



PERFORMANCE BASICS 101:

HAVE THE EDGE?

STEP
1

DETERMINE SKATER TYPE:

STABILITY

- Maximum grip
- Cuts hard
- Effort to glide

BALANCED

- Excellent grip
- Balanced cut
- Excellent glide

STRONG

- Minimum resistance
- Elite agility
- Maximum glide

STEP
2

KNOW YOUR ICE SURFACE CONDITIONS:

HARD

- Feel faster
- Harder to dig into
- Extra effort to stop and turn

REGULAR

- True results
- Blade reacts with you
- Balance of speed and grip

SOFT

- Feel slower
- Sink into the ice
- Extra effort for speed

STEP
3

DECIDE SHARPENING TYPE - FBV vs ROH:

FBV - FLAT BOTTOM V

- Maximize performance with patented, unique shape
- Increase glide control and stopping stability over ROH
- Equal amount of speed and grip
- Capitalize on more endurance



ROH - RADIUS OF HOLLOW

- Traditional sharpening method
- Deeper hollows = more grip but less speed
- Shallow Hollow = more speed but requires agility
- Mix of speed and grip



STEP
4

SET YOUR EDGE:

Using your selected **TYPE** and **ICE CONDITION**, select the appropriate edge for your blade which will help you perform at your best.

STABILITY:

Max grip, cuts hard

BALANCED:

Excellent grip and glide

STRONG:

Min resistance, max glide

	ROH	FBV		ROH	FBV		ROH	FBV
HARD ICE	5/16	100/1		3/8	100/75		7/16	95/1
REGULAR	7/16	95/1		1/2	100/50		9/16	92/75
SOFT ICE	11/16	85/1		3/4	90/75		13/16	85/50