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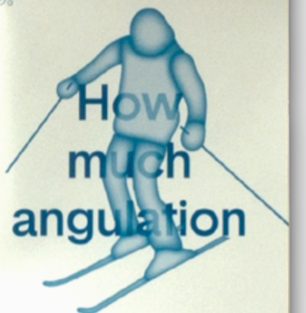

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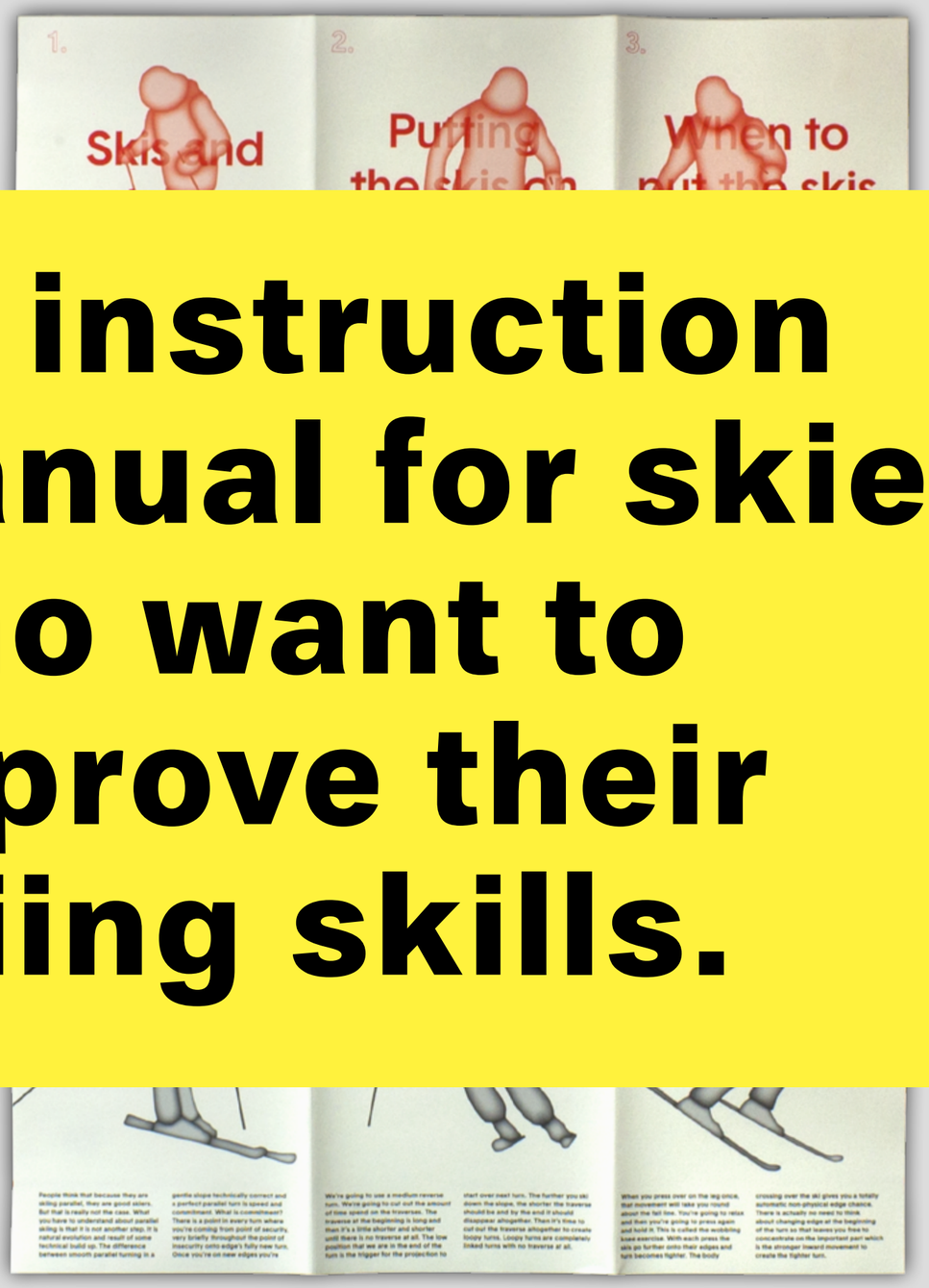
Skiing the fall line

When you press over on the leg once, that movement will take you round about the fall line. You're going to relax and then you're going to press again and hold it. This is called the wobbling knee exercise. With each press the skis go further onto their edges and turn becomes tighter. The body crossing over the ski gives you a totally automatic non-physical edge chance. There is actually no need to think about changing edge at the beginning of the turn so that leaves you free to concentrate on the important part which is the stronger inward movement to create the tighter turn.



