



# PSIA-RM Individual Development Pathway Alpine Skiing Standards

## Alpine Skiing Fundamentals Relative to the Skills Concept

<b>Pressure Control</b>	Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis. (Fore/aft pressure)
<b>Pressure Control</b>	Control pressure from ski to ski and direct pressure toward the outside ski. (Ski to ski pressure)
<b>Edge Control</b>	Control edge angles through a combination of inclination and angulation.
<b>Rotational Control</b>	Control the skis rotation with leg rotation, separate from the upper body.
<b>Pressure Control</b>	Regulate the magnitude of pressure created through ski/snow interaction. (Overall magnitude of pressure)

### Skills - Highlighted

The following tasks are designed to highlight pressure-, rotational-, and edge-control skills. Competency in performing these tasks contributes to mastering the skills. Tasks are described relative to ski and body performance and tactical requirements.

### LEVEL III

LEVEL II		Level III candidates should be able to accurately demonstrate any highlighted skill in any task. See Level III Exam Outline for task variations.	
LEVEL I	See Level II Exam Outline for task variations.		
<b>Sideslips</b>	<b>Linked Sideslips</b>	<u><a href="#">Linked Pivot Slips</a></u>	<u><a href="#">Pivot Slip Leapers</a></u>
<b>Rotational/Edge Control</b>	<b>Rotational/Pressure Control</b>	<b>Rotational/Pressure Control</b>	<b>Rotational/Pressure Control</b>

<b>Highlighted Skills</b>	<b>Ski Performance</b>	-Skis slip sideways down the fall line	-Starting in a straight run, skis pivot 90° to a sideslip	-From a sideslip, ski tips turn downhill as skis pivot 180° to sideslip in other direction. Repeat	-From a sideslip, edge angle increases, skis leave the snow, and rotate 90° down the hill
		-Edge angles are the same	-Then, skis pivot 90° to a straight run	-Skis turn simultaneously at a consistent rate	-Skis land in fall line, pivot 90° in same direction, then slip sideways. Repeat other direction.
		-Skis are parallel throughout sideslip	-Then, skis pivot 90° to a sideslip in the other direction	-Skis pivot under center of foot	-Skis slip at a constant rate after pivot and before leap
		-Uphill ski is ahead of downhill ski	-Skis pivot under the foot and bend from the center	-Skis bend from the center	-Both skis leave the snow and land at the same time
		-Skis slip at a consistent rate			

<b>Highlighted Skills</b>	<b>Body Performance</b>	-Stance exhibits leg rotation under stable upper body  -Tipping movements come from feet and legs (angulation)	-Direct pressure towards the downhill foot when slipping  -Use upper/lower body separation and flex/extend to direct pressure	-Use upper/lower body separation to direct pressure to downhill ski	-For takeoff, upper body moves downhill and legs rotate to realign with upper body. Leg rotation continues after landing  -Extend legs strongly and quickly to leap. Flex to control landing -Maintain stable upper body for takeoff/landing
	<b>Tactics</b>	-Skis slip in fall line  -Groomed blue terrain	-Corridor is less than 1 cat track wide  -Groomed blue terrain	-Corridor is less than 1 cat track wide -Varying pitches on groomed terrain or bumps	-Corridor is less than 1 cat track wide
		<u>Guided Uphill Arc</u>	<b>Straight Run, Pivot to Stop</b>	<u>Hop Turns</u>	<u>White Pass Turn</u>
		<b>Rotational/Edge Control</b>	<b>Rotational/Pressure Control</b>	<b>Rotational/Pressure Control</b>	<b>Pressure/Edge Control</b>
<b>Highlighted Skills</b>	<b>Ski Performance</b>	-Skis tip and turn at the same time to steer skis  -Both skis progressively tip the same amount  -Both skis turn progressively the same amount  -Skis tip progressively  -Skis bend from center	-Skis run flat in fall line  -Skis rotate at the same time/rate and edges engage at the same time to stop  -Skis bend from center throughout task  -Skis stop perpendicular to fall line	-Skis leave the ground and rotate at the same time  -Skis are close to parallel through take off, rotation, and landing E39Groomed gree-Forward travel of the skis is minimal  -Pivot point is under the foot  -Skis leave edged tracks at the same angles in the snow	-Inside ski lifts in finish phase through initiation as it becomes the outside ski  -Raised ski is relatively level to the snow  -New outside ski returns to snow in shaping phase and bends from center -Only one ski is on the snow from part of turn finish through all of initiation
	<b>Body Performance</b>	-Leg rotation and tipping movements are continuous through arc -Tipping movements and angulation start with the lower body  -Flex joints proportionately to keep center of mass over base of support  -Legs rotate under a stable upper body	-Tipping movements and angulation start with the lower body -Pressure is directed towards the downhill foot while slipping  -Flex joints proportionately to keep center of mass over base of support	-Time extension with edge release  -Rotate legs under a stable upper body  -Separate upper/lower body, flex, and weight outside ski to balance at finish phase  -Use a blocking pole plant to stop upper body rotation	-Turn ski(s) at a consistent rate through all 3 turn phases  -Direct pressure towards the outside ski starting in the shaping phase and remain balanced on the same ski through initiation -Extend outside leg through shaping phase to direct pressure amd bend outside ski
	<b>Tactics</b>	-Green to Blue terrain	-Groomed blue terrain	-Groomed Green Terrain	-Demonstration may be steered or carved depending on terrain and speed  -Green to blue terrain

