



Flow Like Water

How Will Water Run Through The Bumps...Flow Like The Water...Be The Power Of Water

As you approach the top of a bump run, do you feel that intimidating feeling the moguls are radiating. No longer! As soon as you learn how to pick the “Best Line” through the bumps, that cold fear will disappear. In surprisingly short time, you’ll sail through even the most monstrous moguls. But before attempting that first turn. Set yourself up for success by visualizing and choosing the line of least resistance – the path through the bumps that will be least likely to buck you around and throw you off balance. To do this – identify the piles of snow that live on the uphill end of the top of the bump. When looking down hill they will stand out. You can’t see them when looking up hill. It is super easy to see them from a chairlift over the bump run you are skiing. Simply look over your shoulder down at the run, and there they are. Now look at the piles and the troughs of the bumps and imagine seeing a stream of water running down the through the bumps, through the line you are about to ski. Imagine the waters path, flowing gently around the piles and through the trough to the pile to the trough, snaking it’s way through the low points between the bumps, all the way to your next stopping point. That’s the line of least resistance. As you continue to watch that imaginary torrent of water, you notice something else – it never leaves the snow. This is the second secret to successfully maneuvering through a mogul field. To keep connected to the line of least resistance, focus on maintaining ski-snow contact. The more you leave the snow, the more likely you are to hit the high points, jarring yourself and throwing you off balance, Establishing a solid foundation in the bumps starts with understanding where to begin your first turn, what line to follow, and how to follow that line. Learn to pick the line of least resistance by visualizing that steam of water and follow that path memorizing that line and all the bumps (or at least the first 15) in that line. By following the water, you’ll turn yourself from a mogul weenie into a Bump Buster.