



## Mogul Terms

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### Basic Body Position for Mogul Skiing

<b>Stack</b>	Basic body alignment with the hips and shoulders stacked slightly over the downhill foot.
<b>Lead Change</b>	When the body is stacked properly over the downhill foot the uphill knee naturally advance forward.
<b>Transitions</b>	The weight shifts gently from downhill ski to downhill ski by using directionally movement, slight turning of the inside foot, and slight lead change of the ski, without up-weighting and down-weighting or popping.
<b>Knee Roll</b>	The ski is put on edge with the knee angle, not the hip angle. This allows the knees and ankles to freely bend up and down.
<b>Weight Shift</b>	The body should be in a non-banked or tilted stance. The shoulders should always stay over the downhill ski, never getting ahead or behind the hips or feet, square to the hill.
<b>Shin Pressure</b>	Shin pressure should be maintained at all times on the front of the boot. The pressure should be not over powering, a more consent pressure through the entire turn.
<b>Non-Braced Stance</b>	To increase sensitivity and free range of motion the body should not be bracing against itself in any way. A relaxed stacked stance into one's boots.
<b>Center of Mass</b>	The center of mass, (Your Core) which is just below and behind your belly button, should always be projected down the hill and over the feet. The key to all good skiing and all sports is understanding that the Core or center of mass is balanced over your feet.
<b>Parallel Shafts</b>	The legs should create parallel shafts under the center of mass with the uphill ski and the downhill ski tracking together. Skis and feet about 4 inches apart.
<b>Opposing Hip Drive</b>	The uphill hip should drive down the fall line. Moving into the turn.
<b>Turn Placement</b>	Turning happens on the top front side of the mogul.
<b>Foot Containment</b>	As the knees bend and absorb the feet pull back underneath the center of mass to keep the body stacked and in balance. Like a pedaling a bike motion.
<b>Soft Focus</b>	Focusing down the fall line without spot fixation. Scan the line like driving a car.
<b>Opposite Hand Drive</b>	The hand that is not planting should be driving down the fall line. Working directly with the up-hill hip that is diving down the hill into the turn.
<b>Light Pole Plants</b>	Pole plants should be used as a timing device. They should not be used for balance. A hard, deep pole plant creates an action, the re-action is the pole jarring backwards moving the hand, elbow, and shoulder away from the next turn, twisting upper body with a result of to much upper body rotation to recover. The light pole plant is a huge device in mogul skiing. It will quiet the entire body, reducing wrongful actions, not as many reactions, creating more focus on rippin' one's line rather than picking yourself up from another fall.