



SKI PROGRESSION V2.7 C

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This outline is a teaching guide for CASCADE SKI SCHOOL. As a CASCADE INSTRUCTOR you must follow this progression so that continuity will be maintained within the school. Instructors are encouraged to use their own methodology and teaching ideas within the framework of the ski school progression.

The CASCADE SKI SCHOOL PROGRESSION is a pocket teaching progression designed after the AMERICAN TEACHING SYSTEM. For more complete information on the CENTERLINE / A.T.S. please refer to the P.S.I.A. A.T.S. MANUAL. There are a number of other excellent books, publications, and videos available on ski teaching, free skiing, racing, and exam preparation. **USE THEM!**

CASCADE SKI SCHOOL has an excellent training staff, please feel free to ask for assistance with specific problems at the class or student level. They are also available for continuing education in the areas of ski teaching, free ski improvement, and exam preparation. **PLEASE USE THIS RESOURCE.**

Specific class plans, designed by the individual instructor to achieve class goals, as well as anticipate snow and terrain conditions are important teaching tools. **BE PREPARED!**

You will find that this progression will match the back of the grade cards. **Please grade conservatively.** Students should be graded on their ability to perform milestones, maneuvers, and exercises **ON DEMAND.**

CUSTOMER SERVICE STATEMENT

All too often we think about our students as, just that, students or followers. If any of you have ever worked in a highintensity customer service occupation you may already understand the misnomer of that label. Our students are our customers, our clients. They come to us to provide a service. It is our job to understand their needs as well as *their wants* and to design a lesson plan that accommodates both needs and wants in a safe learning environment. To quote the P.S.I.A. Service Model, "Customer service, and good teaching, are founded on the idea of caring, combined with common sense". You are the person who spends the most time with our clients, a positive experience is likely to create return business. Promptness, preparation, positive attitude, and a caring attitude will foster a positive teaching / learning experience. Remember the "Golden Rule": Always treat others as you would like to be treated! (within the school guidelines of course). MAC

SAFETY ! FUN ! LEARNING!

P.S.I.A. BASICS

THE FUNDAMENTAL SKILLS

ROTARY MOVEMENTS

PRESSURE CONTROL MOVEMENTS

EDGE CONTROL MOVEMENTS

BALANCE

THE COMMON FEATURE MOVEMENTS

TURN THE LEGS TO CREATE COUNTER

EXTEND THE NEW OUTSIDE LEG AT TURN INITIATION

ACTIVELY GUIDE BOTH SKIS INTO A TURN

DIRECT THE CENTER OF MASS TOWARD THE NEW TURN

FLEX THE ANKLES, KNEES, AND HIPS THROUGH A TURN

MILESTONES

WEDGE TURN

WEDGE CHRISTY

OPEN PARALLEL

DYNAMIC PARALLEL

THE MODELS

SERVICE TEACHING SKIING

THE CASCADE SKI TEACHING PROGRESSION

LEVEL 1 PRELIMINARIES & STRAIGHT RUN

Goals: Getting to know equipment, balance, and feeling for equipment. First movements and gliding movements

Terrain: Meeting area vicinity

Skill: Balance

Emphasis: Safety, Equipment, & Terrain Awareness

.1 BASIC STATIONARY EXERCISES

- 1 Introduction, goals, and procedures, skiers code
- 2 Equipment check and familiarization
- 3 Warm up exercises
- 4 Stationary exercises: lift feet and knees/arm and pole use/ hopping and bending
- 5 Falling and getting up with/without pole
6. Basic Stance

.2 BASIC MOVEMENT EXERCISES

- 1 Paddle turns
- 2 Walking and gliding/pole use/area tour
- 3 Climbing up and down/pole use
- 4 Herringbone/pole support
- 5 Scooters (repeat exercises with only one ski on)

Note: Children's classes should perform preliminaries without skis first, the repeat exercises with skis on. Optional with older students.

REFERENCE: ATS II PAGES 36-37, ATM II SYNOPSIS
page 14, **THE WAY TO SKI** pages 17-31.

