



## Vocabulary Sheet, Key Words

- Absorption** - Letting the knees come up when the skis make contact with the face of the mogul in order to absorb the impact.
- Range** - The distance between absorption and extension.
- Extension** - Extending the legs in the hole after the absorption so the legs can absorb the next mogul.
- Macaroni** - A difficult World Cup technique of countering the force of impact between the lower leg and the mogul with the upper body.
- Purchase** - Ski-to-snow contact on the backside of the mogul.
- Touch** - Absorbing the necessary amount for each mogul; absorbing enough but not getting too deep. Anticipating the depth of the range needed.
- Push-Down** - As you crest the top of the mogul, push your toes and the balls of your feet down, molding to the bump, (another word for extending). By molding to the snow with Push-down, it allows you to turn sooner or whenever you want because your skis are always on the snow.

### Dictionary of Technique

#### Overall-Body

- Position** - Hips and upper body should face downhill. The shoulders, hips and feet should remain stacked over each other when viewed from the side or the front. Joints of the body should align like poker chips stacked perfect.
- Head** - Eyes should look three to 6 moguls ahead at slow speeds, five to 8 moguls ahead for faster speeds. The position of the head should be as if you were balancing a book on you head.
- Shoulders** - The shoulders should stay level with each other and squared to the line you are skiing, and when viewed from the side should not be ahead of or behind the torso.
- Arms** - Arms slightly wider than shoulder-width apart. The hands considerably in front of the torso, as if driving your car in a comfortable position, or without involving pulling on the shoulders and keeping a slight bend in the elbows, as if gently hugging someone. Another way to position the hands and elbows, Drive a car, Then move your elbows slowly in front of you until they are just in front of your rib cage. To get there, don't break or bend at the waist, Flex at the ankles as you move elbows forward, as if the two were connected.
- Hands** - Pole plant is a light touch just on the backside of the mogul with only movement from the wrists. Poles should swing back and forth opposite each other and never remain static. The actual pole swing is from the front of the ski to the boot. The tip of the pole should never pass the boot creating pole drag pulling the arm and shoulder back, moving your entire stance and Core into the backseat.