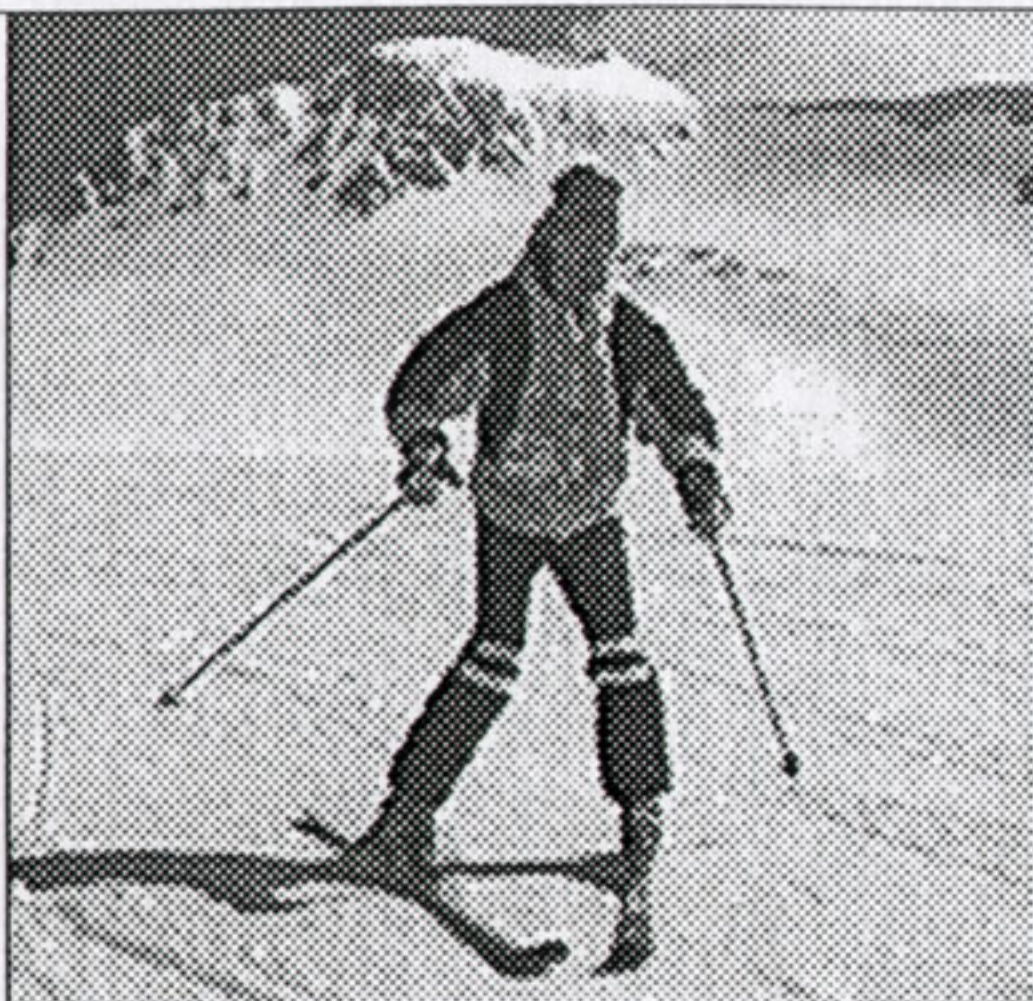


## 3-1 GREEN

### 3-1.1 FROM WEDGE TO PARALLEL TURN

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A wedge turn



Up-movement



Down-movement

### 3-1.1 FROM WEDGE TO PARALLEL TURN

For nearly all skiers, the ultimate goal is to be able to make perfect parallel turns. The prerequisite is that you can already make a decent wedge turn, and that you can ski with reasonable control on easy terrain.

#### STEP ONE - ACTIVE VERTICAL MOVEMENTS

To start with find a flat and, if possible well-groomed run, which provides you with a good amount of space. It should be a ski run on which you feel completely safe and are not afraid of gaining too much speed. Start out by practicing your wedge turns. Add what we call active vertical movements at the same time. It sounds technical, but it simply means that you should move your body up and down as you ski so as not to be standing stiff and upright. When you start a turn, you must move upwards by extending your legs. As you are finishing the turn gradually crouch down by bending your knees. By doing so you increase the pressure on the skis and you can turn more easily.

**Tip 1: Make wedge turns with active up and down movements!**

Make sure that the up and down movements come primarily from bending and extending the legs. If you do these movements correctly you should notice that initiation and steering of the turn takes less effort.

#### STEP TWO - CHOICE OF TRACK AND TEMPO

After this, try to change your line so as to ski more directly down the hill. Continue turning naturally, but avoid the traverses at the end of each turn. To begin with your speed will increase as you ski almost straight down the hill, but slowly begin to bring your skis closer to-



gether, maintaining your speed. In time your skis will be completely parallel throughout the entire turn and you will be skiing with less effort!

**Tip 2: Ski more downhill and keep your skis parallel!**

### **THIRD STEP - ADJUSTING THE TURN AND PUTTING PRESSURE ON THE OUTSIDE SKI**

The last step on the road towards perfect parallel turns is polishing your style. You can focus on three things as you practice and improve your parallel turn:

**Firstly**, try to work up a rhythm. Ski an even track, where one turn takes over from the next. You should feel that you are turning all the time. Avoid pause where you are inactive between two turns.

**Tip 3: Ski linked turns, avoiding long traverses!**

**Secondly**, focus on the vertical up and down movements that you practiced at the beginning. The more you work up and down, the easier it will feel when starting a new turn. At the same time, the up and down motion gives you an even rhythm.

**Tip 4: Use up and down movements to make parallel turns!**

**Finally**, you can focus on actively putting pressure on one ski at a time. It is always the outside ski - or the downhill ski - in the turn that you should put pressure on. It is the edge of the ski that you should push down on. The more you push down on the edge of the outside ski, the easier it will be to make the turn.

**Tip 5: Put pressure to the edge of the outside ski to make a perfect turn!**



*Skiing more traverse*



*Skiing more downhill*



*The "fall line" is straight down the hill*



## 3-1 GREEN

### 3-1.1 FROM WEDGE TO PARALLEL TURN

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*Relaxed skiing*

If you concentrate on these three elements, one at a time - you will quickly improve your parallel turns. The goal is to ski rhythmic parallel turns down the slope without twisting the skis or actively turning with your upper body. It is actually best if you keep your upper body completely calm when you ski rhythmically, using the vertical movement and pressing well down on the outer ski.



### **SUMMARY: FROM WEDGE TO PARALLEL TURN**

**Tip 1:** Make wedge turns with active up and down movements!

**Tip 2:** Ski more downhill and keep your skis parallel!

**Tip 3:** Ski linked turns, avoiding long traverses!

**Tip 4:** Use up and down movements to make parallel turns!

**Tip 5:** Put pressure to the edge of the outside ski to make the turn!



Tip 1



Tip 4



Tip 5