3 STRAIGHT RUN

Goals: Balancing on sliding skis, change of direction by stepping

Terrain: Gentle slope with natural run out

Skill: Balance and Pressure Control

Emphasis: Basic stance

- 1 Ready position*/pole use/ paddle turn
- 2 Stepping turn to stop
- 3 Ankle and knee flexion
- 4 Rock fore and aft
- 5 Foot shuffle
- 6 Step from one ski to another

- 7 Lateral step to new track
- 8 Without poles/duck under poles

*Note: Skier is in balance in a relaxed position with joints slightly flexed. Hands are held waist high, within the skiers field of vision. **KEEP THE CLASS MOVING!**

REFERENCE: ATS II pages 36-43, **ATM II** pages 10-11, **ATM SYNOPSIS** page 14, **THE WAY TO SKI** pages 31-3

LEVEL 2 WEDGE

Goals: Improved balance and control of speed through varied wedge widths.

Emphasis: Stance and control

Terrain: Gentle slope

Skill: Balance, Pressure Control, and Edging

.1 STATIONARY EXERCISES

- 1 Hand drill (showing basic wedge position)
- 2 Stationary Wedge/step out/brush out/hop out
- 3 Ready position/pole use/bullfighter turn
- 4 Back up in Wedge position

.2 WEDGE

- 1 Gliding Wedge/equally edged with equal weight and pressure on both skis
- 2 Vary the width of the Wedge
- 3 Wedge/Straight run change up
- 4 Wedge Traverse

.3 BREAKING WEDGE

- 1 Hand drill
- 2 Wedges by the numbers
- 3 Breaking Wedge

REFERENCE: ATS II pages 44-47.

LEVEL 3 WEDGE TURN

Goals: First turn, Rotary Skills, Turning to control speed and direction, Introduction to lifts.

Terrain: Gentle slope, groomed GREEN trails

Skill: Balance, Pressure Control, Turning (steering), and Edging

Emphasis: Stance, turning to control speed and direction

.1 WEDGE TURN

- 1 Hand drill (showing basic wedge position)
- 2 Stationary leg steering demonstrations, Active leg steering demonstrations.
 - a. Squash the bug with outside foot
 - b. Push on the foot which is pointed in the direction of the turn
 - c. Guide the skis by turning feet & knees in the direction of turn
 - d. Tip and go
- 3 Fall line Wedge Turn/both directions

.2 LINKED TURNS

- 1 Linked Wedge Turns
- 2 Pedal Turns
- 3 Gliding Wedge Traverse
- 4 Vary the turn radius, tempo, and duration

3 ADVANCED WEDGE TURNS

- 1 Vary the radius, tempo and duration of turns
- 2 Wedge allowing the skis to run together
- 3 Breaking Wedge Turn
- 4 Introduction to lifts, lift line etiquette, loading, unloading, and skiers code

REFERENCE: **ATS II** pages 48-53, **ATS** pages 5-14, **ATM II** pages 11-12, **ATM SYNOPSIS** page 5, **THE WAY TO SKI** pages 38-45 and 52-57.

HOW TO USE THE LIFTS

Students that have learned how to side step, herringbone, wedge, wedge turn and can use a braking wedge are ready to use the lifts. Students should be introduced to the lifts by letting them observe skiers loading, riding, and unloading from the lifts. Pick a safe area where the class will not obstruct traffic or lift lines. Explain lift line etiquette.

MAGIC CARPET: This is nothing more than a ground level conveyor belt or moving side walk. Children will enter at the lower end by walking or shuffling onto the moving belt. Make sure their skis are lined up parallel to the belt. To ride, simply stand in a relaxed stance with the knees and ankles flexed slightly. At the top, students will be

discharged from the carpet. A paddle turn and a straight run or traverse to a meeting spot completes the ride.

CHAIR LIFTS: Follow all directional signs. Pair up with other skiers. Move along to the loading point when its clear and the operator gives the ok. Skiers should stand side by side and look either inside or outside depending on the chair design to load. Let the chair scoop

the skier up. Maintain a parallel straight ahead stance as the chair moves through the loading ramp. Always sit upright and straight in the chair. Sit quietly so as to avoid swinging the chair. As the chair nears the unloading ramp, raise ski tips for a smooth exit.

Remember to tell the class which way to exit at the top. Clear the ramp and area around the top as soon as possible.

LEVEL 4 BEGINNING WEDGE CHRISTY

Goals: Introduction of more dynamic turns, two legged steering, encourage matching and skidding movement at the end of the turn. Moderate increase in speed.

