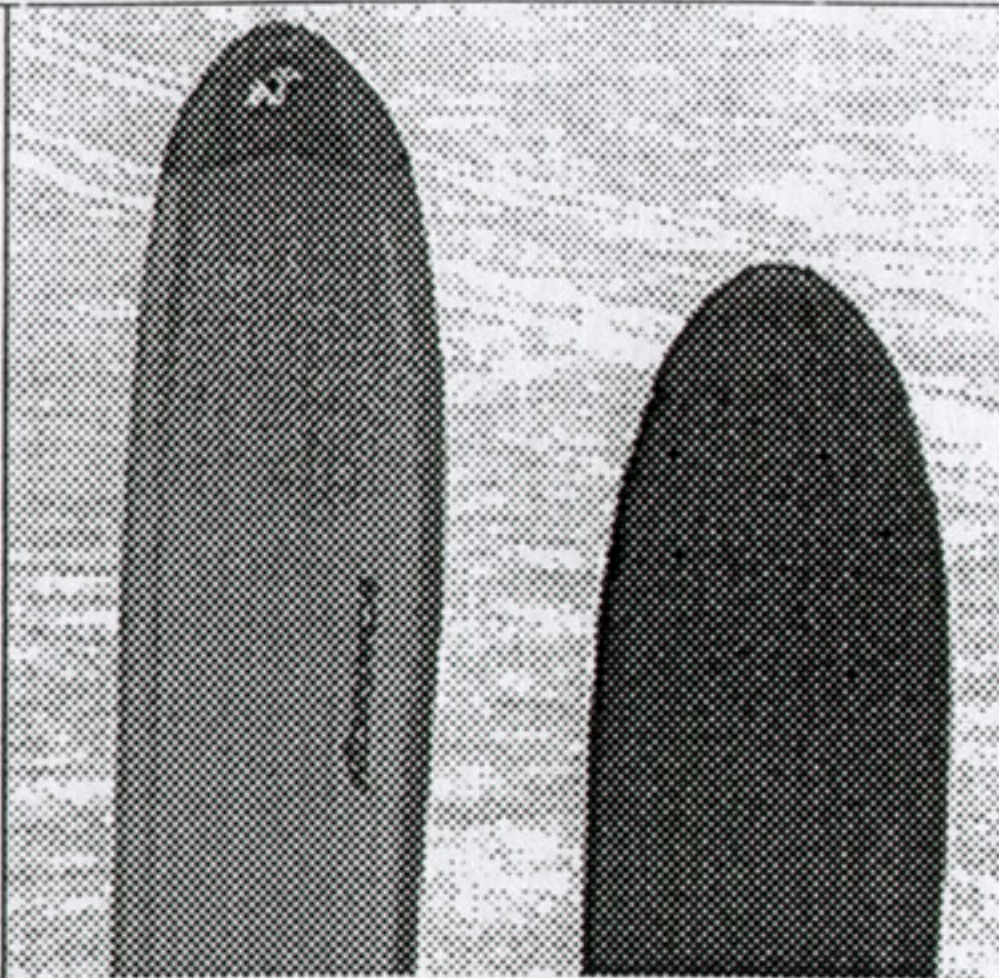


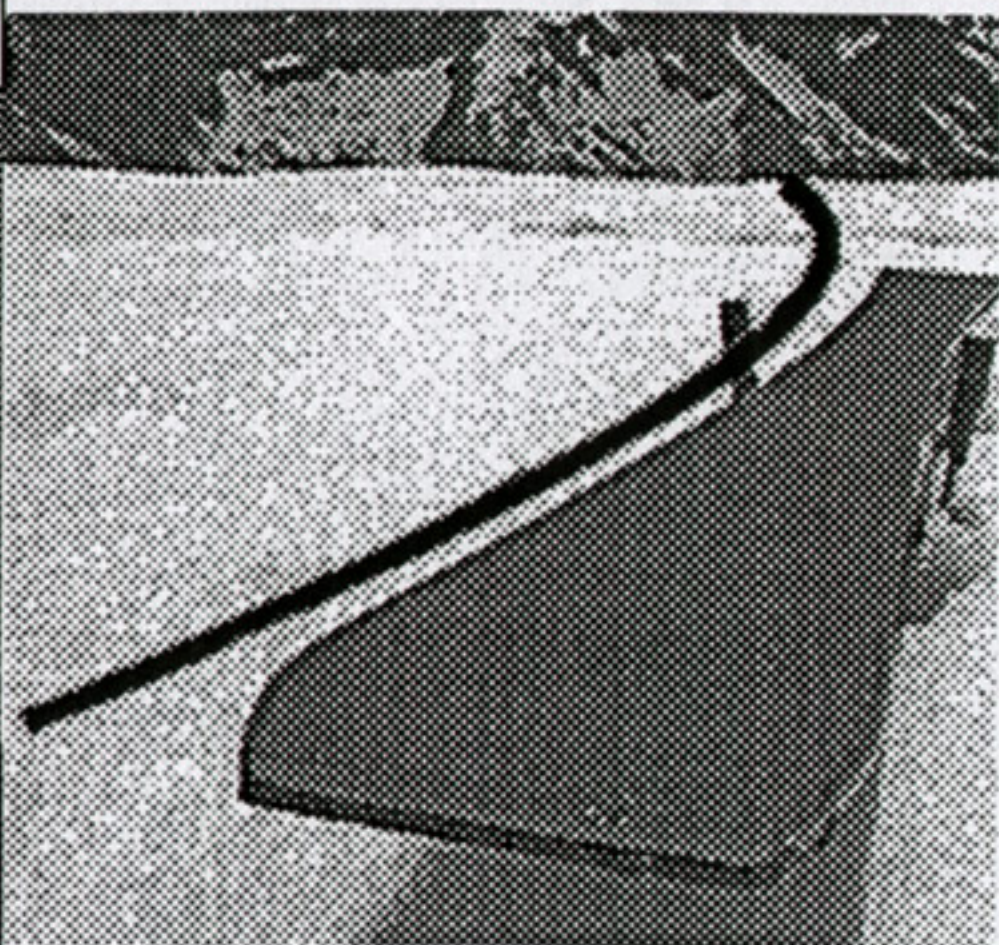
3-2 BLUE

3-2.1 FUNDAMENTAL CARVING TECHNIQUE

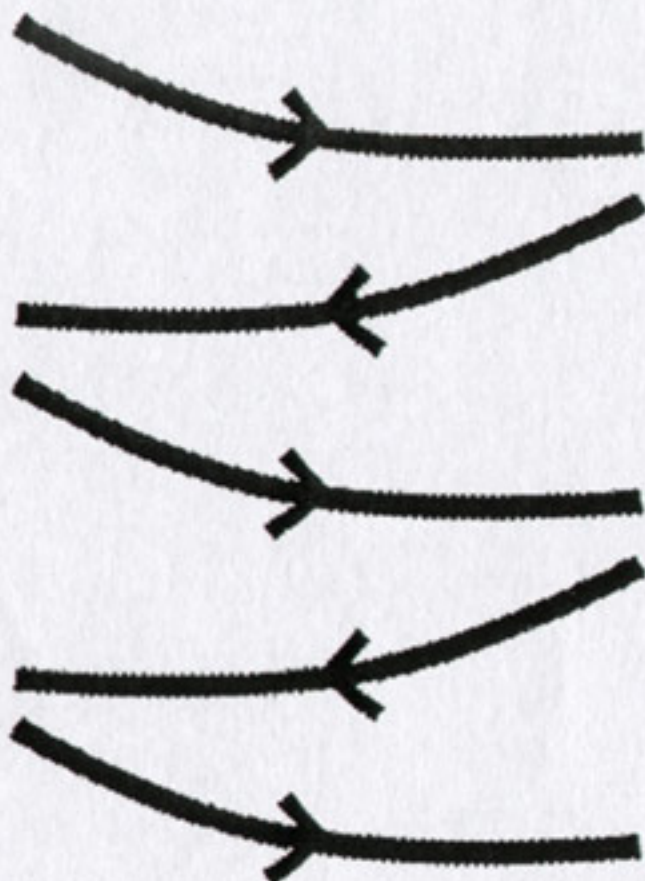
48



The right ski is a short carving ski



The sidecut



Traverse exercise

3-2.1 FUNDAMENTAL CARVING TECHNIQUE

Since the middle of the 1990's, ski equipment has developed rapidly. Not only do modern skis look very different but they are also easier to turn. This is something all skiers can enjoy but it does mean that you have to work correctly with the skis. This chapter highlights what to do to get the most enjoyment - and fun - out of modern skis.

