



# Workshop SKI FAKIE

Some simple exercices to  
ski back



# Workshop SKI FAKIE



## Why Knowing how to ski Back ?

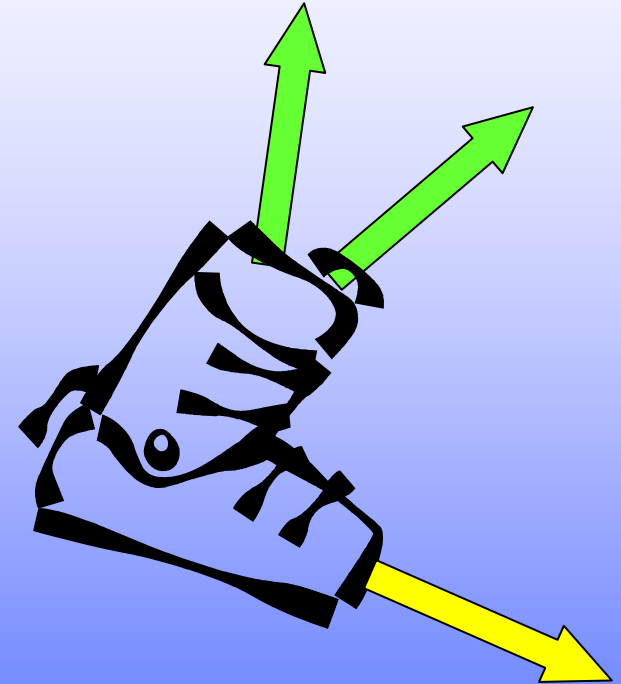
- ☞ It is a Freestyle Skiing basic movement
- ☞ It is a good exercise for equilibration
- ☞ It is fun for young skiers of all ages ...

# Workshop SKI FAKIE

## How to do it in 4 steps

### Step 1 - Equilibration

☞ *Exercice of centering  
by skiing with the Ski  
shoes opened*



**Remark : This first exercice is not Fakie !!**

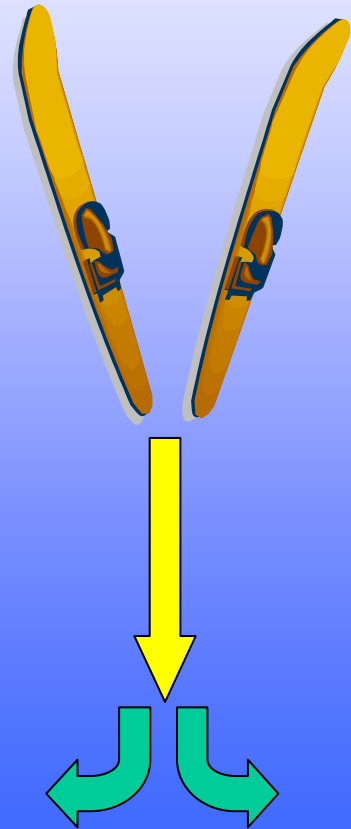
# Workshop SKI FAKIE

## How to do it in 4 steps

### Step 2 – Snowplow position

- ➔ *Right into the slope*
- ➔ *With left and right turn*

**Remark : importance of the head position**



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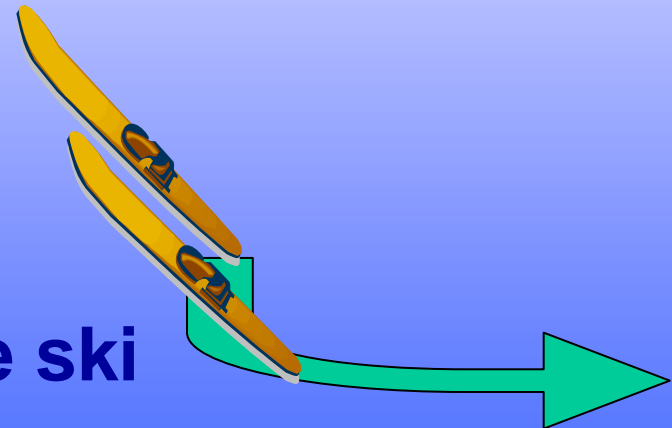
## How to do it in 4 steps

### Step 3 – parallel position

☞ *Across the slope*



☞ *With left and right turn*



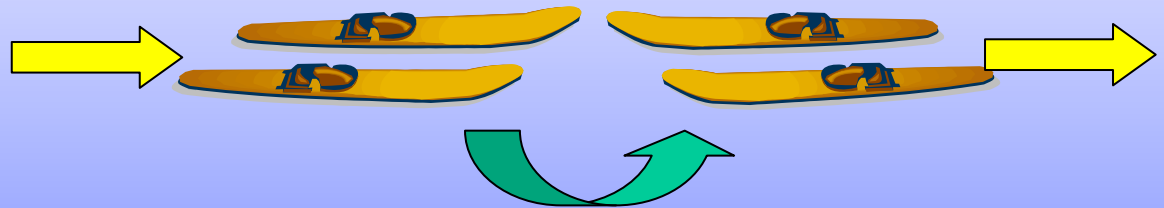
**Remark : importance of the ski slit**

# Workshop SKI FAKIE

## How to do it in 4 steps

### Step 4 – Ski to Ski Fakie while sliding

*Slide turn*



 *Jumping turn (180° Flat)*

**Remark : across the slope & right into the slope**



# **Workshop SKI FAKIE**

**Thanks for your attention,**

**See you on the slope at  
10.45 am**