		<u>Carved Up Hill Arc</u>	<u>Railroad Track Turns</u>	<u>Crab Walk</u>
		<b>Edge/Pressure Control</b>	<b>Edge/Pressure Control</b>	<b>Edge/Pressure Control</b>
<b>Highlighted Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>-Skis track two lines in snow in an arc</li> <li>-Skis tip at same time and rate for same duration</li> <li>-Skis tip progressively</li> <li>-Skis bend from center</li> </ul>	<ul style="list-style-type: none"> <li>-Tails follow tips to create carved ski performance</li> <li>-Tracks are linked in both direction</li> <li>-Skis stay the same distance apart</li> <li>-Skis flatten and edge at the same rate, time, and for same duration</li> </ul>	<ul style="list-style-type: none"> <li>-Straight run, ski lifted and extended away from body, turned slightly inward, and placed on edge in snow.</li> <li>-Extended ski carves back under body</li> <li>-Skis release and are flat beneath the CoM</li> <li>-Base ski is relatively flat and travels down the fall line</li> <li>-Both skis bend from the center</li> </ul>
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>-Progressively increase edge angles through arc</li> <li>-Start with lower body to edge and angulate</li> <li>-Flex joints proportionately to keep center of mass over base of support</li> </ul>	<ul style="list-style-type: none"> <li>-Tipping movements and angulation start with the lower body</li> <li>-Edge/flatten skis at same time and at same edge angles</li> <li>-Extend to flatten ski and flex to increase edge, keeping center of mass over base of support</li> </ul>	<ul style="list-style-type: none"> <li>-Move from a low stance with ankles, knees, hips/spine flexed</li> <li>-Lengthen extended leg to achieve highest edge angle</li> <li>-Transfer sufficient weight to extended ski to bend the edged ski</li> <li>-Flex extended leg to flatten ski as it carves towards base ski</li> <li>-CM tracks about 1 meter sideways (may be adjusted to accommodate task)</li> </ul>
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>-Groomed green to Blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Corridor is fall line oriented, maximum 1 cat track wide</li> <li>-No pole touch is present</li> <li>-Green terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Corridor is approximately one cat track wide</li> <li>-Green terrain</li> </ul>
		<b>Step Turn into the Fall Line</b>	<u>1000 Steps</u>	
		<b>Pressure/Rotational Control</b>	<b>Pressure/Rotational Control</b>	
<b>Highlighted Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>-Skis start perpendicular to fall line and finish parallel to fall line</li> <li>-Downhill ski lifts, rotates, and returns to snow in a divergent step toward turn</li> <li>-Uphill ski lifts, rotates, and returns to snow parallel to first ski</li> <li>-Skis continue to step downhill until parallel in the fall line</li> </ul>	<ul style="list-style-type: none"> <li>-Skis start perpendicular to fall line and step through a minimum of 2 turns</li> <li>-Inside ski lifts, rotates, and returns to snow in direction of turn creating a divergent step</li> <li>-Outside ski steps parallel to inside ski</li> <li>-Ski is parallel to snow surface each step</li> </ul>	

