



Moguls Competitive Style

The Sixteen of Bump Skiing

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poles directly in front of you with meaning, no limp wrist flipping of the pole. To do this, move the pole by using a firm wrist movement and ankle flex at the same time, keeping the elbows right where they are. Plant (which is only a light touch) the pole about a foot from the front of the ski into the oncoming bump. Retract the pole by letting the pole swing directly straight back, no side to side pole plants (don't let the basket of your pole drift past your boot. You're in the back seat if it does, some call it pole drag) If your pole is behind you, you can't use that pole again until you move it all the way forward, Don't drag the pole tip behind you after your turn.

Feet: The beginning of your balance. We see the best mogul skiers with their feet close together. Yes, they are, they've been skiing bumps forever, but to get our ball rolling lets shoot for about 4-6 inches apart. (Are you better balanced with you feet together or more apart. Stand up, put your feet together, have someone push on you from the side, you will fall over. Move your feet apart, try it again, you won't fall. Or try riding a bus standing with your feet together, you'll fall, then move them apart, better). To find your balance, jump up and down (3) times, land, but don't move. Look down at your feet, that's your natural skiing stance, not just for bumps, but everything, period.

Upper & Lower Body Separation: Keep your upper body completely quiet, other than slight arm and wrist movement. The hands and wrist do all the pole work. Remember don't let your elbows drop behind your rib cage. The lower body is where the action is, extending and absorbing to keep the upper body still and quiet. Steer with your feet and knee angulations, pushing down with the toes while lifting the heels (extend) and lifting the toes and pushing down the heels (absorbing). Actually this act will allow you mold to the bump, you want to push down throughout the entire turn and above action. How will water run through the bumps...Flow like water...be the power of water.

Head: You should always be looking ahead of you, look where you want to go, (while driving a car we don't look at the front of the hood, we look down the road or where we want to go) at least 4-8 bumps down the hill. Your head shouldn't move, still, imagine balancing a book on your head while skiing.

10. Creating Your Energy Package

In the your Ski/mogul stance (see above section) with elbows in place, ankles flexed a strong athletic stance, ready for anything. Create a an imaginary circle directly in front of your chest, running down to the top of your thighs, up to the bottom of your chin and out to your hands. This is called the "Energy Package". You have the same Energy package while your driving your car. Focus your attention and energy to the center of this area (the belly button – this is also the center of your stack) to bring the body into a tight, efficient, centered unit, naturally balanced of your skis. Imagine if the energy package was a bowl of water and our goal is not to spill the water in the bowl. If you move your shoulders, arms, head, and most important letting your elbows drop back behind your rib cage allowing your upper body to move fore and aft out of the energy package, the water spills and you are out of balance. To bring everything back into line and balance takes a greater energy expenditure, (that's why we get so tired and out of breath while skiing bumps). Envision reaching for the glove box while driving your car at 75 miles per hour – not an easy task, in fact down right not safe. You are spilling your energy away from a balanced focused energy package, making simply driving down the road tough. Keeping your energy focused directly in front of you like the dashboard of your car, without ever dropping your elbows and taking your hands off the steering wheel, is the key to successful, balanced, efficient, quiet, turns and then your run. Now make it happen!

11. The Mogul

Moguls are made by skiers and riders turning over and over again in the same places. The better the skiers and riders are, the better the bumps will be. So most likely, intermediate runs will most likely have bumps that are all over the place and not in tight lines. More advanced runs will have bumps that are tougher, bigger, and in tighter line, the zipper line. The best bump runs are never groomed and have only natural snow on them, facing to the north without direct sunlight and protected from the wind. The fall-line of your chosen