a 3-turn is to keep your upper body straight (think of pulling your body up through the ribcage) and your shoulders level.