An instruction manual for skiers who want to improve their skiing skills.

How does it work?

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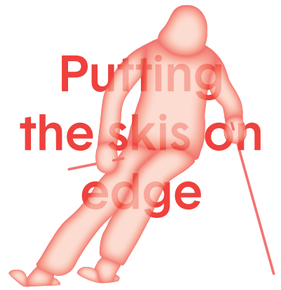

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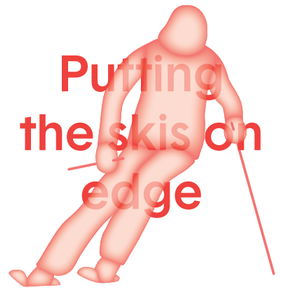

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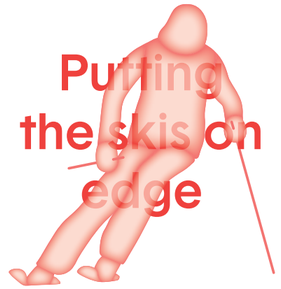

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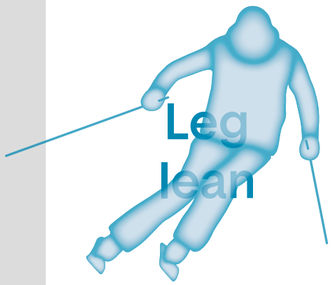

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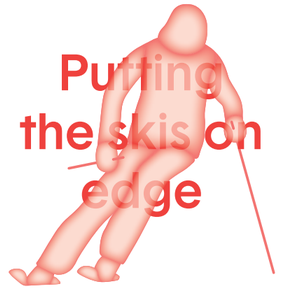

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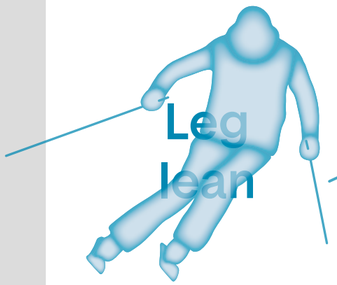

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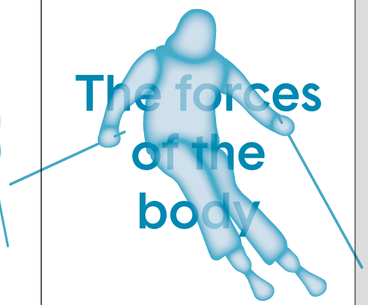

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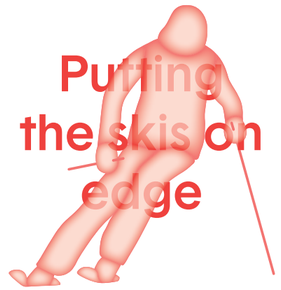

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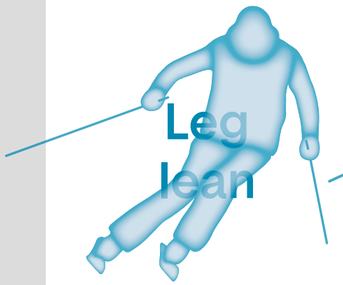

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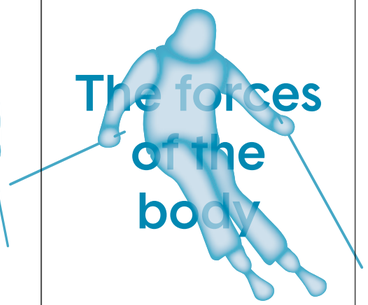

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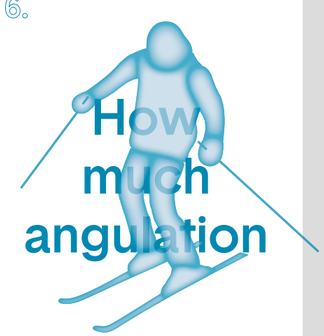

