



## **The Key!**

The Hands...The Wrists...The Hands? Here is the key to all of skiing. Or for that matter almost every sport on the planet, balance you have to be balanced. Try it! In your living room or anywhere warm and comfortable with a flat floor, stand with your feet 6-8 inches apart, hands at your side, arms straight, flex your knees a bit and relax. With your hands and elbows at your side you can gently roll your ankles from side to side, also in the same stance turn your feet from side to side. Turn the left foot first to go left, then turn the right foot first to go right. Now put the two together, roll the ankles and turn the feet at the same time. Not to bad. Now bring your hands up to a relaxed position like you hold your ski poles while skiing. While in your stance start turning your feet and rolling your ankles together as before. Slowly move your elbows backward, doesn't take very long before turning or rolling anything is impossible, welcome to the back seat! The only reason anybody can ski in this position, (in which about 92% of all skiers live in that position, hence being stuck in the intermediate level of their skiing forever) is because there are tails on the skis. Still there is no balance. Now assume the same ski stance as before, start your turning feet and rolling your ankles, drop your elbows back again, out of balance, now start to slowly move your elbows in front of your rib cage, turning and rolling gets real easy. You are balanced and your core is center over your feet. This is the stance in skiing needed to move into the advanced world of skiing, no stance, no balance, no advanced skiing. **YOU MUST OWN THIS STANCE, OWN IT!**

In your skiing stance with elbows in a balanced position. Motion as if you where to use your ski pole to make a turn. Remember your travel at 20-25 miles per hour down the hill. Slowly drop your hand and elbow as if someone was pulling on it from behind you, (Pole drag) until your elbow and hand are behind you. Stop in that position, look at your shoulder of that arm, It will also be back, way back, (#1 reason people have a difficult time in the bumps) back enough to prevent you from making a desired turn in the other direction. (in the time it takes you to regroup from being so far back, your late or missed the bump you wanted to turn on, times that by the whole run, careful you'll end up in the trees) To turn in the other direction we will have to use our upper body, (Rotation) to start the turn, not our feet. Very inefficient way to turn, and not effective in the bumps. (won't work) We must turn our feet first in the bumps, actually in all skiing, period. Drop the elbows, drop the hands, the shoulder drops and you are out of balance, and out of control living in the backseat on the tails of your skis. Get Balanced!

In a balance skiing stance with our elbows in front of the rib cage, with your ski poles in your hands, gently use your hand, wrist and flex your ankles to make a pole touch, not a huge pole plant, (bury the pole to the basket while making your pole plant, Combined with your forward motion going down the hill, it will remain buried until it is pulling or hands, elbows and shoulder back, we're just not quick enough to get it out and forward fast enough, causing us to worry more about a huge pole swing, instead of a nice deliberate pole touch with the basket of the pole not passing the front of our ski boot). We can't maintain our forward, centered, balanced position with the hand, elbow, arm, and shoulder and then the pole dropping behind us, we must create and own the "Energy Package". (See Page 16) This package will keep you centered over your skis and in balance, ready for anything. In this position, nothing moves, not your upper body, not your hips, just your feet which point the knees, which allow you to roll your ankles. The faster you pole with your hand, wrist while flexing the same ankle without the leaving the energy package, the faster your feet will move with each movement of the ski pole.

### **The Forward Stance**

- In front of a full mirror
  - Feet 6-8 inches apart
  - Slightly bend your knees and ankles
  - Extend arms in front with hands in a holding ski pole or driving a car at 3 and 9 o'clock positions
  - Bend the elbows slightly (15-20 degrees) and relax the whole arm without dropping it.
  - Move elbows in front of rib cage
  - Tighten your stomach muscles
  - This is your mogul stance, this is your all mountain skiing stance, you have created the "Energy Package"
- Now, take your package out and RIP IT UP !