

## How to lead smoothly the intermediate skier to parallel turns?

How can we lead smoothly the intermediate skier to parallel turns?

“Smoothly” means that we here aim to initiate the turn effectively by making the most of the energy of falling in nature, and not by exclusively using full muscle power, in a relaxed condition.

Fig. 1 2 Kinds of Driving Energy of Turns

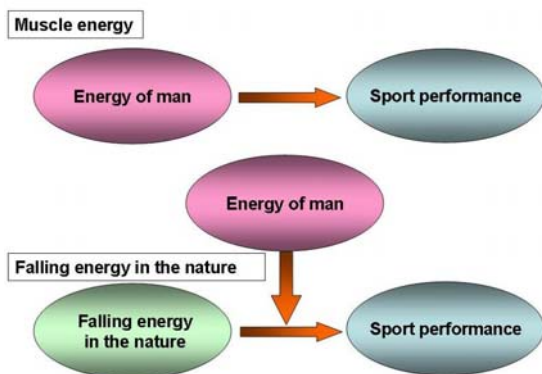
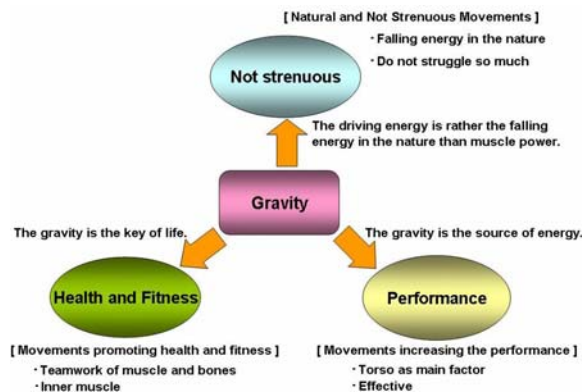


Fig. 2 Natural and Not Strenuous Movements



### Essentials of the lesson

The skier should learn first to use the outside ski, and then to use also the inside ski effectively while the motion of the outside ski should not be interrupted.

The aim is to learn to utilize and to steer both the outside ski and the inside ski and to combine steering of the both skis in order to come to practical parallel turns.

3 requirements to carry out a turn

1. The skier has the energy to glide forward.
2. The skier experiences the power to touch the snow surface with his ski.
3. The skier edges the ski.

As keeping balance and braking are easily performed by standing on the outside leg, it is common to teach first to use the outside leg, then to use the inside leg step by step.

But to learn parallel turns we should aim to reduce the braking factor. This is a contradiction.

We would like to suggest the idea of “edging while moving” the outside ski, so don’t stop moving the outside ski.

We also suggest that the “movement of the inside leg” has an important role in the edging to achieve the state that “the outside ski has been edged.”

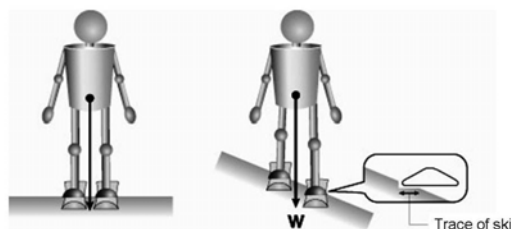


Fig. 3 Schuss and Traverse



Fig. 4 Downhill Turn by Inside Leg as Main Factor

Standing on both legs, it is easy to move one leg. It becomes very difficult to stand on one leg and to move the foot of that leg.

Logically thinking we can say that “the inside leg has its own role” to edge the outside ski.

## Exercises in the lesson

1. Checking the basic position
  - Stopping
  - Checking the difference in height of the left and right ski on the slope
2. Moving the pelvis forward
  - Traverse
3. Basic movements
  - Putting the weight on the ski
  - Connection of the left and right movement axis
4. Steering by the outside ski
  - From traverse to uphill turn
  - In this exercise the skier carries out the movements described in point 3, puts the weight on the ski and turn the tip of the downhill ski towards the turn direction and the end of the ski to outside.
5. Sequence of movements (girlandes)
  - Repeating the movements described in point 4
6. Snow plow
7. Snow plow turns
  - From the initial form to basic form
8. Basic parallel turns
9. Parallel turns