Terrain: Moderate, smooth groomed slopes. Groomed GREEN trails

Skill: Balance, Pressure Control, Turning (steering), Edging.

Emphasis: Turning and matching of inside ski.

.1 WEDGE CHRISTY

- 1 Brush out to Wedge
- 2 Wedge Traverse
- 3 Stationary exercise/skis off, matching inside ski
- 4 Stationary exercise/ skis off, two footed steer
- 5 Two footed steering in Wedge
- 6 Matching the inside ski to the outside ski after the fall line
- 7 "UP to GO, DOWN to SLOW"
- 8 Wedge skids/ let downhill ski skid then match the uphill ski to the downhill ski

.2 TRAVERSE

- 1 Traverse both directions
 - 2 Wedge Turn to a Traverse
 - 3 Traverse uneven terrain at slow speed
 - 4 Reach slightly downhill with downhill hand or pole
- Note: A comfortable traverse position with the uphill ski slightly advanced will cause the student's body to be somewhat angulated.
Make movement analysis and redirect as necessary.

.3 SIDE SLIP

- 1 Step up/slip down between poles
- 2 Hands on Knees

- 3 Shuffle
- 4 Forward side slip
- 5 Falling leaf
- 6 Wedge skids

Note: Side slip can be introduced when snow conditions permit. Use side slip exercises through advanced levels as often as necessary. They are excellent for improving body position, creating an angulated stance, and better Edge Control.

REFERENCE: **ATS II** pages 53-62, **ATS** pages 15-21, **ATM** pages 18-19, and **THE WAY TO SKI** pages 58-61 and 64.

LEVEL 5 WEDGE CHRISTY

Goals: Two footed steering, both independent and simultaneous leg action, pole plant speed control, and smoother more dynamic turns. Skis should be *matched at or before the fall line*.

Terrain: Smooth, open, gentle to intermediate slope. Groomed GREEN to BLUE trails.

Skill: Pressure Control, Turning, and Edging.

Emphasis: Vertical Motion for Pressure Control. Pole plant for timing.

.1 WEDGE CHRISTY

- 1 Stationary exercise/ skis off, two footed steering
- 2 Stationary exercise/ skis off, show closing of inside ski and knee movement. Repeat with skis on.
- 3 Traverse brushing to a wedge (double brush out)
- 4 Stationary exercise/ pole swings and pole plants
- 5 Traverse brushing to a wedge using pole plant
- 6 Fall line Christy
- 7 Wedge Christy Garlands
- 8 Linked Wedge Christies
- 9 Reduce the size of the wedge entry
- 10 Up stem
- 11 Down stem
- 12 Wedge Wedeln
- 13 "UP to GO, DOWN to SLOW"

Note: Look for small bump formations or convex areas on the hill to promote skidding

REFERENCE: **ATS II** pages 65-70, **ATS** pages 18-21, **ATM** page 18, **ATM II** pages 13-16, **THE WAY TO SKI** pages 62-85.

.2 UPHILL CHRISTY

From a traverse to a traverse. This is a turn, not a stopping maneuver.

- 1 Forward Side Slip with increasing forward pressure
- 2 Parallel entry from steeper traverse
- 3 "UP to GO, DOWN to SLOW"

- 4 Hockey slips and stops
- 5 Fan
- 6 Uphill Christy to a stop (ok, this one is a stop)

REFERENCE: ATS pages 25-26 and 40-41.

.3 POLE TOUCH

- 1 Touch and go in traverse
- 2 Wedge touch and go in a traverse
- 3 Wedge Christy Garland
- 4 Signal Turn
- 5 Fall line Wedge Christy with a Pole touch

REFERENCE: ATS II pages 63-65, **ATS** pages 31 and 56, **THE WAY TO SKI** pages 72-76.

LEVEL 6 ADVANCED WEDGE CHRISTY

Goals: Transition from Wedge entry to Parallel entry to initiate turn.

Terrain: Moderate, intermediate slope. Groomed advanced GREEN to moderate BLUE trails.

Skill: Pressure Control, Turning, and Edging.

Emphasis: Enhanced vertical motion for improved Pressure Control. simultaneous steering and edge change. Early weight transfer to outside (turning) ski. Active steering by the inside ski. Addition of the Pole Touch. Matching of the skis before the fall line.