CARVING - THE FIRST EXERCISE: FEEL WHAT YOUR SKIS CAN DO

Start out on an easy, well-groomed trail, with few people. For the first exercise start by positioning yourself in a proper stance. It is the same stance that we described in chapter 2.

Tip 1: Start by positioning yourself in the basic stance!

When practicing carving turns, it is important to ski with a greater distance between your skis than you are used to. Try skiing horizontally across the hill while pushing down on the edge of the downhill ski only. The easiest way to do this is to carefully push your downhill knee inward toward the hill. Be careful not to push your knee more inward than you feel comfortable with. When you have successfully skied on the edge of your ski, you will notice that it makes an arc. In fact, you will find that you ski a little up hill eventually coming to a stand still.

After trying this exercise a couple of times on either side, try to work with both skis simultaneously. Push down on both skis at the same time so that they both aid in turning. You do this by pushing both knees over sideways towards the hill at the same time. Remember to keep the same distance between your knees as between your skis. Your knees, at this stage, must not point towards each other.

Try gradually increasing your speed before pressing the edges of your skis down and making them turn. Instead of skiing completely across the hill, start by skiing diagonally downwards turning up the hill a little later. This is what we call a fan exercise and it allows you to experience the sensation of your skis turning once you edge and put pressure on them.

Tip 2: Get acquainted with the carving skis by practising edging on the traverse!

CARVING - THE SECOND EXERCISE: SMALL CHANGES IN DIRECTION

Now you are ready to ski down the hill, working with the same movements and technique as above. Start by positioning yourself in the middle of the trail standing in a good basic stance. Remember: it is important that you find an easy trail; otherwise, you will quickly gain too much speed.

Point your skis downhill and set off down the trail. When you have picked up enough speed, press down the edges of your skis, just as you did in the first exercise. You must push your knees to the side so as to make the skis turn out of the fall line. Once you have tried this a few times, ski down the slope while continuously making small changes in direction.

Tip 3: Make frequent changes in direction while keeping your skis close to the fall line!

When trying this exercise, it is important not to turn too much. The skis must run downwards all the time. We have not reached the actual turn yet.

At the same time, it is important that you try to get the skis to make arcs by only moving your knees. In other words, keep your upper body still.



Tip the outside leg and foot to edge the ski



Both legs and feet are tipped



Turning by tipping the skis only

3-2 BLUE

3-2.1 FUNDAMENTAL CARVING TECHNIQUE

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Both skis are carving



Changing direction with knees and ankles



CARVING: THE THIRD EXERCISE: TRANSITION TO THE TURN

We are now ready to use what we have learned so far and transfer it to our normal skiing. We are going to ski ordinary turns while integrating the technique of the two first exercises. Start out as you did in the second exercise. Make gentle arcs in the fall line using only your knees and feet. After a while - when you have picked up speed - begin to turn more across the hill. That is, gradually begin to make actual turns.

It is important that you start with only small changes in direction, as it will be easier to focus only on the movements of the knees. As you begin to turn more across the slope, it becomes more and more difficult to start the next turn. Suddenly it is not enough to push your knees inwards to get the skis to turn; you need ordinary long turns. When skiing long radius turns, you will typically move yourself up and down at the same time as you move yourself into the turn. When making a transition from small direction changes to the actual turns, you must move yourself a bit more. In other words, you ski not only with your knee and feet but also increasingly the rest of your body.

Tip 4: Use ankles and knees in your long radius turns!

If this sounds too theoretical, simply think of making a change from gentle arcs to actual long radius turns, the way you normally make them. The important thing is that you exploit the new feelings you experienced through the previous exercises. While making long radius turns, continue pushing down on the edge of the skis. In this way, you will feel that the skis finish the turn themselves in the same way as you started by skiing across the slope.

SUMMARY: FUNDAMENTAL CARVING TECHNIQUE

Tip 1: Start by positioning yourself in the basic stance!

Tip 2: Get acquainted with the carving skis by practising edging on the traverse!

Tip 3: Make frequent changes in direction while keeping your skis close to the fall line!

Tip 4: Use ankles and knees in your long radius turns!



Tip 1



Tip 2



Tip 4