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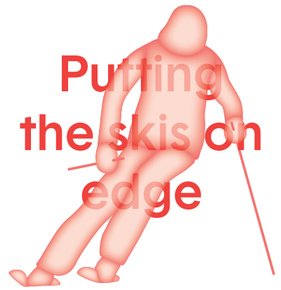

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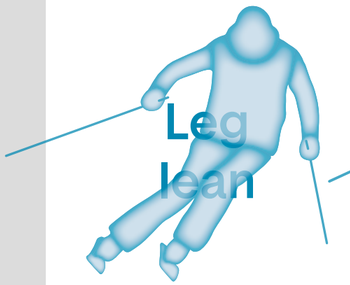

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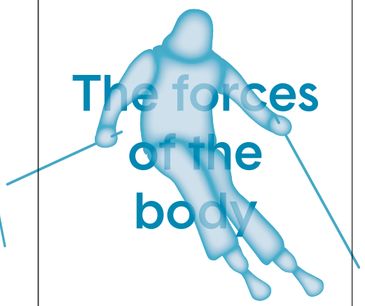

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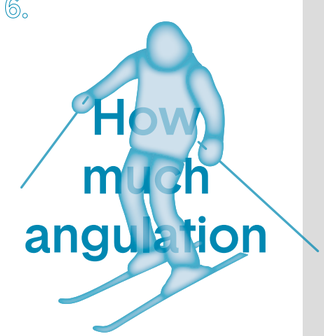

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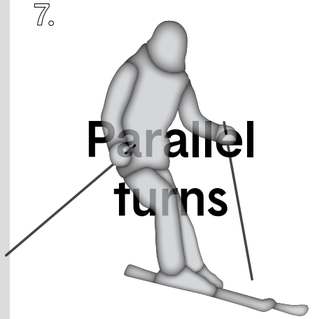

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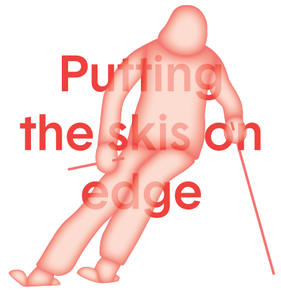

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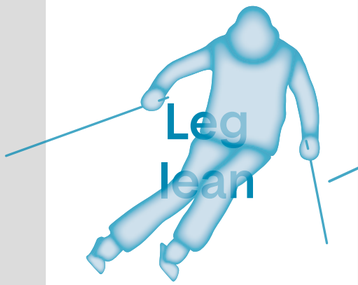

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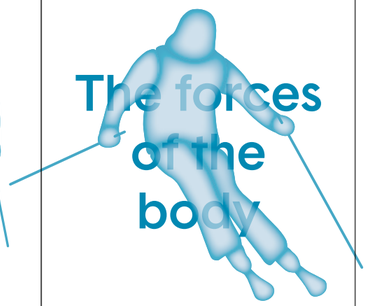

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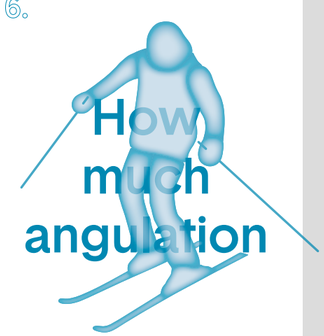

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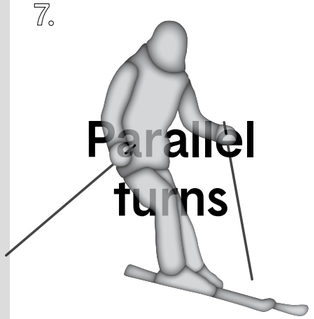

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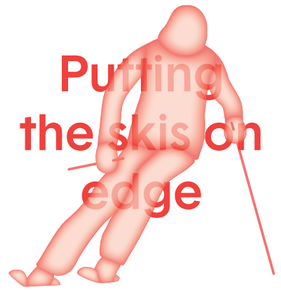