Task: As terrain allows, ski the fall line to promote timing and rhythm.

.1 POLE TOUCH

- 1 Traverse Pole Touch Garland
- 2 Fan
- 3 Fall line Christies with Pole Touch

.2 REDUCED WEDGE ENTRY

- 1 "UP to GO, DOWN to SLOW"
- 2 Linked Turns
- 3 Corridor Turns
- 4 Patience Turns

.3 BEGINNING PARALLEL

- 1 Stepping Turns
- 2 Skating
- 3 Vary turn shape and/or radius
- 4 See the exercises under LEVEL 8 PARALLEL, Carving

REFERENCE: ATS II pages 70-81, **ATS** pages 23-52, **ATM** pages 20-35, **THE WAY**

TO SKI pages 77-105.

LEVEL 7 OPEN PARALLEL

Goals: Increased edge awareness and improved body flow into the turn. Adaptability. Early weight transfer will promote better stance and edging.

Terrain: Moderate, intermediate slope. Groomed advanced GREEN to moderate BLUE trails

Skill: Pressure Control, Edging, and Turning

Emphasis: Vertical motion for Pressure Control

Task: As terrain allows, ski the fall line to promote timing and rhythm.

.1 OPEN PARALLEL

- 1 Pedal Turns
- 2 Step Turns
- 3 Leapers
- 4 Pole Touch
- 5 Corridor Turns
- 6 "Up to Go, Down to Slow"

REFERENCE: ATS II pages 74-81

.2 ANGULATION

Definition: A position which places the body's center of gravity over the up hill edge of the downhill ski or the counter balancing of the upper body over the downhill hip or leg.

Note: This section is to be used in conjunction with all levels of the progression, although not actively practiced before teaching the Traverse.

- 1 Traverse
- 2 Reach downhill with open palm in Traverse
- 3 Reverse Traverse
- 4 Basketball dribble in Traverses and turns
- 5 Corridor Turns
- 6 Hockey stops with Pole Touch
- 7 Wedge Wedeln with Pole Touch

REFERENCE: ATS II pages 90-95, **ATM** page 27 (illustration), **THE WAY TO SKI** pages 130- 133.

.3 ROUNDED TURN SHAPE

- 1 Pedal Turns
- 2 Medium Radius Corridor Turns
- 3 "UP to GO, DOWN to SLOW"

LEVEL 8 DYNAMIC PARALLEL

Goal: Early weight transfer for better edging and flow, and improved crossover.

Terrain: Groomed moderate BLUE to advanced BLUE trails.

Skill: Pressure Control, Edging, Turning

Emphasis: Early weight transfer to create dominate outside or turning ski sooner.

.1 CARVING

- 1 Explain the ski as a tool: Side cut, Camber, Longitudinal flex, and Torsional resistance.
- 2 Traverse with a hard edge, repeat with eyes closed in a controlled environment. Inspect Track.
- 3 Slow Power Wedge Turns: ski, edge, foot, and leg awareness. Turns are made on a hard edge. Use extreme angulation and leverage. Vary speeds.
- 4 Angulated Power Wedge Traverse. Inspect Track.
- 5 Power Wedge Uphill Christy
- 6 Power Wedge Turns varying speeds, edge angle, and leverages
- 7 Fan
- 8 Kinesthetic Awareness

REFERENCE: ATM pages 29-35, **THE WAY TO SKI** pages 48-51 and 134-139.

.2 SKATE TURNS

- 1 Crab Walk
- 2 Skate Turns
- 3 Step Turns

.3 DIVERGING PARALLEL

- 1 Carving
- 2 Medium radius turns
- 3 Short radius turns

LEVEL 9 DYNAMIC PARALLEL

Goal: Skill refinement, use of independent and simultaneous leg action, and the ability to ski the mountain in various conditions and terrain.

Terrain: Appropriate to the task as available on the mountain.

Skill: Appropriate blends of Pressure Control, Turning, and Edging.

Emphasis: Safety, Fun , and Learning

.1 DYNAMIC PARALLEL

- 1 Carving
- 2 Hockey Stops
- 3 Skate and/or Step Turns

- 4 Medium radius turns
- 5 Short radius turns
- 6 Corridor Turns
- 7 Shadow Turns (weather permitting)

.2 CHECKING

- 1 Check
- 2 Abstem
- 3 Preturn

.3 VARIED CONDITIONS

- 1 Moguls
- 2 Powder
- 3 Crud, Mud, and Taters
- 4 Gates

REFERENCE: ATS II pages 96-122, **ATS** pages 53-79, **THE WAY TO SKI** pages 107-143.

