



Vocabulary Sheet

- Torso** - Back should stay straight and perpendicular to the slope. No tilting or leaning with the shoulders from side to side when viewed from the front; it should be a shift with the shoulders over the waist. A slight tightening of the stomach will help keep the entire torso in place. Keep the chest on the target or your line down the hill.
- Hips** - The hips should be over the feet and under the shoulders over the waist.
- Legs** - Absorbing and extending as needed while turning without involving the upper body with a lot of flex in the ankles along with the knees.
- Knees & Ankles** - The knees are on the opposite side of the body with respect to the mogul when contact with the mogul is made, driving to the inside as everything else settles to the outside of the turn. Ankle flex is thought of as connected to the elbow position, moving together, the knees follow their lead.