

GET BETTER

POWERED BY



UNDERSTANDING SKATE SHARPENING

The following is an excerpt from an article written by Jim Johnson for flexxCOACH.com

Contours/radius of the blade:

This is the curve of the blade and it determines how much of the blade makes contact with the ice. More blade on the ice creates less maneuverability for quick turns; however players can generate more speed while having more blade on the ice.

Apex:

The Apex is the center of the contour of the blade and if it is too far forward or too far back it will also affect the balance of the skater.

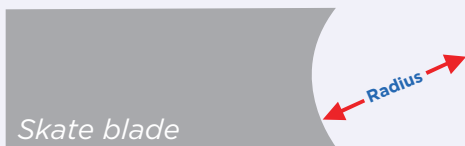
Hollow/Radius of the hollow:

This is the groove between the blades edges. This concave track has two outside edges and the space between the edges is called the hollow. A properly sharpened skate has two equal and even edges. The depth of the hollow will determine the amount of bite the blade will have with the contact of the ice (deep hollow 3/8, 1/2, 5/8; flat hollow 3/4, 7/8, 1 inch).

Levelness:

Both edges should line up perfectly even or square so that the player can have equally sharp edges with a flat hollow (most common error).

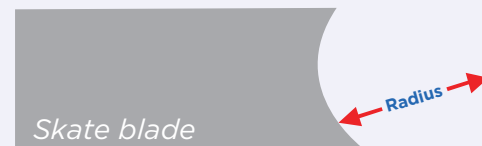
CORRECT



Skate blade

Two even or square edges

INCORRECT



Skate blade

With uneven (or high) edge