LEVELS 7-9 ADVANCED EXERCISES

.1 EDGE CONTROL EXERCISES

- 1 Side slip
- 2 Rapid edge sets and releases
- 3 Crab walk
- 4 500 or 1000 steps
- 5 Hockey Stops
- 6 Linked Hockey Slips
- 7 Skate Turns
- 8 Step Turns
- 9 Stop Christies
- 10 Checking
- 11 Inside Edge Turn
- 12 Knee wiggles through turn
- 13 High speed Wedge Turns
- 14 Wedge Wedeln
- 15 Reverse Traverse

2 ROTARY MOVEMENT EXERCISES

- 1 Step Turns
- 2 Scissor Turns
- 3 Hockey Stops
- 4 Linked Hockey Slips
- 5 Stop Christies
- 6 Check Turns
- 7 Pre-turns
- 8 Anticipation

- 9 Down stem
- 10 Deflection

.3 PRESSURE CONTROL EXERCISES

- 1 Peddle Turns
- 2 Stop Christies
- 3 Side slip
- 4 Falling Leaf
- 5 Leverage Drills (fore, mid, and tail of the ski)
- 6 Unweighting (up, down, and terrain)
- 7 Crab Walk
- 8 Leapers
- 9 Retraction, Compression, and Absorption
- 10 1000 Steps
- 11 Swan Turns
- 12 Wedge Wedeln
- 13 High speed Wedge Turns

.4 BEST OVER ALL EXERCISES

- 1 Wedge Wedeln
- 2 Hockey Stops and Slips
- 3 Peddle Turns
- 4 High speed Wedge Turns
- 5 Leapers
- 6 "Slow Dog Noodle"
- 7 "UP to GO, DOWN to SLOW"
- 8 Corridor Turns

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SKIER'S RESPONSIBILITY CODE

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

INCIDENT PROCEDURE

In the event of an incident involving any ski school student, instructor, or chaperone, please follow the applicable steps in this procedure. An incident may not include an injury or there may not be an apparent injury. Please take notes to maximize accuracy of the report.

1. Assess the situation. Have the class move below and away from the injured person.
2. Do not remove the injured skier's or boarder's equipment if they are not in an aggravated pain situation. Avoid any movement. Keep the injured person warm and calm.
3. Mark the area clearly with crossed skis or snowboards. Make sure there is a reasonable distance between the injured person and the marking and that the marking can be seen from above.
4. Summon the nearest patroller or send your best two skiers or riders to the nearest lift shack. Go directly to, and ask the lifty to summon help. Instruct them to stay there to be picked up by the class.
5. Collect details from the injured person and any eye witnesses. Check binding settings and note them.
6. When the ski patrol or a Cascade Ski School supervisor arrives, relay all pertinent information and relinquish the situation.
7. Collect the balance of the class, as well as your messengers. Resume class.
8. At the first reasonable opportunity notify a supervisor.
9. As soon as possible after class, fill out an incident form in as much detail as possible.
10. Do not go to the ski patrol building unless specifically instructed to do so by a supervisor or director.

THE JOURNEY TO SKIING EXCELLENCE

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ASSESS WHAT YOU WANT

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SET A CRYSTAL CLEAR GOAL

*

VISUALIZE YOURSELF DOING IT

*

PRACTICE RELENTLESSLY

*

BE PERSISTENT

*

ACCEPT RESPONSIBILITY FOR THE OUTCOME

*

ENJOY THE PROCESS

*

FIND A COACH

*

BELIEVE IN YOUR COACH

*

TRUST YOUR COACH

*

LISTEN TO YOUR COACH

*

PUSH YOUR ENVELOPE

*

TAKE INTELLIGENT RISKS

*

KNOW YOUR LIMITS

*

UNDERSTAND POSSIBLE CONSEQUENCES

*

HAVE A SPIRIT OF ADVENTURE

*

VISUAL CUES TO EFFICIENT BODY MOVEMENTS IN SKIING

This information is intended to be an analytical tool and a reference for good skiing in most ski instruction conditions. This guide is not intended to describe every movement and position that very high level skiers pass through in extreme situations of world cup racing and mogul skiing. It does define the basics of skiing that should be the foundation of movement for all skiers, whether they are recreational skiers, instructors, racers, bump skiers, or even extreme free skiers.

