



## **Mogul Terms 4**

- Hips Up** During the take-off extension of the hips should come all the way up into a symmetrical Position.
- Symmetry** When execution the tricks in the air the body should stay in a symmetrical position with the shoulders “T’D” off with the rest of the body.
- Spotting** When approaching the top of the jump the eyes should spot forward over the jump with a loose focus.
- Timing** The take-off extension should be timed to give the maximum lift off the top of the jump.
- Relaxing Into The Center**  
When landing in the moguls it is important to relax into the center of mass.
- Big Air Projection** When executing the take-off extension, concentrate on projecting the body up into the air rather than down the hill.
- Arm Box** The arms should form a box in front of the body with the hands in line with the elbows, Also called the “**Energy Package**”
- Square Shoulders** The shoulders should square up to the fall line, keeping the chest pointing directly down the fall line.
- Downhill Shoulder Drive**  
The shoulder over the downhill ski should be driving down into the downhill ski.
- Backside Pole Plants**  
The basket of the pole should reach for the area just pass the top of the bump on the backside / downhill side of the mogul in front of you.
- Pulling down The Hill**  
The pole swing should be early. It is a sensation of being pulled down the fall line with the pole plants.
- Suppression** Pulling down with the shoulders. Setting into the center of mass and stacked.