

- 1-ISU-components-2011-Choreography
 - 1.1.1. ISU components. Choreography. Choreography overview_U6upUdlbkc.mkv
 - 1.1.2. ISU components. Choreography. Purpose-XkZc4du8p64.mp4
 - 1.1.3. ISU components. Choreography. Structure & pattern-lQ0A7wF_EZU.mkv
 - 1.1.4. ISU components. Choreography. Body design & dimension-N9LcjC621Tc.mp4
 - 1.1.5. ISU components. Choreography. Music & movement phrasing-romiG_5YQjI.mkv
 - 1.1.6. ISU components. Choreography. Conclusion-QTWg3opFI1Y.mkv
 - 1.2.10. Choreography. Examples. Singles weak-EBKUPQUxIkE.mkv
 - 1.2.1. Choreography. Examples. Dance average-kCnRvUWNAE4.mp4
 - 1.2.2. Choreography. Examples. Dance good-ajSMxClJFAGU.mp4
 - 1.2.3. Choreography. Examples. Dance weak-o2F3BCB-XTI.mp4
 - 1.2.4. Choreography. Examples. Pairs average-eQ1etNXsu0o.mp4
 - 1.2.5. Choreography. Examples. Pairs good-VKApmr4nC4s.mp4
 - 1.2.6. Choreography. Examples. Pairs weak-2RS7BXDhs-E.mp4
 - 1.2.7. Choreography. Examples. Singles average-DsDggtc0jaM.mkv
 - 1.2.8. Choreography. Examples. Singles good (1)-M-r0xMwYymc.mp4
 - 1.2.9. Choreography. Examples. Singles good (2)-Wnv7ruW17Cc.mp4
- 2-ISU-components-2011-Interpretation
 - 2.1.1. ISU components. Interpretation. Interpretation overview-FIoThfUKet8.mkv
 - 2.1.2. ISU components. Interpretation. Musical movement-Uio9PKF1EAY.mkv
 - 2.1.3. ISU components. Interpretation. Expressive & nuance movement-oLk0a-BDY5g.mp4
 - 2.1.4. ISU components. Interpretation. Effortless movement-1L144YmUhdg.mkv
 - 2.1.5. ISU components. Interpretation. Conclusion-Cex942xblXE.mp4
 - 2.2.10. Interpretation. Examples. Pairs weak-S70bPjGY19Y.mp4
 - 2.2.1. Interpretation. Examples. Singles weak-bIpNv5F_2EU.mkv
 - 2.2.2. Interpretation. Examples. Singles average-pxwWiRW-R0.mkv
 - 2.2.3. Interpretation. Examples. Singles good (1)-AlKB-rTmjFE.mp4
 - 2.2.4. Interpretation. Examples. Singles good (2)-Xq7JzGTC-Q.mp4
 - 2.2.5. Interpretation. Examples. Dance average-SAKexEUUWXQ.mp4
 - 2.2.6. Interpretation. Examples. Dance good-gfy88JWaSdE.mp4
 - 2.2.7. Interpretation. Examples. Dance weak-H6I40zcAiAc.mp4
 - 2.2.8. Interpretation. Examples. Pairs average-7kVrSDNK1KU.mp4
 - 2.2.9. Interpretation. Examples. Pairs good-z6kDkd3pT08.mp4
- 3-ISU-components-2011-Performance-and-Execution
 - 3.1.1. ISU components. Performance & execution. Performance & execution overview-JfB13pZRcus.mkv
 - 3.1.2. ISU components. Performance & execution. Physical, emotional & intellectual involvement-Ei77zDVJfSM.mkv
 - 3.1.3. ISU components. Performance & execution. Carriage-rRmcnopPRQk.mkv
 - 3.1.4. ISU components. Performance & execution. Style, individuality & personality-NKEJ94k03nY.mkv
 - 3.1.5. ISU components. Performance & execution. Clarity of movement-LmRG6joTk18.mp4
 - 3.1.6. ISU components. Performance & execution. Variety & contrast of movement-hCSIPem58uw.mkv
 - 3.1.7. ISU components. Performance & execution. Projection-qVXzysPXXy.mp4
 - 3.1.8. ISU components. Performance & execution. Unison-UN43etWdDl4.mkv
 - 3.1.9. ISU components. Performance & execution. Conclusion-PHV3SGqegsU.mkv
 - 3.2.10. Performance & execution. Examples. Pairs good (2)-RFWhhCRCTuc.mp4
 - 3.2.11. Performance & execution. Examples. Pairs weak--9iBb1E0Do.mp4
 - 3.2.1. Performance & execution. Examples. Singles weak-gFIK_640jQo.mp4
 - 3.2.2. Performance & execution. Examples. Singles average-ziy5wY2j_9A.mp4
 - 3.2.3. Performance & execution. Examples. Singles good (1)-3APajhy9gUE.mp4
 - 3.2.4. Performance & execution. Examples. Singles good (2)-Bzz-XkCLQIc.mp4
 - 3.2.5. Performance & execution. Examples. Dance average-nTHIfkGwmjM.mp4
 - 3.2.6. Performance & execution. Examples. Dance good-h649wt5eKUG.mp4
 - 3.2.7. Performance & execution. Examples. Dance weak-hwmThp7-10o.mp4
 - 3.2.8. Performance & execution. Examples. Pairs average-LbzEQpFyqDs.mp4
 - 3.2.9. Performance & execution. Examples. Pairs good (1)-_io5DJHstFA.mp4
- 4-ISU-components-2011-Skating-Skills
 - 4.1.1. ISU components. Skating skills. Skating skills overview-bu1TFFHNZ7o.mkv
 - 4.1.2. ISU components. Skating skills. Balance-NzcS_HlglKQ.mkv
 - 4.1.3. ISU components. Skating skills. Flow-myHKTku4j6U.mkv
 - 4.1.4. ISU components. Skating skills. Sureness-hvSqy2b_I8.mkv
 - 4.1.5. ISU components. Skating skills. Speed-em0BxsV3atI.mkv
 - 4.1.6. ISU components. Skating skills. Direction-TPWzMvwWdPY.mkv
 - 4.1.7. ISU components. Skating skills. Conclusion-R4P-T80jnvQ.mkv
 - 4.2.10. Skating skills. Examples. Men average-YPp64GtsNvU.mp4
 - 4.2.11. Skating skills. Examples. Men good-1YUcSgoAfNo.mkv
 - 4.2.12. Skating skills. Examples. Men weak-WrtP5APh89k.f135.mp4
 - 4.2.1. Skating skills. Examples. Pairs weak-cvZCl3qT0rw.webm
 - 4.2.2. Skating skills. Examples. Pairs average-QecrV-TGnys.mp4
 - 4.2.3. Skating skills. Examples. Pairs good-ZaIxzpGys04.mkv
 - 4.2.4. Skating skills. Examples. Dance average-GAj3UV5ZJ0I.mp4
 - 4.2.5. Skating skills. Examples. Dance good-8wu0daXTBew.mkv
 - 4.2.6. Skating skills. Examples. Dance weak-Vv_TTB2LM2k.mp4
 - 4.2.7. Skating skills. Examples. Ladies average-0g50mtQ1f-E.mp4
 - 4.2.8. Skating skills. Examples. Ladies good-AD2CQ2mLETY.mp4
 - 4.2.9. Skating skills. Examples. Ladies weak-V7bTA7lgDQ0.mp4
- 5-ISU-components-2011-Transitions
 - 5.1.10. ISU components. Transitions . Prior to giving a score (part1)-xOPfHsPs-Nk.mkv
 - 5.1.10. ISU components. Transitions . Prior to giving a score (part2)-R0hw52YuaEY.mkv
 - 5.1.10. ISU components. Transitions . Prior to giving a score (part3)-KMZfw3coFN4.mkv
 - 5.1.10. ISU components. Transitions . Prior to giving a score (part4)-Gf54i_c7Fmc.mkv
 - 5.1.11. ISU components. Transitions . Conclusion-gJC1rAT0nsE.mp4
 - 5.1.1. ISU components. Transitions . Transitions overview-JRDiG-Eil0E.mkv
 - 5.1.2. ISU components. Transitions . Footwork transitions-zhGY4aI7yzM.mkv
 - 5.1.3. ISU components. Transitions . Skating movement transitions-OdYqYD6RsSA.mkv
 - 5.1.4. ISU components. Transitions . Body movement transitions-TJ7iGKKOGMo.mkv

