

Movement Analysis Filter Level 1

Skis Performance

Bend (Pressure)
Twist (Rotary)
Edge (Edge)

Body Performance

Flexion / Extension (Pressure Control) Movements
Turning (Rotary) Movements
Tipping (Edging) Movements

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Skis Performance Description

Bend	Fore / Aft / Center R. Ski / L. Ski / Center
Twist	
Edge	

Body Performance Description

Flexion / Extension	Front / Back / Center R. Foot / L. Foot / Center
Turning	Upper Body / Lower Body
Tipping	Upper Body / Lower Body

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Bend

Twist

Edge

**Flexion /
Extension**

Turning

Tipping