



Level 2

- PSIA-Rocky Mountain -

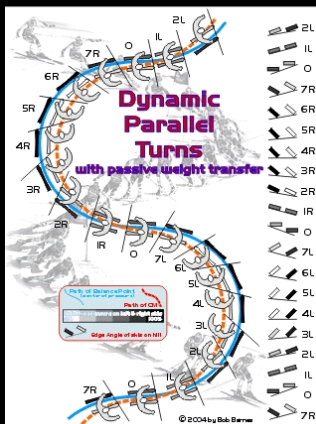
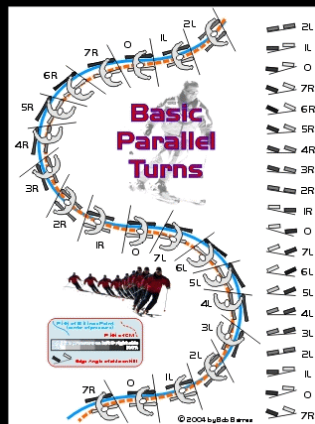
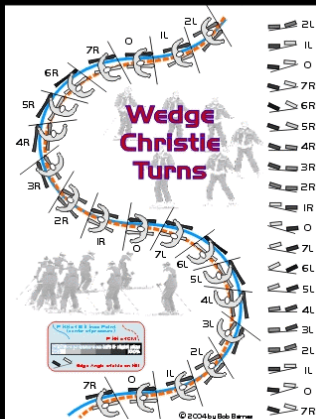
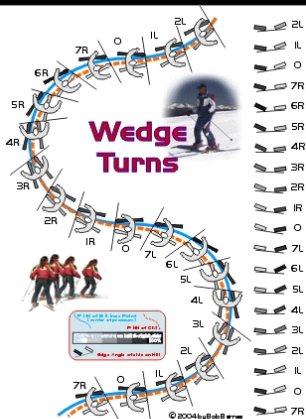
Alpine Certification Exam Skiing Maneuvers Pocket Summaries

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Level 2

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
- ❖ 2nd “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



Bob Barnes

Level 2

BASIC PARALLEL TURNS

- ❄ ***Linked, low intermediate level, basic offensive turns demonstrating active steering, with skis consistently parallel and at similar edge angles throughout***
- ❄ Terrain: Smooth green or blue
- ❄ 3rd “Center Line™” milestone
 - * Demonstrate common principles of linked turns with offensive intent.
 - * Speed, terrain, tactics, and movements relevant to *low intermediate skier* (Level 5-6)—slightly faster and more intense than Wedge Christies
 - * 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, at same rate
 - Inside ski lead and “stacking”; lead change follows transition
 - * Edging—active tipping movements in the feet and ankles
 - maintain matching edge angles and tip and flatten skis as needed to shape and control line
 - no pushing or twisting to create edge angle
 - turns begin with *edge release* of the downhill ski
 - * Pressure Control—passive, partial weight transfer (60-90% 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 maintain parallel relationship, matching edge angles, and constant width
- ❄ Pole swing and touch enhance rhythm, flow, and timing



Tommy Banks

Level 2

DYNAMIC PARALLEL TURNS

("Performance Medium-Radius Turns")

- ❖ ***Linked, advanced level, offensive parallel turns at consistent moderate to high speed, demonstrating high ski performance and unbiased skill blend with active steering***
- ❖ Terrain: Smooth blue run
- ❖ 4th "Center Line™" milestone
 - ★ Demonstrate common principles of linked offensive turns
 - ★ Speed, terrain, tactics, and movements relevant to *advanced* skiers (Level 7-8)—considerably faster and more intense than Basic Parallel
 - ★ No braking—speed control from line
- ❖ Natural, functional, open stance; no exaggerated movements
- ❖ "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, at same rate
 - Inside ski lead and "stacking"; lead change follows transition
 - ★ Edging—active tipping movements in the feet and ankles
 - maintain matching edge angles and tip and flatten skis as needed to shape and control line with maximum ski performance
 - no pushing or twisting to create edge angle
 - turns begin with *edge release* of the downhill ski
 - ★ Pressure Control—passive weight transfer (up to 100% outside ski) results from turn forces, not active movements toward outside ski
 - Both skis remain on snow and involved in shaping turn
 - Fore-aft—refined movements maintain balance over "sweet spot"
- ❖ Consistent, rounded, linked turns without traverses
- ❖ No blocking, braking, or pushoff movements
- ❖ Intense forces allow high edge angles and strong carving, but not a "railed out carve"; skis brush (skid) slightly due to active leg steering needed for turn radius smaller than skis can "pure-carve"
- ❖ Pole swing and touch enhance rhythm, flow, and timing