		-Lifted skis are parallel to the snow surface	-Skis step until turn finish. Actions repeat in other direction	
<b>Highlighted Skills</b>	<b>Body Performance</b>	-Flex/extend legs independently to transfer weight from foot to foot	-Bend skis from center when on the snow	
		-Turn skis with leg rotation under stable upper body	-Flex joints proportionately to keep center of mass over base of support	
		-Flex joints proportionately to keep center of mass over base of support	-Turn skis with leg rotation under stable upper body	
		-Bend skis from center when on the snow	-Flex/extend legs independently to transfer weight from foot to foot	
	<b>Tactics</b>			
		-Gentle green terrain	-Groomed green to blue terrain	
		<u>Outside Ski J-Turn</u>	<b>Outside Ski Turn</b>	<b>Outside Ski Turn</b>
		<b>Rotational/Pressure Control</b>	<b>Pressure control</b>	<b>Pressure control</b>
<b>Highlighted Skills</b>	<b>Ski Performance</b>	-Skis slide straight down the fall line	-Inside ski tip is on the snow and tail is raised off the snow from mid-initiation through mid-finish phases	-New inside ski is off snow prior to edge change and through all turn phases
		-Skis turn at same time and rate		-Inside ski is approximately parallel to snow surface
	-Skis continue to turn until they come to a stop	-Outside ski bends through all turn phases	-Outside ski bends through all turn phases	
	-After turning begins, inside ski tip is on the snow and tail is raised off snow	-Outside ski leaves brushed track in snow	-Outside ski leaves brushed track in snow	
<b>Body Performance</b>	-Steer legs under a stable upper body to turn	-Flex leg to raise tail of inside ski midway through initiation and return ski to snow midway through finish phase	-Upper/lower body separation helps maintain balance on outside ski as legs rotate under stable upper body	
	-Flex the inside leg to lift the inside tail and direct pressure towards the outside ski	-Direct pressure towards outside ski throughout turn	-Flex inside leg to lift ski off the snow	
	-Flex joints progressively to keep center of mass over base of support	-Flex or extend to maintain fore/aft balance	-Flex or extend progressively to maintain fore/aft balance	
	Edging and angulation start with the lower body	-Rotate legs and edge ski(s) under a stable upper body	Rotate legs and edge ski(s) under a stable upper body	
<b>Tactics</b>		-Gentle green terrain	-Gentle green to low angle blue terrain	-Gentle green to low angle blue terrain

		<u>Straight Run in the Fall Line</u>	<u>Skating</u>
		<b>Pressure/Edge Control</b>	<b>Edge/Pressure Control</b>
<b>Highlighted Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>-Skis start and remain parallel</li> <li>-Skis remain flat, edges unengaged</li> <li>-Skis bend near center and the same amount</li> </ul>	<ul style="list-style-type: none"> <li>-One ski glides outward on outside edge, then tips to inside edge, sidecut engages and scribes a shallow arc inward</li> <li>-Second ski (lifted), returns to snow (parallel to 1st ski) and glides outward on outside edge as first ski leaves the snow</li> <li>-Second ski tips to inside edge, sidecut engages and scribes a shallow arc inward</li> <li>-Gliding ski bends from center</li> </ul>
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>-Flex joints proportionately to keep center of mass over base of support</li> <li>-Width of feet stays consistent</li> <li>-Weight skis evenly</li> <li>-Do not rotate legs or upper body</li> </ul>	<ul style="list-style-type: none"> <li>-Strongly extend and move forward off inside edge to transfer weight to new gliding ski</li> <li>- Bring unweighted ski alongside gliding ski</li> <li>-Flex on new gliding ski to prepare for extension at weight transfer</li> </ul>
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>-Easiest green groomed terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Tempo from outside edge to inside edge, and ski to ski is consistent</li> <li>-Cat track, beginner slope, or similar</li> </ul>

## Skills - Basic Blended

The following tasks are designed to exhibit blending of pressure-, rotational-, and edge-control skills at slower speeds. Emphasis is on the complementary execution of skills to demonstrate a task accurately.

### LEVEL III

#### LEVEL II

Level III candidates should be able to accurately demonstrate blended skills in any task. See Level III Exam Outline for task variations.

