



Mogul Terms 3

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| Touch | If the body is aligned properly the impact will be very light on the face of the mogul, because the knees will be able to absorb the impact. Mogul skiing is not about super power, (it does help) but more about technique. |
| Tip Touch | The releasing, absorbing process should happen the second the tips make contact with the mogul. |
| Hip Clearing | The hips and center of mass should always clear the top of the mogul as the tips of the skis punch down (Push-down) the backside of the mogul. |
| Hip Projection | The hips and center of mass should always be projecting down the fall line. A to B line. |
| Passive Active | A passive style skier maintains a good body position but looks very relaxed. While an active skier who was able to ski with a lot of knee angle and absorption. An active skier will also keep and pull their feet underneath their center of mass, keeping their core in line in a stacked position. |
| Anticipation | Setting up the body in a stacked position early in the extension process so the legs are able to release the second the tip makes contact with the mogul. |
| Pre-Jumping | Pre-jumping the face of a mogul, pumping with heavy contact on the backside of the bump. This is a technique to gain speed in the moguls. |
| Effective Range | The range of motion used when the knees move up and down. The range can be adjusted according to the size of the moguls and the pitch of the terrain. |
| Approach | Spot the jump early, and control speed 3 bumps early. The last two moguls before the air are key for setting up balance in a stacked center of mass position. Poles and feet should be in a "4-Point Stance" just before take-off. Landing the air in the same position. |
| Vision | A loose focus should be kept on the jump on the approach, and a loose focus should be on the landing and the next three bumps after the take-off. |
| 4-Point Take-off | Both poles should touch lightly on top of the jump 4-6 shoulder width placed to the side of the tips of skis. With feet slightly wider and body stacked on take-off. This helps square the body to the fall line and keeps you from launching too far forward. |
| Blink | A light 4-Point Take-off on the jump so that the hands do not fall behind the center of mass. |
| Take-Off Extension | The legs should be fully extended on top of the jump. |
| Shin Pressure | When approaching the transition of the jump the shins should be pressing into the boots with the center of mass stacked over the ball of the foot. Like squeezing a sponge with your shin against your boot tongue, but leave a little bit of water in the sponge. |