1.0 Flex and extend your ankles, knees, hips, and spine to balance over the whole foot as you control pressure on the skis so you can flow with the terrain.

- 1.1 The outside ski bends from the middle.
- 1.2 The shins maintain contact with both boot tongues.
- 1.3 The body flows continuously with the skis.
- 1.4 The skis flow over the terrain.
- 1.5 The skier exhibits fluid motion as a result of continuous and coordinated movement at the joints.

2.0 Use diagonal (forward and lateral) movements of the feet, legs, and hips to engage and release the edges of the skis.

- 2.1 The skis tip on edge early in a turn.
- 2.2 The shins contact both boot shafts forward and laterally.
- 2.3 The edges are released and engaged with one smooth movement.
- 2.4 Ski lead change occurs before you enter the fall line.

3.0 Direct your balance to the outside ski in a turn.

- 3.1 The outside ski bends more than the inside ski in a turn.
- 3.2 The shoulders stay level to the horizon or they level out through the turn.
- 3.3 The inside half of the body leads the outside half through the turn.
- 3.4 The inside leg is flexed more than the outside leg in a turn.

4.0 Turn your legs under your body to help you guide the skis through a turn.

- 4.1 The legs turn more than the upper body.
- 4.2 Turning movements originate in the feet and legs.
- 4.3 The upper body is stable and quiet.

5.0 Direct your upper body and swing your pole to flow with the skis through turns.

- 5.1 The hands are forward.
- 5.2 The inside hand, shoulder, and hip lead through a turn.
- 5.3 The shoulders are forward of the hips.
- 5.4 The pole swings smoothly in the intended direction of travel.
- 5.5 Vision is forward and the eyes look to the intended direction of travel.
- 5.6 Pole touch/plant complement the desired turn outcome.

VISUAL CUES TO INEFFICIENT MOVEMENTS IN SKIING

6.0 Balance is not maintained over the whole foot and flow over terrain is lacking

- 6.1 The knees and hips flex without ankle flex.
- 6.2 The ankles are over-flexed with the mass continuously in front of the feet.
- 6.3 The legs are continuously flexed with no lengthening of the legs during the turn.
- 6.4 Extension is primarily vertical, leading the late edge engagement.

7.0 The skis edges are not engaged and released efficiently.

- 7.1 The upper body tips to engage the edges.
- 7.2 Edging is primarily from the knee without involving the whole leg.
- 7.3 Edges are released with a vertical movement instead of a lateral movement.
- 7.4 The edge is released with a continuous lifting of the downhill ski.
- 7.5 The hips are too far inside a turn too soon, causing a lack of progressive edging movements because the skier over committed early in a turn.
- 7.6 The edge set interrupts the gliding and guiding of the skis.

8.0 Balance is not directed over the outside ski.

- 8.1 The inside ski bends as much as or more than the outside ski in a turn.
- 8.2 The inside hand is continuously lower than the outside hand in a turn.
- 8.3 The inside hand is back.
- 8.4 The outside ski runs straighter than the inside ski. The outside ski does not “come around”.
- 8.5 The shoulders are always tipped in and never level out relative to the horizon.

9.0 The legs are not moving under the body to guide the skis through a turn.

- 9.1 The shoulders and torso initiate the turning of the skis.
- 9.2 The hips initiate the turning of the skis.
- 9.3 The outside hand crosses the body.
- 9.4 Pivoting of the skis is uncontrolled.
- 10.0 Balance is not being directed throughout the turn.
- 10.1 The pole swing is late, non-existent, or erratic.
- 10.2 The hands are low or behind the shoulders.
- 10.3 The line of vision is downward and/or not in the desired direction of travel.
- 10.4 The pole touch/plant interfere with the desired turning actions.

Great skiers may pass through these movements or characteristics in isolated instances, especially to recover their balance while pushing the envelope of speed and intensity. Consistent use of any of the above actions should lead us to look for reasons why a skier is making inefficient and ineffective movements.