#### LEVEL I

See Level II Exam Outline for task variations.

		<u>Wedge Turn</u>	<u>Basic Parallel</u>	Short Radius Basic Parallel in Bumps	Stem Christie
		Basic Blended Skills	Ski Performance	<ul style="list-style-type: none"> <li>-A narrow wedge with tips together and tails apart on inside edges</li> <li>-Both edges release (flatten) at initiation</li> <li>-Tips move downhill at initiation</li> <li>-Skis turn at the same rate throughout the turn</li> <li>Skis bend from center</li> </ul>	<ul style="list-style-type: none"> <li>-Skis turn in a medium or short radius leaving round, brushed tracks of consistent width</li> <li>-Skis are same distance apart</li> <li>-Skis tip and turn at same time and rate</li> <li>-Outside ski bends more than inside ski</li> </ul>
Body Performance	<ul style="list-style-type: none"> <li>-Turn legs inward with skis slightly edged to create narrow wedge, maintain consistent width</li> <li>To start turn, decrease edge angles and steer both skis</li> <li>Turn skis with leg rotation under stable upper body</li> </ul>		<ul style="list-style-type: none"> <li>-Rotate legs at same rate under a stable upper body</li> <li>-Tipping movements and angulation start with the legs and are at the same rate and time</li> <li>-Direct pressure toward the outside ski</li> <li>-Subtle fore/aft adjustments keep center of mass balanced over base of support</li> </ul>	<ul style="list-style-type: none"> <li>-Steer skis in short turns, finishing turns with upper/lower body separation</li> <li>-Move down the hill to realign body over feet and reduce edge angle for new turn entry</li> <li>-Open or close appropriate joints to maintain fore/aft balance</li> <li>-Flex (absorb) and extend to promote ski/snow contact</li> </ul>	<ul style="list-style-type: none"> <li>-Edge skis sequentially at initiation, and simultaneously after matching occurs</li> <li>-Transfer weight to the stemmed ski to control the arc of the turn</li> <li>The new inside ski matches the outside ski (parallel) before the fall line</li> <li>-Start angulating in the shaping phase to aid balance towards the outside ski</li> </ul>
Tactics	<ul style="list-style-type: none"> <li>-No pole plant</li> <li>-Control speed through turn shape</li> <li>Green terrain</li> </ul>		<ul style="list-style-type: none"> <li>-Pole plant is functional</li> <li>-Control speed through turn shape</li> <li>-Green or blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Pole plant complements body movement and ski action</li> <li>-Line choice promotes linked short turns at slow speed</li> <li>-Round bumps, pitch may vary</li> </ul>	<ul style="list-style-type: none"> <li>- Skis maintain contact with snow at all times</li> <li>-Green or blue terrain</li> </ul>

Basic Blended Skills				
		<u>Wedge Christie</u>	<u>Javelin Turns</u>	<u>Reverse Javelin Turn</u>
Ski Performance		<ul style="list-style-type: none"> <li>-At initiation, edges of parallel skis release (flatten)</li> <li>-Both tips steer down the hill</li> <li>-Outside ski turns faster to fall line to create wedge</li> <li>-From fall line, inside ski turns faster to create parallel skis</li> <li>-Skis bend from center</li> </ul>	<ul style="list-style-type: none"> <li>-Inside ski lifts before the fall line</li> <li>-Forebody of outside ski steers under forebody of lifted ski and skis stay crossed until turn finish</li> <li>-Inside ski sets down parallel to outside ski, and becomes new outside ski</li> <li>-Outside ski leaves brushed track in the snow</li> </ul>	<ul style="list-style-type: none"> <li>-Prior to edge change, new outside ski bends as new inside ski comes off the snow</li> <li>-At initiation, tail of inside ski crosses above tail of outside ski</li> <li>-Inside ski points towards the apex of the turn</li> <li>-Skis are parallel in the fall line</li> <li>-Inside ski returns to snow just after fall line, before transition</li> </ul>
		<ul style="list-style-type: none"> <li>-Parallel skis at initiation, flatten and steer skis down the hill, opening into a small wedge</li> <li>-Allow turn forces to transfer more weight to the outside ski through the shaping phase</li> <li>-Steer lighter inside ski parallel to outside ski</li> <li>-Rotate legs and edge skis under a stable upper body</li> <li>Adjust ski performance and balance with subtle fore/aft and vertical movements</li> </ul>	<ul style="list-style-type: none"> <li>-Throughout the turn, rotate outside leg at a consistent rate under a stable upper body</li> <li>-Align lifted inside leg with the direction of the upper body, creating countered position</li> <li>Direct pressure towards the outside ski through angulation</li> <li>-Exhibit upper/lower body separation through end of shaping and finish phases</li> </ul>	<ul style="list-style-type: none"> <li>-Lift inside ski and align inside leg to face the direction of the upper body towards the apex of the turn</li> <li>-Match inside ski parallel to outside ski in fall line and lower to snow</li> <li>-Rotate leg(s) at a consistent rate under a stable upperbody throughout the turn</li> <li>-Angulate in the shaping phase to direct pressure towards the outside ski</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>-Control speed through turn shape</li> <li>-Green Terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Control speed through turn shape</li> <li>-Green or easy blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Turn shape controls speed</li> <li>-Green or easy blue terrain</li> </ul>

