



Moguls Competitive Style

The Sixteen of Bump Skiing

Slope should be consistently even with a 15-20 degree pitch. The trail should be at least 60-75 yards wide. Having the option of many Bump lines on a one run opens up harder and easier lines in one area. There are several identifiable shapes of moguls. But there are (4) basic shapes. (1). "The Camels Hump". This is the birth of a bump, when a bump is just starting to form. (2). "The Tear Drop". Mid-life for the mogul. They will look like an up-side-down tear drop. These are the bumps you should be looking for. (3). "The Razor Back". Old grumpy Bumps. Usually elongated with a steep sometimes-icy drop offs on the downhill end. Found when there hasn't been snow for a while on natural runs, and always found on man-made snow runs that have been groomed, and not groomed for a while. Also found on very steep runs where skier and rider's are making their turn very tentative and slow, sliding down the razor back, creating a deeper, steeper drop off on the back-end. Nasty! (4). Then there's the big bad "Trouble Bump" a bump that disrupts the rhyme of your line and can be found anywhere, on any bump run.

The exposure of the bump impacts the snow consistency. A south-facing bump run with direct sun will be icy in the morning and have baked, heavy snow in the afternoon, freezing up again up 3pm. A North-facing bump run will have less direct sun, creating softer, more consistent snow. You'll find the best snow for bumps on slopes that are North-facing, and have trees surrounding the run to filter sun exposure. No matter what bump run you're looking to make home, there will always be a window when that run will ski the best. Know it!

12. The Start Platform

The start platform is as important as one's equipment and abilities. After establishing your line, choose a mogul at the top of that line, with a flat surface where you can stand and relax. On your Start-platform, position yourself in a wedge facing downhill in your line. Now focus, gather your energy, breath, study and memorize your entire line, when ready, attack and own it!

13. The Line

When choosing a bump line, also known as a zipper line, the tighter and straighter is better. You want it to be as consistent as possible, with a single fall line. Each section of the line should roughly be 300-400 feet, is a good length to work on one's bump skiing without fatigue and increased risk of injury.

Speed control is achieved by using the bump to deflect, extend, absorb and mold to the snow allowing your skis to always be on the snow creating more chances to make turns. Imagine catching an egg, You absorb the energy of the egg flying through the air by relaxing your hands. Think of yourself being the hands absorbing the energy of hitting the bump. Also use check turns as a last resort to maintain the line. While looking at your line, how would water run down, over, through, around to mold to the line of bumps you're about to ski? Be that water, flow through the bumps, softly mold to each bump as it comes to you with complete patience throughout the entire run. Finish each turn before moving on to the next turn. Be The Water!

14. The Turn

The Turn is made with everything in the lower body working together. Let's start from the feet on up. (Right now, stand up with your feet (1) foot apart, hands at your side. Now move to your left as if someone called your name to come to him or her. I'll bet you moved your left foot first.) The same is true for skiing. In this day and age we have changed the way we turn. We don't start the turn with the downhill ski, repeat, we do not start the turn with the downhill, we start it with the inside ski, **LEFT SKI TO GO LEFT, RIGHT TO GO RIGHT**. And it does make sense. If we turn and walk without skis on we turn the left foot first to go left, the same for the right to go right. Now without moving from the spot you're standing in right now. Turn your left foot to the left, then turn your right foot to the left, a perfect parallel turn. Now stand try the same turn, but this time