Jenn Metz

Level 2

RAILROAD TRACKS

- ❖ *Linked pure-carved arcs at low to moderate speed on very gentle terrain, demonstrating refined edge control of both skis and leaving two clean tracks*
- ❖ Terrain: Very gentle, smooth terrain—no speed control necessary
- ❖ Leave two clean, evenly spaced tracks with no skidding,
- ❖ No active rotary input (but legs rotate passively in the hip sockets)
- ❖ Turn radius dictated by ski design (sidecut)
- ❖ Simultaneous tipping movements originate in feet and ankles
- ❖ Continuous, smooth motion releases and then re-engages both skis simultaneously
- ❖ Appropriate (minimal) tip and “inside half” lead, due to inclination and passive rotation of legs in hip sockets
- ❖ Upper body compensates to balance lower body tipping movements
- ❖ No pole swing or touch
- ❖ Only minimal direction changes required



Michael Chandler



Kris Hagenbuch

Level 2

LINKED HOCKEY SLIPS

- ❄ ***Series of alternating sideslips and straight runs linked by smooth 90° pivots of the feet and legs***
- ❄ Terrain: Groomed blue run
- ❄ Maintain both slipping and straight run phases in balance for several meters
- ❄ Must remain within snowcat-width (3 meter) corridor (ideally, feet move on two straight, parallel lines directly down the hill)
- ❄ Torso, abdomen, and pelvis (to extent possible) face down the hill, with legs rotating 90° at a time in the hip sockets.
- ❄ Legs rotate independently and simultaneously
- ❄ Consistent stance width left and right across the hill (shown as lead of the uphill ski during sideslip)
- ❄ Optimally flexed stance with no up-down motion required
- ❄ No pole swing required except to complement stop at end
- ❄ No stem, pushoff, upper body rotation, counter-rotation, or blocking pole plant



Jerry Berg

Level 2 LINKED SHORT TURNS IN BUMPS

- ❖ *Free skiing run in moderate moguls demonstrating sound fundamentals, good tactics, and adaptability, with short-radius, fall-line-oriented linked turns*
- ❖ Terrain: Nicely formed, rhythmic, blue or single black diamond bumps
- ❖ Maintain rhythm with smooth, accurate pole swing and touch
- ❖ Speed control from good tactics (line), with minimal braking only as needed
- ❖ Show well-rounded and adaptable skill blend
- ❖ Demonstrate active and accurate absorption movements
- ❖ Parallel turns with simultaneous edge release



Katie Fry (L) & Jill Sickels-Matlock



Trish Schreiber

Level 2 VARIABLE TERRAIN & CONDITIONS

- ❖ ***Free skiing “performance” run, showcasing technical and tactical skill, adaptability, and confidence in variable ungroomed terrain and conditions***
- ❖ Terrain: Any ungroomed terrain up to single black diamond; may involve bumps, powder, crud, or other conditions
- ❖ Demonstrate sound fundamentals, adaptability, and confidence
- ❖ 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
- ❖ Show consistent speed and rhythmic, linked, parallel turns without traverses
- ❖ Simultaneous turning and tipping movements predominate.
- ❖ Active and accurate pole use facilitates rhythm
- ❖ Keep skis going the direction they’re pointed (or else, point them the direction you’re going!)



Weems Westfeldt



Tom Burch

Level 2

SWITCH BASIC PARALLEL

- ❄️ ***Linked, offensive basic parallel turns skied backwards***
- ❄️ Terrain: Smooth green or blue
- ❄️ Show the same fundamental principles of all basic offensive turns
- ❄️ Demonstrate clear vision and awareness of speed and what lies ahead
- ❄️ Turns begin with edge release and guidance of skis (tails first) down the hill
- ❄️ No stems or braking wedges
- ❄️ Skis remain parallel (occasional slight, unintentional offensive wedge—not a stem—at initiation is acceptable)



Anne Clark



Chris Geib

Level 2

HOCKEY STOPS

(Level 2 Alternate maneuver)

- ❄️ ***From a straight run, smoothly but forcefully pivot both legs and skis 90° and engage edges to a smooth, balanced stop; repeat the other direction***
- ❄️ Terrain: Steep green or blue, with soft or ungroomed conditions (if smooth conditions are available, *Hockey Slips* will be performed instead of Hockey Stops)
- ❄️ Mechanics are similar to *Hockey Slips*—legs rotate in hip sockets to pivot skis without rotation or counter-rotation of the upper body
- ❄️ Release and engage edges with movements originating in feet and ankles
- ❄️ Come to a straight, smooth stop without veering left or right



Katie Fry



Rick Rauch