		<b>Basic Blended Skills</b>	
		<b>Ski Performance</b>	<b>Body Performance</b>
		<p style="text-align: center;"><u>Lane Change</u></p> <ul style="list-style-type: none"> <li>-Skis scribe a series of 3 short radius turns, then travel across the hill and scribe 3 short turns in a new lane. Repeat.</li> <li>-Skis scribe short radius turns in the fall line.</li> <li>-Turns are round and linked with smooth transition to new lane</li> <li>-Skis steer through turns, or carve through phases of</li> <li>-Outside ski bends more than inside ski</li> </ul>	<p style="text-align: center;"><u>Leapers</u></p> <ul style="list-style-type: none"> <li>-Both skis leave snow and land simultaneously</li> <li>-Skis are edged at initiation, edge change occurs in the air</li> <li>-Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis</li> <li>-Skis turn from the center throughout maneuver</li> <li>-Skis bend from center (when on snow)</li> </ul>
		<ul style="list-style-type: none"> <li>Adjust degree of counter to coincide with the radius of upcoming turns</li> <li>-Rotate legs under a stable upper body</li> <li>-Flex ankles, knees, hips/spine to manage pressure in first turn of series</li> <li>-Tip legs at the same rate and time</li> </ul>	<ul style="list-style-type: none"> <li>-Time extension with forces that build at completion and change edges in the air</li> <li>-Land slightly on edges and flex to soften landing</li> <li>-Shape turn by increasing edge angles at same rate and time</li> <li>-Angulate to direct pressure towards the outside ski</li> <li>-Rotate legs at a consistent rate under a stable upper body throughout turn</li> </ul>
		<ul style="list-style-type: none"> <li>-Deliberate pole plant down the hill aids transition to short</li> <li>-Rhythm of short turns and speed are consistent</li> <li>-Blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Blue terrain</li> </ul>

## Skills - Applied

The following tasks are designed to demonstrate ability to adapt to terrain challenges and increased speed. Tasks require tactical solutions to blend pressure-, rotational-, and edge-control skills effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes.

### LEVEL III

#### LEVEL II

Level III candidates should be able to accurately demonstrate applied skills in any task. See Level III Exam Outline for task variations.

#### LEVEL I

See Level II Exam Outline for task variations.