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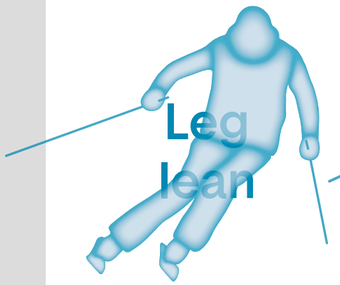
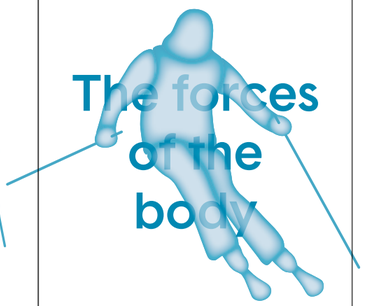


To turn effectively on steep slope you need to edge much more than on shallow slope. You can only do that by leaning your whole leg and your hips in to the center of the turn. You need leg lean. A leg lean should already begin at the beginning of the turn and progressively more as the turn goes through. You are going to have to go faster. When you have posture, put your hand high on the leg, press it and let it go.

5.

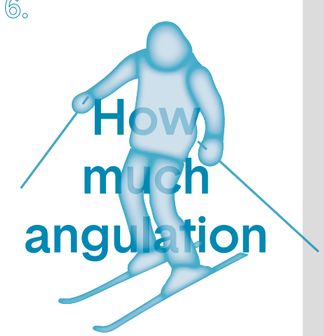
The forces of the body



When you ski down the hill there is a force pulling you towards the outside of the turn. The faster and steeper you ski, the more you have to resist that force to put you skis on edge. When you are skiing slowly you only have to push over your knee and lower leg, but when you ski faster you have to use your entire leg to resist that force. As the force become stronger your whole body have to respond to it by angulation. Angulation is the body's completely natural response to a force it can feel. By angulation the body resist the force.

6.

How much angulation

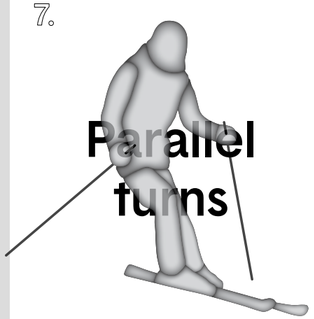


Angulation is the angle between your leg and the body. If you lean your legs and the body, you don't get any angle. At the beginning of the turn, as the knees go over, you are going to drop and push out your outside arms to the turn. As turn goes through, you are going to push out increasingly more.

When you ski down the mountain you should be able to see both hands and your ski tips in your peripheral vision.

7.

Parallel turns



People think that because they are skiing parallel, they are good skiers. But that is really not the case. What you have to understand about parallel skiing is that it is not another step. It is natural evolution and result of some technical build up. The difference between smooth parallel turning in a gentle slope technically correct and a perfect parallel turn is speed and commitment. What is commitment? There is a point in every turn where you're coming from point of security, very briefly throughout the point of insecurity onto edge's fully new turn. Once you're on new edges you're

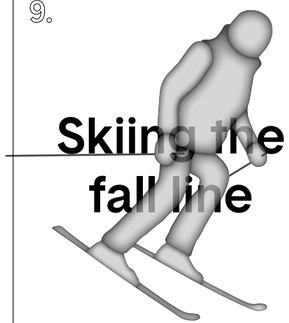
8.

Shortening the traverse

We're going to use a medium reverse turn. We're going to cut out the amount of time spend on the traverses. The traverse at the beginning is long and then it's a little shorter and shorter until there is no traverse at all. The low position that we are in the end of the turn is the trigger for the projection to start over next turn. The further you ski down the slope, the shorter the traverse should be and by the end it should disappear altogether. Then it's time to cut out the traverse altogether to create loopy turns. Loopy turns are completely linked turns with no traverse at all.

9.

Skiing the fall line



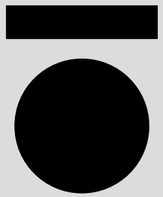
When you press over on the leg once, that movement will take you round about the fall line. You're going to relax and then you're going to press again and hold it. This is called the wobbling knee exercise. With each press the skis go further onto their edges and turn becomes tighter. The body crossing over the ski gives you a totally automatic non-physical edge chance. There is actually no need to think about changing edge at the beginning of the turn so that leaves you free to concentrate on the important part which is the stronger inward movement to create the tighter turn.

Why have I used these colors?


