

Bump Basics

U.S. freestyle champ Jeremy Bloom shows the way to mogul mastery

By Liz McIntyre

Photos can't capture the athleticism and speed that Jeremy Bloom brings to mogul skiing. But these images do show us techniques he uses that can be imitated by any bump skier: his feet are underneath the center of his body, his hands are out front and his eyes look well down the line.

- 1) Bloom keeps his feet beneath him**, and looks beyond the bump in front of him. His right pole is positioned so that its basket clears the top of the mogul. He has released his left pole so that his shoulders stay square to the bottom of the hill and his center can move toward the next bump.
- 2) His feet contact the mogul**, and he continues to look down his line. He's patient with the pole plant and lets the bump come to him rather than reaching for it. Bloom keeps his head, chest and hips riding over the bump, rather than collapsing into it.
- 3) Bloom lets his knees come up**, while keeping his chest and head high. He stays forward by maintaining good pressure and ankle flexion.

Homework: "Its difficult to mimic moguls". Train as much as you can, but the only way to get the feel for it is to do it. Do a low-impact pool workout of lateral plyometric jumps. Stand in three feet of water and imitate a mogul stance: hands in front in a level position and head and chest held high. Imagine you're hopping over a 12-inch box and jumping side-to-side, landing on both feet. Be sure to keep your core muscles tight. Try three 30-second intervals. To increase intensity, repeat the exercise on land.