- 5.1.5. ISU components. Transitions . Non listed element transitions-1c24UMQwPC8.mkv
- 5.1.6. ISU components. Transitions . Variety-SFpuHf-m4to.mkv
- 5.1.7. ISU components. Transitions . Difficulty-HM-jtNEhZVQ.mp4
- 5.1.8. ISU components. Transitions . Intricacy-dnXGtSK9hCw.mkv
- 5.1.9. ISU components. Transitions . Quality-RvywH449n4I.mkv
- 5.2.10. Transitions . Examples. Ladies very good-H29f04k3-bU.mkv
- 5.2.11. Transitions . Examples. Ladies weak-dmvSTmM83oo.mkv
- 5.2.12. Transitions . Examples. Men above average.avi-P2hAFz2-LfA.mp4
- 5.2.13. Transitions . Examples. Men average-j6grQEfEEZ8.mp4
- 5.2.14. Transitions . Examples. Men good (1)-OMmZsNWUWFY.mp4
- 5.2.15. Transitions . Examples. Men good (2)-YdSXZr0ds18.mkv
- 5.2.16. Transitions . Examples. Men very good-lYEVxjfy_IA.mkv
- 5.2.17. Transitions . Examples. Men weak-bT5kdPXZGm0.mkv
- 5.2.1. Transitions . Examples. Pairs weak-FXPDv1EB6Kg.mp4
- 5.2.2. Transitions . Examples. Pairs above average-iHhYp1REH_k.mp4
- 5.2.3. Transitions . Examples. Pairs average-KA372m13slM.mp4
- 5.2.4. Transitions . Examples. Pairs good-Up6MuMtLv4M.mp4
- 5.2.5. Transitions . Examples. Pairs very good (1)-vMH20naJJGI.mp4
- 5.2.6. Transitions . Examples. Pairs very good (2)-cRBLKm0T8_Y.mp4
- 5.2.7. Transitions . Examples. Ladies above average-6JLSpAl-xwk.mkv
- 5.2.8. Transitions . Examples. Ladies average-XZwdpEIM0tY.mkv
- 5.2.9. Transitions . Examples. Ladies good-CU-e3-5wReg.mp4

videos.txt

5 directories, 102 files