Todorka
2746
2560
Vinren
Banderiza
Akademika
Damianitza
Shiligarnika
1635
Bistrica
Chalin valog
1467
Bansko
936
Banderiza
Plato north
Plato south
Balkaniioda
Shiligarnika
Shiligarnika
Todorka
Stara pista
Bansko
Banderiza
Chalin valog west
Chalin valog east
Children's drag
Ctzurna mogila
Cable-car
Chair lifts
Drag lifts
Hut
Restaurant
Cash Desk
Itanga
Parking
First Aid
Ski-road
Ski-road
Ski-road
Marked ski runs 35 km
Light
Middle
Difficult

Light

Middle



Difficult

Where & how would it be used?

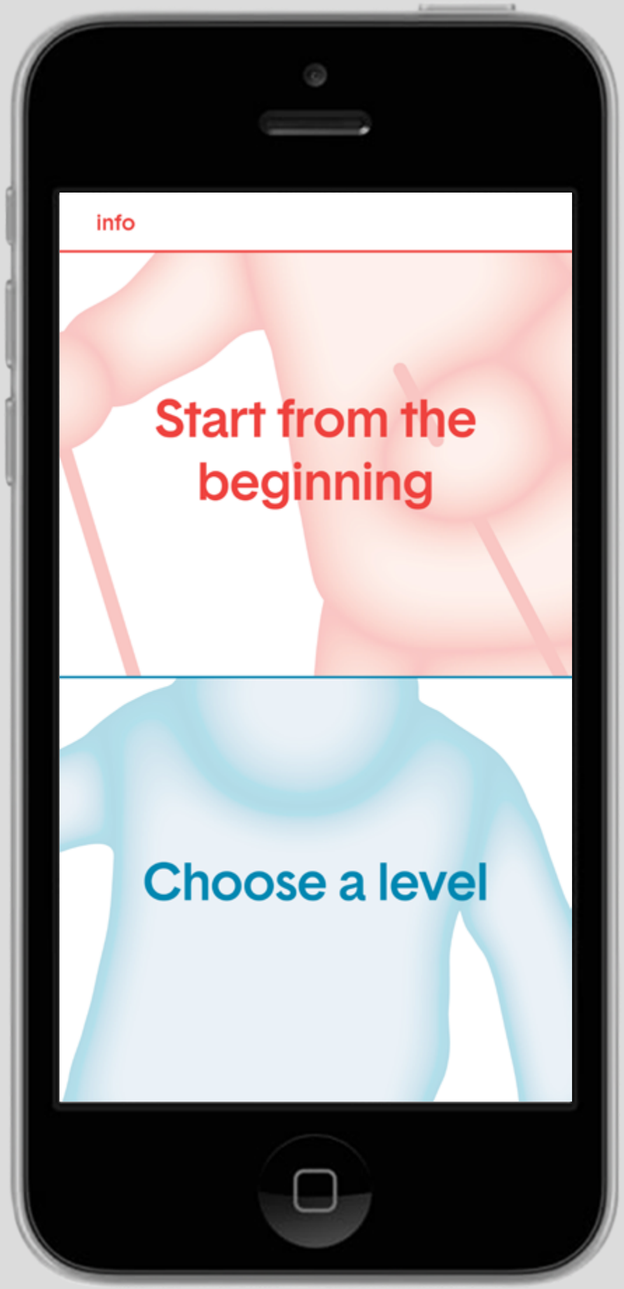

9 tips
for better
skiing


The forces of the body
5.
When you ski down the hill there is a force pulling you towards the outside of the turn. The faster and steeper you ski, the more you have to resist that force to put you skis on edge. When you are skiing slowly you only have to push over your knee and lower leg, but when you ski faster you have to use your entire leg to resist that force. As the force become stronger your whole body have to respond to it by angulation. Angulation is the body's completely natural response to a force it can feel. By angulation the body resist the force.


info
Skis and stance
The really essential ingredient in this posture is having a feet right about hips apart. The most commonly misunderstood instruction in skiing is that you must lean forward. Leaning forward is as much over the balance as leaning back. What we are looking for is you standing directly over your feet. There should be pressure on your entire feet. When you bend on the ankles you must feel pressure all of the time.
1.
next >

How does the app work?


