

## Short Forward theory

The theory of the “Short” mounted plate is not a new theory but rather a new approach to the old style. Traditionally the plates were one or two sizes smaller and mounted forward on the boot, similar to the picture below. Today we see much more aggressive plate setups sometimes 3 sizes smaller than a manufactures recommendation. The short forward theory started in the 70s and 80s when short track speed skaters wanted to turn sharper; Its simply mechanics that a shorter wheel base will yield a tighter turning radius. In the 70s and 80s the plate of choice was the Sure-grip Magnum or the XK4 style plates, back then the plates were single action 45 degree. The 45 degree king pin angle will allow the skater to turn over on his or her edge further and with less effort than with a traditional 10 degree king pin angle. In the past all plates that used the 45 degree action were commonly called figure plates. Once skates found out how this plate skated they never looked back. To this day the 45 degree plates are widely praised in both figure and speed skating.

Today we use a new double action 45 degree truck that use our super cushions allowing the skater to dial in his or her performance. This plate has transformed the short track speed and derby markets by allowing them to fine tune their skating style and make the plate skate the way they want it to. Below is a chart that roughly explains what wheel base goes on what boot. Usually skaters use one of our 45 degree action plates when using the short forward technique.

| Boot size | Axle distance (in) |
|-----------|--------------------|
| 4         | 5.00               |
| 5         | 5.38               |
| 6         | 5.38               |
| 7         | 5.81               |
| 8         | 6.19               |
| 9         | 6.19               |
| 10        | 6.75               |
| 11        | 6.75               |
| 12        | 7.13               |
| 13        | 7.13               |
| 14        | 7.50               |

