WHY KEEP BLADES SHARP?

SAFETY
Faster stops; Keeps blades from slipping; Bottom toe pick can cause tripping if too prominent.

ENJOYMENT
Less worry about stopping and falling; Better hold of edges in turns; More relaxed flow, glide; Less work maintaining skills.

FASTER IMPROVEMENT
Less effort, so less tiring and thus ability to train longer; Less falling and more ability to hold edges increases confidence in the blade; Less fear of falling, thus more success.

SPEED WITH LESS EFFORT; FASTER & BETTER FLOW & GLIDE
Smoother blade with fewer nicks, burrs, and gouges = smoother flow; Less drag and effort = less tiring, more speed.

FREE BLADE & BOOT CHECK-UP


Screws tightened; check for missing screws; Straighten blade as needed; Radius checked, especially just behind the bottom toe pick.

LONGER BLADE LIFE
The duller the blade, the more grinding (metal removal) is needed in order to restore the hollow; Frequent touch-ups remove just a tiny amount of steel.

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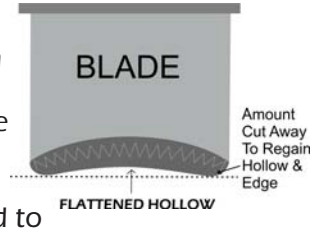
/sharpening.pmd

BETTER SPINS
The edge will grab and hold better.

BETTER BALANCE
Maintain the horizontal level (side-to-side) and radius (curve front-to-back).

MAINTAIN THE CORRECT HOLLOW AND SHARPNESS
Hollows and edge sharpness are adjusted for your size and the type of skating you are doing. As the blade dulls, the muscles adjust to using more angle and pressure in order to stop or to hold an edge. The longer this situation persists, the more muscle memory is trained to this changed condition. When you finally get the blades sharpened after a long delay, your muscle memory must retrain itself to handle the new sharpness. This constant training, retraining, and retraining slows down the learning process, causes falls, discourages the skater, and wastes your time and your money.



SAVE MONEY WITH LONGER BLADE LIFE
Monthly sharpening helps you get the maximum life out of your blade, perhaps even 8 years, because less metal is removed with each sharpening and the correct level and hollow are maintained.

BLADES

Keep them sharp!

Why?

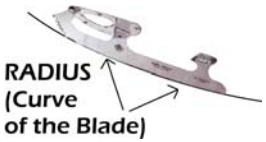
- **Safety**
- **Enjoyment**
- **Faster Improvement**
- **Speed and Less Effort**
- **Faster and Better Flow and Glide**
- **Equipment Checks and Repairs**
- **Longer Blade Life**
- **Better Spins**
- **Better Balance**
- **Correct Hollow for Size and Ability**
- **Save Money with Longer Blade Life!**

This is a sport of edges – so consistency of the hollow, radius, and sharpness is critical.

Basketballs need to be inflated.
Skis, boat hulls, surfboards need to be smooth.
Racket strings need to be tightened correctly.
Sooo... skate blades need to be sharp at ALL times!

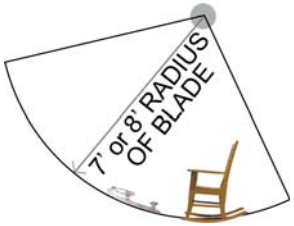
Monthly sharpening helps you get the maximum life out of your blades, and lessons will be more productive!

BLADE TERMS:
- ◆ RADIUS
- ◆ ROCKER
- ◆ HOLLOW
- ◆ EDGE
- ◆ BURRS
- ◆ GOUGES
- ◆ LEVELNESS
- ◆ TOE PICK

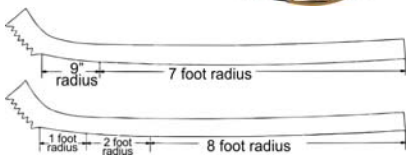


RADIUS – There are two types:

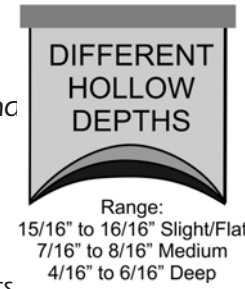
RADIUS OF BLADE (ROB):
Curvature of the blade as seen from the side, front to back. This creates the ROCKER look & feel of the blade. The curve increases toward the front. The smaller the radius, the easier it is to turn.