		Parallel Skiing on Groomed Terrain	<u>Dynamic Medium Radius Turns</u>	Carved Medium Radius Turns	<u>Dynamic Short Radius</u>
		Applied Skills	Ski Performance	<ul style="list-style-type: none"> <li>-Parallel skis leave round, brushed tracks of consistent width</li> <li>-Skis tip and turn at same time and rate in most turns</li> <li>-Width of skis stays consistent</li> <li>-Outside ski bends more than the inside ski before the fall line in most turns</li> <li>-Skis steer from center</li> </ul>	<ul style="list-style-type: none"> <li>Parallel skis turn in a medium radius leaving round, carved or narrow brushed tracks</li> <li>-Skis change edges simultaneously at initiation</li> <li>-Skis travel forward through the arc of the turn</li> <li>-Skis edge and bend most in shaping phase</li> <li>-Both skis tip similar amount throughout turn</li> </ul>
Body Performance	<ul style="list-style-type: none"> <li>-Rotate and edge (steer) both skis at the same rate and time</li> <li>-Turning comes from the legs and not the upper body</li> <li>-Flex/extend joints and adjust fore/aft to stay in balance</li> <li>-Direct more pressure towards the outside ski</li> </ul>		<ul style="list-style-type: none"> <li>-Transfer weight early, engage edges, and direct pressure towards the new outside ski</li> <li>-Direct the upper body towards the apex of upcoming turn</li> <li>-Subtle fore/aft adjustments keeps center of mass balanced over base of support</li> <li>-Legs rotate under stable upper body</li> </ul>	<ul style="list-style-type: none"> <li>-Transfer weight early, engage edges, and direct pressure towards the new outside ski</li> <li>-Direct the upper body towards the apex of upcoming turn</li> <li>-Subtle fore/aft adjustments keeps center of mass balanced over base of support</li> <li>-Legs rotate under stable upper body</li> </ul>	<ul style="list-style-type: none"> <li>-Transfer weight early, engage edges, and direct pressure towards the new outside ski</li> <li>-Direct the upper body down the fall line</li> <li>-Match the inside ski with the actions of the outside ski</li> <li>-Legs rotate under stable upper body</li> </ul>
Tactics	<ul style="list-style-type: none"> <li>-Pole plant is functional</li> <li>-Control speed with turn shape</li> <li>-Groomed green to blue Terrain</li> </ul>		<ul style="list-style-type: none"> <li>-Timing of pole plant complements body movement and ski action</li> <li>-Link turns of consistent size and speed</li> <li>-Groomed green to blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Pole touch occurs with edge change or slightly after</li> <li>-Link turns of consistent size and speed</li> <li>-Groomed blue to black terrain</li> </ul>	<ul style="list-style-type: none"> <li>-Timing of pole plant complements body movement and ski action</li> <li>-Link completed turns of consistent size and rhythm</li> <li>-Groomed blue to black terrain</li> </ul>

<b>Applied Skills</b>	<b>Ski Performance</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>
	<b>Body Performance</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>
	<b>Tactics</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>	<b>Skiing Variable Terrain</b>

-Skis make round, linked turns that flow smoothly at a controlled speed in most turns  
 -Skis steer (edge and rotate) at same time and rate in most turns  
 -Skis bend from center in majority of turns  
 -Outside ski bends more than inside ski  
 -Skis maintain contact with the snow

-Parallel skis make different sized, linked turns that flow smoothly over varied terrain  
 -Skis steer through turn, or may be carved in phases  
 -Skis bend and turn from center in majority of turns  
 -Skis edge simultaneously commensurate with terrain  
 -Skis maintain contact with the snow when appropriate

-Parallel skis make different sized, linked turns that flow with speed, smoothly over varied terrain  
 Skis steer through turn, or carve in phases  
 -Skis bend, edge, and turn to match terrain variations  
 -Skis edge simultaneously commensurate with terrain  
 -Skis maintain contact with the snow when appropriate

-Steer skis in round-shaped, linked turns, leaving brushed tracks  
 -Turns are completed across the fall line to control speed  
 -Flex (absorb) and extend to promote ski/snow contact and smooth skiing  
 -Adjust fore/aft stance to maintain balance  
 -Direct pressure towards the outside ski

-Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain  
 -Adjust fore/aft stance to maintain balance  
 -Turning movements are progressive, appropriate to the terrain  
 -Rotate legs and edge skis from the lower body, separate from and under a stable upper body  
 -Skis maintain contact with snow unless deliberate jump

-In varied terrain, maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact  
 -Vary intensity, rate, timing, and duration of skills to vary turn size and adjust to terrain/conditions  
 -When absorbing terrain/pressure at turn initiation, body flexion flattens skis to facilitate turning  
 -When seeking ski/snow contact after absorption/flexion, skis extend away from the body  
 -Rotate legs and edge skis from the lower body, separate from and under a stable upper body

-Pole plant is present  
 -Control speed through turn shape  
 -May be small bumps or irregular snow surface  
 Green terrain

-Pole plant is functional  
 -Speed down the hill may vary, but does not get out of control  
 -Ungroomed blue terrain

