✔ Foot-Alignment Evaluation

✔ Feetech® Skating Insoles

✔ Foot-Alignment Training

by Olympians Figure Skating Foot-Specialists Team

Preventing Figure Skating Overuse Injuries
More Stable Edge Control & Better Performance
Designed special insoles for Skating

Feetech® Skating Insoles

Prevent figure skating injuries
Perform the Saker’s Excellence

Use podology technique for figure skating
Figure skaters’ foot pains / injuries caused by foot-malalignment
Foot-Alignment is key for Prevent Injury & Stable Edge-Control

Especially current figure skaters required to jump earlier ages before developing body strength, good Foot-Alignment is necessary.
Good-Aligned-Foot is the best shock absorption for human’s body
Braking Boots Problems:
Why? Many Factors and Reasons

- Boots is breaking with wrinkle outside of ankle.
- Foot is moving inside.
- Boots is not supporting ankle properly.

Most Skaters use Bigger size boots have Foot Problems

* Foot & Leg Problems: Flatfeet, Higharch, Knock-knee, Bowleg, Knee Hyperextension,

* Alignment Problem: Pronation of Foot, Knee-in, Hip-Rotation, Hip-Sway side, Pelvis tilt backward, SI-Joint ROM
Wobbly Edges

Inconsistent Jumps & Performance

Is your **Foot is Aligned** on your blade!  
**try Foot Evaluations!**

Do you understand **Athletic Position** 
to control your edge?  
**try Foot-Alignment Training!**

Do you understand **Mechanism of** 
Inside / Outside edges and Turns?  
**try Foot-Alignment Seminars!**
Growing Pain and Injury

What you are going to do?

- Stop Skating and Rest?
- Physio Treatment to relief pains?
- Surgery?

Are you sure you won’t have same problem again after recovery?

Why not find out route of cause of your Growing pains?
What FootTrainer does?

STEP 1: Foot-Alignment Evaluation

Find Route of Cause

1) Skater’s Injury, Pain, and Boots Problems
2) Skater’s Difficulty of Edge Control, Jumps and Technique
Skaters needs to correct **Heel-Alignment problems**

To control inside and outside edge, skaters needs to **Stand Straight**

**Perpendicular to the Blade**

**Heel-Alignment** is important
Foot-Knee-Hip Alignment is the key to Prevent Injury & Good Edge Control

Hip-Rotations, Hip Sway Side, Knock-knee, Bowleg, Hyperextension knee

All Foot-Alignment Problem needs to have Action Plan to Prevent Injury and good Edge Control
STEP 2: Evaluate your boots problems

Usually skaters tend to use bigger & wider boots for comfort, but this creates more foot pain and injuries.

We can consult reasons why you have pains, hard to bend ankle, wobbly edge control by observing boots and foot movement.
STEP 3: Evaluate Skating Movement On-ice or Video

Evaluate how does knee-in, and ankle-pronation effect your jumps, spins and performance.

We can evaluate your Foot-Alignment issues looking at your skating on ice or your skating video.
Solution 1: **Feetech® Skating Insoles**  
Make at your Club and Shop  

- Only takes 20 minute delivery time
Solution 2: Boots and insoles testing

Easy to control balance, inside / outside edges, and use of toes for more control and stability.
Solution 3: Foot-Alignment Improvement Training Planning

Biomechanical toe-knee-hip alignment training with skate and without skate.

Create program for balanced muscle development and usage.

Releasing tight muscle by yourself everyday at home to have better foot-alignment. We teach special myofassia release program for skaters.
Solution 4: ON-ICE Foot-Alignment Training Planning

How you control body weight on your blade with simple outside / inside edges.

Biomechanical toe-knee-hip alignment training.

Biomechanical leaning-edges alignment training.

Preventing Injury Mechanism instruction in figure skating.

This is not regular figure skating coaching or lessons. We teach on ice Foot-Alignment Training
Solution 5: You can hold WOW!!!

Blade Master Seminar

Foot-Alignment & Blade Control

by Legend Blade Master Gary Beacom!

Leaning: Edge (blade) leaning with good Hip-Toe-Knee alignment

Twisting: Hip against Shoulder positions to control skating movement

Vaulting Action: Toe jump mechanism, how to create rotation by placing toe

Rhythm: Control Blade with musicality, and good timing for jumps
Invite **FootTrainers** to your club

Select what you want from Menus

1. Foot-Alignment Evaluations

2. Feetch® figure skating Insole Making at your Skating Club

3. Foot-Alignment Training / Self-care Program (Private/Group)

4. Foot-Alignment Lecture for club, parents, coaches, and skaters if necessary

5. Gary Beacom Blade MasterSeminars
Figure Skaters Injury Recovery & Prevention Camp
Oberstdorf, Germany

ONLY camp offer for injured skaters in the world

- Injury-Recovery Foot-Alignment Training Program
- Edge Control, Smooth Edge, Skate Stability Training
Price List

How Much?

Foot Evaluation : 50 Euro
Feetech Skating Insole : 200 Euro
Foot-Alignment Off Ice Training : 80 Euro
Foot-Alignment On Ice Training : 100 Euro

Where you can access to FootTrainers service?

Visit me with appointment at European Brunch in Oberstdorf, Germany
Visit us with appointment at Head Office in Tokyo, Japan
Find FootTrainer’s Booth at competitions.
Invite me to your Skating Club
Skate Shop can incite Foot Trainers at their local shop

How many skaters do you need to invite FootTrainers?
Minimum 5 skaters please
More Information

**Web Site**: You can get more detail information

- [www.foottrainers.de](http://www.foottrainers.de) (English)
- [www.foottrainers.net](http://www.foottrainers.net) (Japanese / English / Chinese)
- [www.skatephysics.com](http://www.skatephysics.com) (Japanese / English / Chinese)

**Facebook**: Who is using Feetech Skating Insoles, and how skaters got benefit from our service

- [www.facebook.com/foottrainer](http://www.facebook.com/foottrainer) (Japanese / English)
More Products and Services...

Foot Improvement Products

Functional Off Ice Training Shoes + shoes fitting: 100-250 Euro
Feetch Insole for Off ice Shoes: 200 Euro
Travel Roller (Myofassia Release Roller): 100 Euro
Emu Oil (Top Athlete antidumping oil): 50-100 Euro
Mizuno Compression Legins: 160 Euro

Gary Beacom Blade Master
Premium Skate Sharpening
1 minute 1 Euro (min 15 Euro)
Max 8 pair per day 30 pair by week
We Support


World Figure Championship  www.worldfigurechampionship.com

Eissportzentrum Oberstdorf, Germany  www.eissportzentrum-oberstdorf.de

Meiji Jingu Gaien Ice Arena, Tokyo, Japan  www.meijijingugaien.jp/english/ice-skating.html

1989 World Professional Figure Skating Champion  Gary Beacom

Blade Master Seminars

1962 World Figure Skating Champion  Donald Jackson

Legend Figure Skating Seminars

++ World, Olympic, National level skaters to beginner, young child skaters, and adult skaters all over the world.