9 tips
for better
skiing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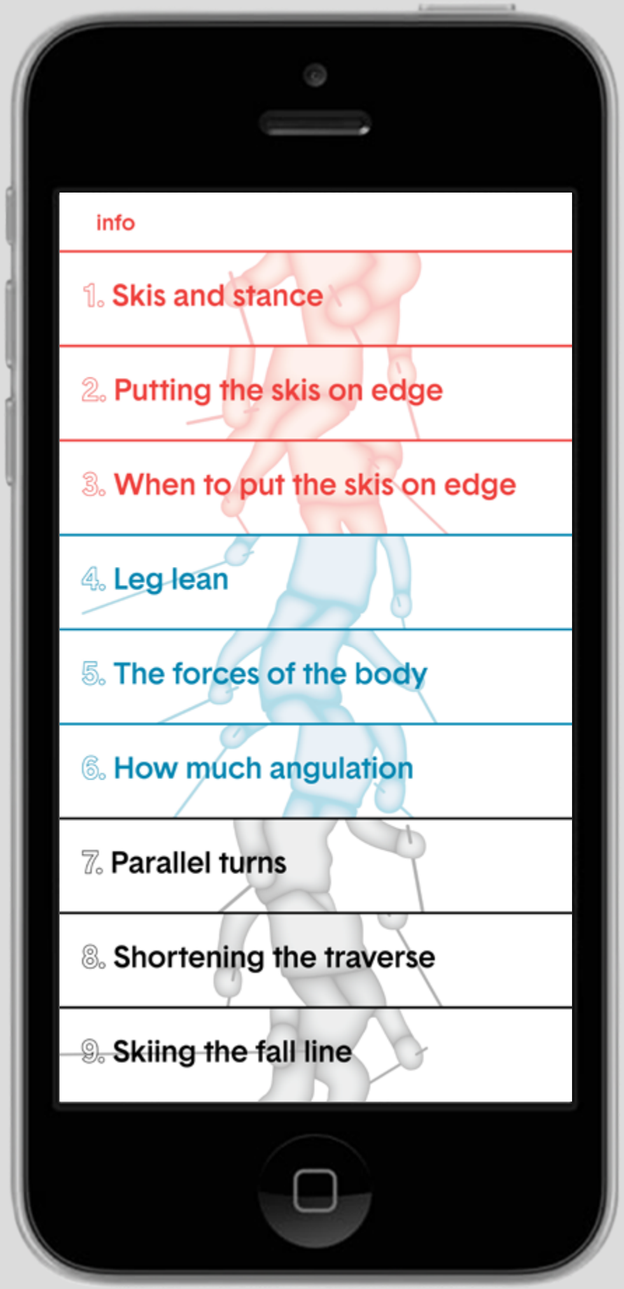
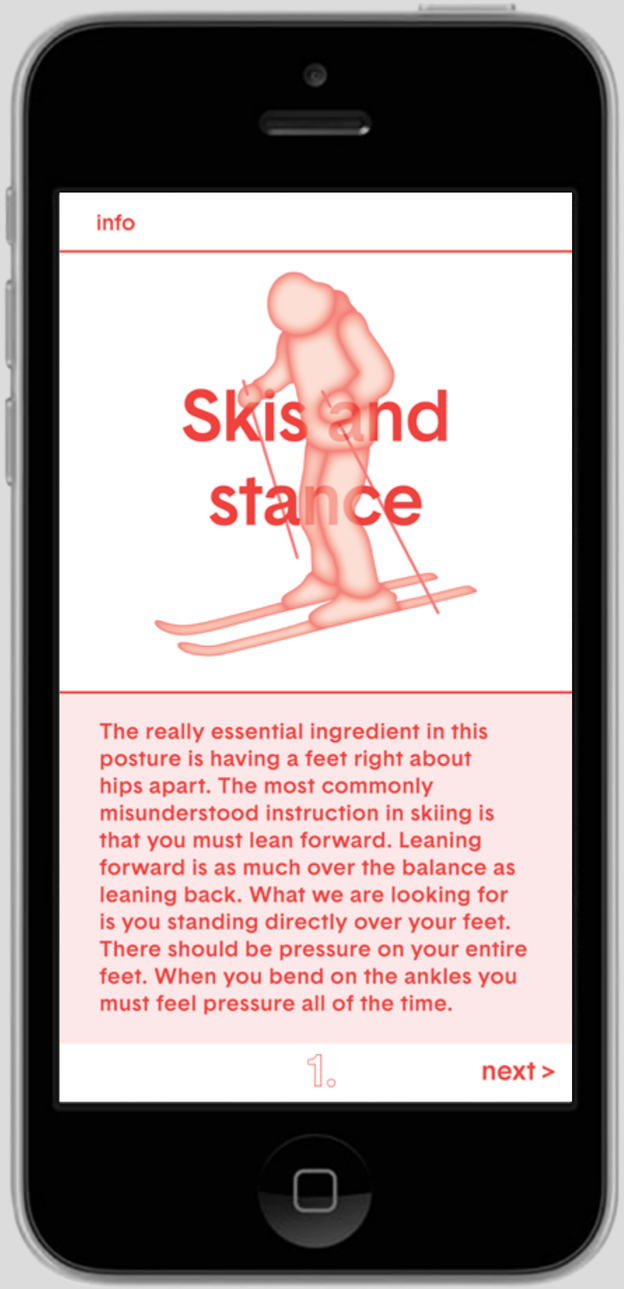
Start from the beginning
Choose a level


