



QUICK QUOTES

Men, Short Program (warm up group 4)

Nam Nguyen (CAN), 2019 National Champion

(On how he feels about his performance) Today went a little bit slower than what I usually practice. Earlier this week I tweaked my right foot a little bit in practice (which is the reason why he substituted in the triple loop for the flip as his solo jump), but nonetheless I was very proud of how I was able to handle myself. I'm just glad I'm able to continue this positive momentum I have this season. (On how he prepared for this competition after winning Nationals) It was kind of hard to prepare for this competition because when I got back from Nationals I got really sick and I wasn't able to train at 100% going into this event. But that's okay because I'm relying on the training I've put in throughout this entire season so far. It's really about trusting the process and being in a positive mindframe. (On what he hopes to do in the Free Skating) To skate clean but not in a careful manner but more attacking it. I should have been more aggressive (today in the short program) so that's what I hope to do in the free program. (On his goal for this competition) Trying to take it day by day and just building for Worlds - that's most important competition for me.

Junhwan Cha (KOR), 2018 ISU GP Final bronze medalist

(On how he thinks about his program tonight) Actually I'm very happy about my performance tonight, because I have a lot of competitions in a row. I didn't have the chance and time to train as normal, since I had competitions for almost every week. I was nervous today, too, but I think I really tried my best for today's performance. I'm feel really good now, the score makes me happy, but I also look more at the performance I did. (On the goal of the competition) Actually for this competition, I want to end with no injury. I have injuries on my foot, so I don't want any more injury, and I just want to finish this competition well and try my best. (On the free program) Saturday is the free program, and I want to try my best. I want to skate just like today and try hard for every element.

Kazuki Tomono (JPN), 2018 GP Rostelecom Cup bronze medalist

I was so anxious that I made mistakes with my jumps. I need to fix them for the free. I got level 4 for all my spins. I got a good score because of my spins. I'm very glad about it. For free, I need to believe myself. I was a representative for Japan this time and I wanted to get a good result, but I did not do well in short. This is the challenge I need to overcome, and I need to get more mature. I practiced a lot, so I wanted to get a good result. My jumps were not good. This is the main reason I did not get a good score. I have been struggling with jumps. (on heading into the Free Skating) I did not get a good start, but I don't want to regret anything so I will do my best. I have experienced different kinds of Championships after Worlds. I am very familiar with this big Championships like Four Continents.

Brendan Kerry (AUS), 2019 National Champion

(On what happened on the planned quad Salchow, turned into double) We decided not to do any quad Sals in the 6 minute warm-up because this morning they weren't too comfortable. In the program I tried to take my time going into it but I felt my left foot go out and I was stuck. (On recovering for the rest of the program) Doing a double Sal is always upsetting but the second half of my program I use as a warm up so once I get passed the 2 first jumps I know I can breathe. The triple Axel is now my favorite and most comfortable jump so I can save energy on it for the step sequence. I know I have to do a two quad short, so putting myself into that mental space is good progress for Worlds. (On the Free Skating) I'll only be doing quads quads this week, I want to focus on the second half clean and the performance to interact with the audience and the judges.

Keiji Tanaka (JPN), 2019 National bronze medalist

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There were some points I wished I put in more. I will take that as a miss, but without letting that holding me back, I would like to continue improving so that I can show my power to people watching me. (On improving) There was a lot of things I was dissatisfied with during the first half of the season, so I would like to work more those things so I can level up throughout this season. (On the Free Skating) I'd like to give it my all to continue to show that there is more I can do after I performed at the nationals.

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