



# Level 1

- PSIA-Rocky Mountain -

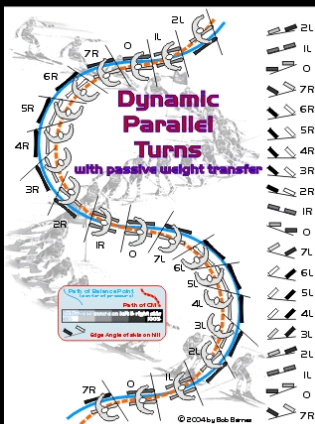
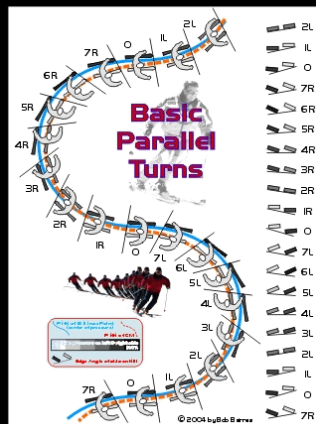
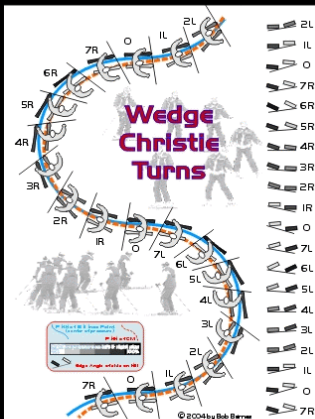
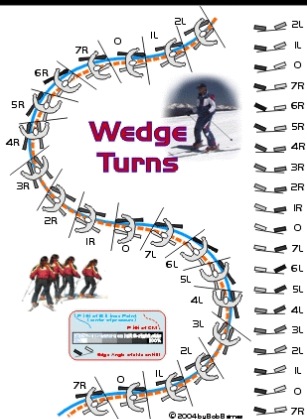
# Alpine Certification Exam Skiing Maneuvers Pocket Summaries

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This document is an excerpt from *Who, What, Where, Why, & How?—a guide to understanding and performing the SKIING MANEUVERS of the PSIA-Rocky Mountain Alpine Certification exams* (2007), by Bob Barnes, available from PSIA-Rocky Mountain.

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## Level 1

# WEDGE TURNS

- ❖ ***Linked, entry level, basic offensive turns demonstrating fundamental principles of expert skiing, with skis in wedge orientation and on opposing edges throughout, due to very low speed, gentle terrain, and active leg steering***
- ❖ Terrain: Very gentle, smooth green run
- ❖ First-turns-level “Center Line™” milestone
  - ★ Demonstrate common principles of linked turns with offensive intent.
  - ★ Speed, terrain, tactics, and movements relevant to typical *first day skier*—very slow and gentle
  - ★ No braking—speed control from line
- ❖ Natural, functional, open stance; no exaggerated movements
- ❖ Gentle brushing (skidding) due to radius of turn smaller than skis can carve—requires active leg steering.
- ❖ “Positive” (into the turn) movements only!
  - ★ Rotary—continuous active leg steering guides tips into turn—no tail pushing
    - Both legs rotate in the hip sockets simultaneously
    - Inside ski lead and “stacking”; lead change follows transition
  - ★ Edging—active tipping movements in feet and ankles
    - no pushing or twisting to create edge angle
    - turns begin with *edge release* of the downhill ski
  - ★ Pressure Control—passive, partial weight transfer results from turn forces, not active movements toward outside ski
    - Fore-aft—subtle movements maintain balance over “sweet spot”
- ❖ Consistent, rounded, linked turns without traverses
- ❖ No blocking, braking, or pushoff movements
- ❖ *Consistent gliding wedge* (converging skis, opposing edges)—natural, not forced
- ❖ No pole swing or touch



Ric Rauch

## Level 1

# WEDGE CHRISTIES

- ❄️ ***Linked, novice level, basic offensive turns that start with a wedge and finish parallel as a result of low speed and active leg steering***
- ❄️ Terrain: Smooth green or easiest blue run
- ❄️ 2<sup>nd</sup> “Center Line™” milestone
  - ★ Demonstrate common principles of linked turns with offensive intent
  - ★ Speed, terrain, tactics, and movements relevant to *novice skier* (Level 3-4)—*slightly* faster and more intense than Wedge Turns
  - ★ No braking—speed control from line
- ❄️ Natural, functional, open stance; no exaggerated movements
- ❄️ Gentle brushing (skidding) due to radius of turn smaller than skis can carve—requires active leg steering
- ❄️ “Positive” (into the turn) movements only
  - ★ Rotary—continuous active leg steering guides tips into turn—no tail pushing
    - Both legs rotate in the hip sockets simultaneously, although not necessarily at the same rate
    - Inside ski lead and “stacking”; lead change follows transition
  - ★ Edging—active tipping movements in the feet and ankles
    - no pushing or twisting to create edge angle
    - turns begin with *edge release* of the downhill ski
  - ★ Pressure Control—passive, partial weight transfer (60-80% outside ski) results from turn forces, not active movements toward outside ski
    - Fore-aft—subtle movements maintain balance over “sweet spot”
- ❄️ Consistent, rounded, linked turns without traverses
- ❄️ No blocking, braking, or pushoff movements
- ❄️ Skis open to gliding wedge following edge release; matching, caused by continued steering of inside tip, begins when inside ski rolls flat
- ❄️ No pole swing or touch