info
1. Skis and stance
2. Putting the skis on edge
3. When to put the skis on edge
4. Leg lean
5. The forces of the body
6. How much angulation
7. Parallel turns
8. Shortening the traverse
9. Skiing the fall line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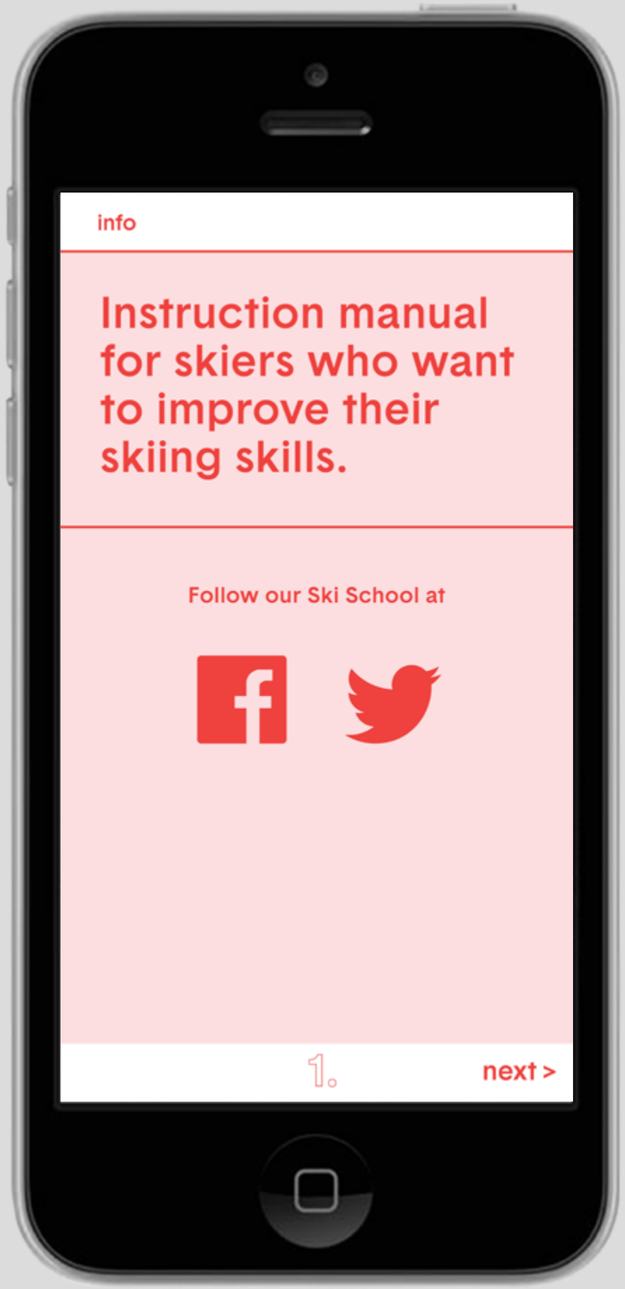
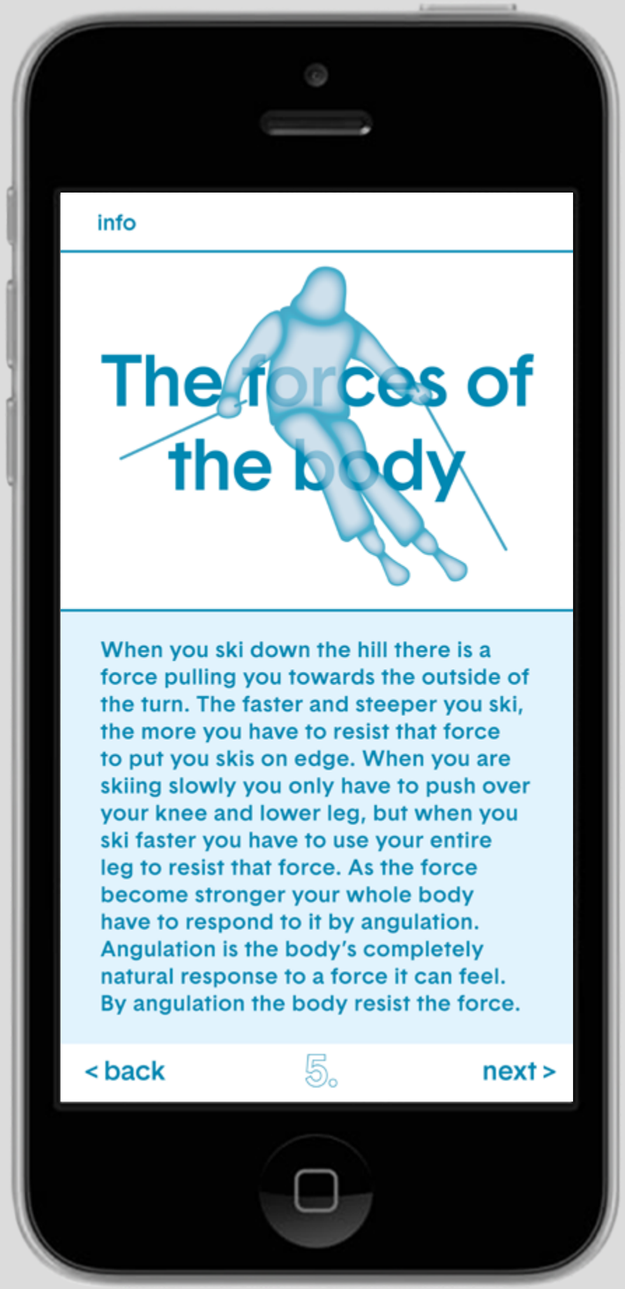

