



Vocabulary Key Words

-
- Absorption** Letting the Ankles and knees flex with the knees coming up when the skis make contact with the Up-hill 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.
- 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.
- 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. Elbows gentle in front of the rib cage with the hands driving a car, gentle pulling a slight roundness to the back.
- Head** Eyes should look three to five moguls ahead at slow speeds, 6 moguls ahead for faster speeds.
- Shoulders** The shoulders should stay level with each other 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 are considerably in front of the torso without involving the shoulders, while keeping the elbows in front of the rib-cage slightly bent.
- Hands** Pole plant just on the backside of the mogul with movement only from the wrist and forearm while flex coming from the ankles. Poles should swing back and forth opposite each other never swinging past the boots, while never being static.
- Torso** Back should stay straight and perpendicular to the slope, with the chest pointing and fixed on one's downhill target or line. No Tilting from side to side when viewed from the front; from the side, each joint should be stacked one upon the other directly over the feet, relaxed. While a slight tightening of the stomach to round the upper back. All angles of the ankles, knees, calves, thighs, back should be the same.
- Hips** The hips should be over the feet and under the shoulders over the waist.
- Legs** Absorbing and extending as needed while turning the feet and legs without involving the upper body.
- Knees** The knees are on the opposite side of the body with respect to the mogul when contact with the mogul is made, working together with the feet, driving to the inside as everything else settles to the outside of the turn. Creating movement over the mogul while shifting the feet and knees together to the next mogul.
- Lower Legs** When contact with the mogul is made the lower leg is at appropriate angle to the mogul or perpendicular to the side of the mogul.
- Feet** The feet should be patient and not reach for the next mogul, remaining under the hips and the shoulders when viewed from the side and the front. Put one's feet where you want your skis.

