



PRESS CONFERENCE

Men, after Free Skating

Boyang Jin (CHN) 2018 Four Continents Champion

After I had withdrawn from the Grand Prix Final I worked really hard for my recovery (from his injury) and I trained the hardest I ever have and thanks to that I was able to give an almost perfect performance today. The result of this competition gives me confidence to challenge myself to give two perfect performances in Pyeongchang. (on upcoming rule changes with the Free Skating being cut down to 4 minutes and one less jump) I think one jump less means it gets a little bit easier and it gives me the chance to bring out more perfect performances. It means you can focus on higher quality and it gives me the chance to up the ante and increase the difficulty I have. (on the meaning of winning this event heading into the Olympic Games) It will be my first Olympic Games so I am not really thinking too much about the placement. My goal is to bring out perfect performances, even better than today's performance. I want to bring out something perfect so that my efforts pay off. (on skaters reducing the number of quads in their program going into the Olympic Games) For every top skater doing quads in practice is not that difficult, we all can put out good performances. But when it comes to competition, the mindset and the mental condition really comes into play. For us, one less quad means that we can put out better performances to get the result that we want. Moving forward, I know what I am able to do so I would like to maximize my efforts to put out my best performances.

Shoma Uno (JPN) 2018 Four Continents silver medalist

Unfortunately, I missed my quad flip, but the good part was that I kept calm and finished the program nicely. (on upcoming rule changes with the Free Skating being cut down to 4 minutes and one less jump) With one jump less in the program I am sure that most of the skaters are going to say they're going to take out their easiest jump. So in that case it might be tough on your strength side. Maybe that is the only change in the sport. (on changing his program content compared to the beginning of the season) In the beginning I had the quad flip in the second half after the step sequence. Right now I have the quad toe and triple Axel there and it may be it is a bit easier, but it still is a pretty tough layout. As long as I can perform it, I can get to a higher level. (on the quad loop being called underrotated) Honestly, I don't remember how I jumped. (on his quads) Throughout the season I made some mistakes especially in the first part of the program, but what I learned to today was that even if I made these mistakes, I relaxed in the last part. (on skaters reducing the number of quads in their program going into the Olympic Games) To be honest, I am focusing mostly on myself and I don't worry about what other skaters might think. Of course, at the beginning of the season I tried some new quads and I guess my performances were not really consistent. So I changed my program and I think I am starting to get where I wanted to be. As long as I can keep that up I can get to the next level and improve more and more.

Jason Brown (USA) 2018 Four Continents bronze medalist

Nothing was easy about this year. I felt that I was chasing something, in this case it was kind of chasing the quad. That wasn't who I am. I definitely want to get to a point where I am confident with the quad, but it wasn't where I am mentally and physically at this moment. I think by the end of the season I was done running, I was done chasing after that and I wanted to come to this event and strip out of that shell and be me and be proud of who I am. This what I did at this event. I was just me. I wasn't trying to please anyone, I wasn't trying to be something that I wasn't or chasing something that I wasn't ready for. I was owning who I was and perform my heart out and trying to be the best version of myself that I possibly could be. That's kind of why I went back to my old program, to have this new start and a new beginning in a way. (on upcoming rule changes with the Free Skating being cut down to 4 minutes and one less jump) You have a set of rules and the job of the skaters is to figure out how to maximize your potential with the rules that are put into place. When you get to a point where the skaters are able break records

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and push those rules it's that time to change it up again and you are in a system where you try to break those records and push those boundaries. I think it's exciting. Until we try it and you're in it, you kind of know whether it's better or worse. I think it's an exciting opportunity and we'll see how it goes next year. (on winning his first senior Championship medal) When it started to sink in I started to cry. I think it was just this moment. It was not just a senior championship medal for me right now. I overcame so much this season, I continued to fight and I continued to get up every time I fell, literally. I'm so proud to be up here with these two men, they are incredible. I cannot wait to cheer them on at the Olympic Games. Just to be able to be here and pick myself up after these U.S. Championships and kind of prove to myself that I'm here, I have so much to give, I love to perform and just being able to do that is like – I can't even put it into words.

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