Michael Chandler



Bobby Murphy

## Level 1

# SIDESLIP IN THE FALL LINE

- ❖ ***Sideslips in balanced neutral stance directly down the fall line several meters to a stop, repeated with skis oriented both directions***
- ❖ Terrain: Groomed Blue pitch
- ❖ From stop, release edges and sideslip in balance directly down the fall line several meters, then engage edges to stop. Reverse direction and repeat
- ❖ Torso, abdomen, and pelvis (to extent possible) face down the hill, with legs rotated 90° in the hip sockets
- ❖ Maintain appropriate lead of the uphill ski
- ❖ Must remain within 3-meter corridor (snow cat track)
- ❖ Functional open stance
- ❖ Balanced fore-aft over whole foot with some weight on both feet
- ❖ Matching edge angles and parallel skis
- ❖ Sideslip fast and in balance
- ❖ Tipping movements originate in feet and ankles



Jerry Berg

## Level 1

# CARVED UPHILL ARCS

- ✳ ***Smooth, pure-carved arcs beginning from a diagonal traverse, all the way uphill to a stop, repeated both directions***
- ✳ Terrain: Wide and smooth green to moderate blue run—beware of traffic
- ✳ From diagonal traverse, tip both skis uphill to engage edges and carve two continuous, clean arcs all the way uphill to a stop. Reverse direction and repeat
- ✳ No active rotary input
- ✳ Allow ski design (sidecut) to determine radius of arcs
- ✳ 2 clean, continuous, consistently spaced tracks
- ✳ Range and sophistication of movements relevant to novice to low intermediate skiers
- ✳ Uphill ski and uphill half of body lead slightly
- ✳ Tipping movements originate in feet and ankles
- ✳ Matching edge angles and parallel shins
- ✳ Both skis carve, but somewhat more pressure on downhill ski
- ✳ Fore-aft pressure maintained over “sweet spot” (no “leverage”)

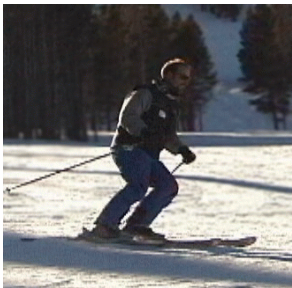


Dustin Dyer

## Level 1

# FREESKIING, SMOOTH TERRAIN

- ❄ ***Free skiing run demonstrating sound fundamentals and good tactics at a minimum of Basic Parallel level***
- ❄ Terrain: Smooth Blue or steep Green
- ❄ Smoothly linked, rhythmic, gliding, offensive, basic parallel turns
- ❄ Demonstrate contemporary offensive skiing habits—no negative movements
  - ★ Intent to control line and to control speed indirectly through well-chosen line
  - ★ Stems, pushoffs, sequential (uphill ski first) initiations, checking, blocking pole plants, and other defensive movements occur only situationally, when needed
- ❄ Medium or short radius or a mixture, as desired
- ❄ Demonstrate ownership of turn shape and speed, with an unbiased blend of fundamental skills
- ❄ Maintain and control speed through offensive tactics (line), with minimal braking
- ❄ Turns begin with edge release, shaped with blend of rotary, edging, and pressure control skills
- ❄ Gentle brushing and minimal skidding resulting from active steering is acceptable, but skidding caused by habitual pushing or twisting to edge is not



Eric Lierfallom

## Level 1 VARIABLE TERRAIN & CONDITIONS

- ❖ ***Free skiing “performance” run, showcasing technical and tactical skill, adaptability, and confidence in variable terrain and conditions***
- ❖ Terrain: Any Blue or Green ungroomed terrain, including moguls
- ❖ Offensive habits; speed control from line with minimal braking.
- ❖ Unbiased blend of rotary, edging, and pressure control movements as needed to control line and brake when tactically necessary
- ❖ Consistent speed and turns linked with rhythm and minimal traversing
- ❖ Simultaneous turning and tipping movements predominate
- ❖ Keep skis going the direction they’re pointed (or else, point them the direction you’re going!)



Brian Blackstock

## Level 1

# STEERED UPHILL ARCS

(Level 1 Alternate maneuver)

- ❖ ***Deliberately shaped, actively steered arcs from a diagonal traverse all the way uphill to a stop, repeated both directions***
- ❖ Terrain: Wide, uncrowded blue run, with variable soft conditions (if smooth or groomed conditions exist, we'll do Sideslips instead)
- ❖ From a diagonal traverse, combine edging, pressure, and active rotary movements to steer skis in a smooth arc uphill to a stop
- ❖ Tracks show gentle brushing/skidding, resulting from active steering
- ❖ Tactics: Steer an arc tighter than your skis can carve in "Uphill Carved Arcs"
- ❖ Gliding and offensive—go as far uphill as possible
- ❖ No "tail push" or braking
- ❖ "Right tip right to GO right"



Scott Provorse