info
Instruction manual for skiers who want to improve their skiing skills.
Follow our Ski School at
1.
next >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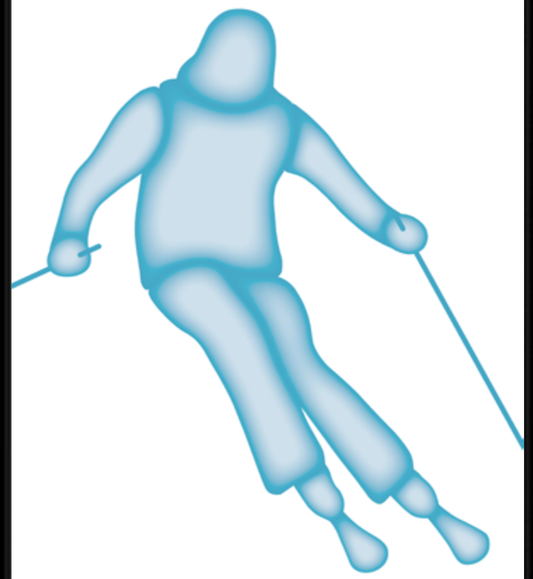
< back
5.
next >

info



The forces of the body

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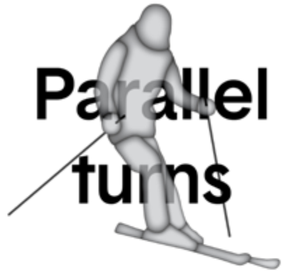
info

Parallel turns



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Now I've answered everything.

Haven’t I?