The rear two-thirds of the blade has a 7-foot to 8-foot curve, depending upon the make and style of the blade. This flatter curvature offers the skater more speed and stability. The front one-third (approximately) may have a 9" curve, or two levels of curvature with a partial radius of 1 foot and another section with a 2-foot radius, sometimes referred to as the "spin spot."

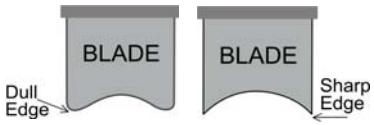


RADIUS OF HOLLOW (ROH):
Curve carved into the bottom of the blade; the side-to-side curvature that creates a "hollow" and two sharp edges.

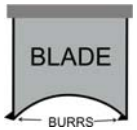


Deep Hollow: ROH 4/16" to 6/16" – better grip, but slower. Often used by smaller, lighter skaters, high freestyle, dance skaters.
Medium Hollow: ROH 7/16"-8/16" – most useful for adults and medium-weight children and freestyle skaters.
Shallow/Slight to Flat Hollow: ROH 15/16"-16/16" – goalies, speed skaters.

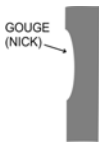
EDGE OF BLADE:
The point at which the side of the blade meets the bottom of the blade.



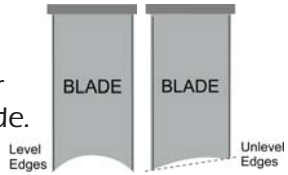
BURR:
A sharp inward or outward piece of the edge caused by stepping on a hard object. Burrs can cause drag.



GOUGE (NICK):
A long indentation on the edge. If too long, it can cause loss of control.

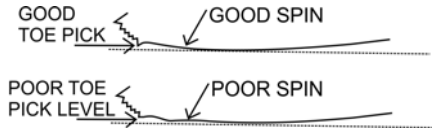


LEVELNESS:
One edge should be level with the other. Unlevel edges will tip the skater to the shorter side and will cause the blade to pull to one side.



TOE PICK: Master pick and drag pick
The master pick is the last part of the blade to leave the ice on a toe-assisted jump and the first to touch the ice when landing a jump.

The drag pick (bottom toe pick) is used in spins. It is shortened a little with frequent sharpenings, thus changing the profile, making the drag pick angle closer to the ice gradually. With infrequent sharpenings, the change is dramatic, and the skater must adjust, spinning farther back on the blade to avoid too much drag from the drag pick digging into the ice. The skater must retrain (gradually) their muscle memory to adjust to this, and then retrain when the blade is corrected or new blades acquired.



HOW OFTEN SHOULD BLADES BE SHARPENED?
It depends on the blade, the skill level, the skater, etc. Done frequently enough, a blade should last 5 to 8 years for the average recreational skater. Generally, the frequency should be every 20-30 hours of skating.

Examples for the average, recreational skater:
1 session per week X 3 hours – every 10 weeks
2 sessions per week X 2 hours – every 7.5 weeks
3 sessions per week X 2.5 hours – every 4 weeks

FACTORS: Hardness of the steel used in the blade.
How much and how hard you skate.

INDICATORS OF THE NEED FOR SHARPENING
- When you no longer feel secure.
- Bottom of the blade appears dull -- a sharp edge, in strong light, gives no reflection. After sharpening, the bottom of the blade will have a uniform sheen. With more use, the bottom of the blade near the edge will begin to appear dull.
- Blades feel "grippy," i.e., sharp blades feel secure if they are kept sharp. Of course, when changes are made -- correcting errors, changing the hollow, sharpening a very dull blade, etc., blades will feel very different and perhaps insecure.