



QUICK QUOTES

Ladies, Free Skating (warm up group 4)

Mariah Bell (USA) 2018 National Championships 5th

I am still learning so much this whole year and as my goal was to be in the Olympic team, I don't think I am quite ready in this year. So I take this as an experience doing something under pressure so that I can prepare myself for the future when I am competing in the Olympics, since there is no more pressure than that. I keep learning from my new coaching team and I've been really enjoying my life in California and enjoy working hard. I am proud of myself although I had a few silly mistakes. I am really proud of what I did and the arena is so cool. In Taipei, I really have a good time and it's an honor to represent Team USA and I can travel the world and do what I love. After the competition, I'll go home and keep training but I'm really excited to give back and get working the next season. I really want to develop my skating skills and the program.

Hanul Kim (KOR) 2017 National Championships 4th

I was very nervous, when I come up to the ice, even my legs were a little bit shaking. I had make some mistakes, but I told myself to be focused, but then I still made another mistake. After that, I just wanted to be really, really focused and just skate the way I have been training.

Dabin Choi (KOR) 2017 Four Continents Championships 5th

I would like to bring this good condition to the Olympics. (On returning to last year's program) The other program was difficult for me, so in order to perform well in the Olympics I changed to this program. (on what she improved in this program since last year) I have been working on doing the jumps better.

Kaori Sakamoto (JPN) 2018 National silver medalist

I have skated here before at Junior Worlds last year and I did a clean short and long program. So I have a good memory here at the rink. That made me feel confident and was able to skate comfortably. (on heading into the Olympic Games) I had few mistake in both short and long at this event so I need to practice on that and would like to skate a performance that will be more satisfying. (on what she wants to do tomorrow) I haven't tried the ShoRonPow (小籠包- dumplings) yet, so I would like to go and eat it.

Mai Mihara (JPN) 2017 Four Continents Champion

I am a little bit happy. Today my performance was not perfectly clean. I got an underrotation on the triple Lutz and I am bit frustrated about that. I felt nervous before my program, but I tried my best. (on winning silver after winning gold at the Four Continents Championships) I want to keep coming back to Four Continents and to get a medal every year. (on next plans) I am an alternate for the Olympics and Worlds and I'll keep training. I am going to the Coup de Printemps in Luxemburg at the end of the season.

Satoko Miyahara (JPN) 2016 Four Continents Champion

I have a lot of regrets about today's performance. When I came here my jumps were not so perfect and I think that connected to me feeling uncomfortable and it affected my confidence. I want to fix that before the Olympic Games. My body is in perfect condition, the problem is in my mind. I need to be stronger mentally.

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