-Pole plant is complementary  
 -Speed down the hill may vary, but does not get out of control  
 -Turn shape and line control speed  
 -Ungroomed black or double black terrain

<b>Applied Skills</b>	<b>Ski Performance</b>	<p><u><b>Skiing Bumps</b></u></p> <ul style="list-style-type: none"> <li>-Skis turn in short-radius turns over, against, and around bumps, close to the fall line</li> <li>-Skis turn at same time and rate in as round a line as possible</li> <li>-Skis maintain contact with the snow</li> <li>-Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>-Skis edge/flatten at same times although edge angles may vary due to terrain</li> </ul>	<p><b>Performance Bumps</b></p> <ul style="list-style-type: none"> <li>-Skis turn in short-radius turns over, against, and around bumps, close to the fall line</li> <li>-Skis maintain contact with snow wherever possible</li> <li>-Skis turn at same time and rate</li> <li>-Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>-Skis edge/flatten at same times although edge angles may vary due to terrain</li> </ul>	<p><u><b>Large Radius Bumps</b></u></p> <ul style="list-style-type: none"> <li>-Skis turn in large-radius linked turns, over, against, and around bumps</li> <li>-Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>-Skis edge/flatten at same times although edge angles may vary due to terrain</li> <li>-Skis turn at same time and rate</li> <li>-Skis maintain contact with snow wherever possible</li> </ul>
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>-Turn skis simultaneously and engage edges to shape turns to match terrain</li> <li>-Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation</li> <li>-Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact</li> <li>-Keep hands in front of body for balance</li> <li>-Skis maintain contact with the snow</li> </ul>	<ul style="list-style-type: none"> <li>-Turn skis simultaneously and engage edges to shape turns to match terrain</li> <li>-Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation</li> <li>-Vary the D.I.R.T. of rotation and edging to navigate demanding terrain with speed and in the fall line</li> <li>-When absorbing terrain/pressure at turn initiation, body flexion flattens skis to facilitate turning</li> <li>-When seeking ski/snow contact after absorption/flexion, skis extend away from the body</li> <li>-Skis maintain contact with the snow</li> </ul>	<ul style="list-style-type: none"> <li>-Turn skis simultaneously and engage edges to shape large turns in bumps</li> <li>-At initiation, direct upper body towards apex of turn</li> <li>-Vary the D.I.R.T. of rotation and edging to navigate terrain smoothly</li> <li>-Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact</li> <li>-Maintain upper/lower body separation to pressure outside ski</li> <li>-Adjust fore/aft stance to maintain balance</li> </ul>
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>Look ahead to choose a smooth line over, against, and around bumps, close to the fall line</li> <li>-Pole plant provides timing and stability</li> <li>-Turn shape and line control speed</li> <li>- Blue Bumps</li> </ul>	<ul style="list-style-type: none"> <li>-Skier's line is in the fall line or varies slightly due to abrupt terrain</li> <li>-Pole plant provides timing and stability</li> <li>-Turn shape and line controls speed</li> <li>-Black or double black bumps</li> </ul>	<ul style="list-style-type: none"> <li>-Distance across the fall line is similar for all turns</li> <li>- Pole swing aids in moving CM forward and across skis</li> <li>-Turn size and shape will vary based on conditions and demands of terrain.</li> <li>-Blue-Black to Black, moderately formed bumps.</li> </ul>

<b>Applied Skills</b>	<b>Ski Performance</b>	<p><u>Dynamic Short Radius</u></p> <ul style="list-style-type: none"> <li>-Parallel skis turn in a short radius leaving round, carved, carved in phases, or narrow brushed tracks</li> <li>-Skis change edges simultaneously at initiation</li> <li>-Skis travel forward through the arc of the turn</li> <li>-Skis edge and bend most in shaping phase</li> <li>-Both skis tip similar amount throughout turn</li> </ul>
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>-Transfer weight early, engage edges, and direct pressure towards the new outside ski</li> <li>-Link turns of consistent size and speed</li> <li>-Direct the upper body down the hill</li> <li>-Rotate legs under stable upper body</li> <li>-Subtle fore/aft adjustments maintain balance</li> </ul>
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>-Timing of pole plant complements body movement and ski action</li> <li>-Corridor is approximately one cat track wide</li> <li>-Groomed blue terrain</li> </ul>