



## Mogul Terms 2

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- Relaxation** The ankles, knees, hips, upper body, elbows and shoulders should be relaxed and stacked straight down into the boots. Staying relaxed by proper breathing before and during every run allows for reaction to maintain balance.
- Grip** Pole straps should be wrapped around the hand, so the hand is pushing gently against the strap, using the thumb, index and middle fingers to primarily hold the pole grip rather than the whole hand. Using the wrist and a tad of forearm combined with gentle ankle flex in the direction of the downhill ski. Keeping the entire body relaxed and stacked as a unit. Gripping the pole with the entire hand allows the hand to curl the pole into the body, (action) hand recoiling away from the body and not downhill, (reaction). **IMPORTANT STUFF!**
- Flowing focus** The mental focus during a run that enables the mind and body to flow completely in the present, making each turn better than the turn before it. Flowing like water down through the moguls, Creating a picture with your mind like that of a camera, and focus on nothing but the picture you are taking, (your bump line). Not focusing so much on the entire run, but each part of it directly. Amazing parts equal a great whole run.
- Non-Thinking** Letting thoughts go during your bump runs so that you can focus on your skiing.
- Top To Bottom Focus** Visualizing a run from top to bottom, looking at every turn as if you were actually skiing it, while skiing through any mistakes made along the way.
- Paralysis By Analysis** Focus on one point of your skiing during a run, like total focus on flow throughout the entire run.
- Self-Talk Key Words** Use one key word throughout the entire run, like say "Water" during the run you focus on flow.
- Visualization** Learn to visualize your run while standing at the top of your run while breathing and building energy. This can take some practice and patience.
- Trust Your Stuff** Trust yourself to let go of your thoughts when you are at the top of your run and during the run. Do your thinking while you are learning Bumps. Have fun and smile while skiing them.
- Speed Relaxation** The key to going fast is to breathe and relax into the center of mass.
- Center of Mass Moving Through** When absorbing and extending the center of mass should always be moving down the fall line. A-B line to the target.
- Punch** The tips of the skis should push powerfully down the backside of each mogul. The legs extend for the next mogul in an aligned position, using the pedaling of a bike motion while moving the belly button forward.
- Release** The body should be in stacked position when the skis make contact with the face of the mogul so that tension can be released in the legs, allowing the knees to absorb the mogul. Like catching an egg with your hands, you catch the mogul with your legs.