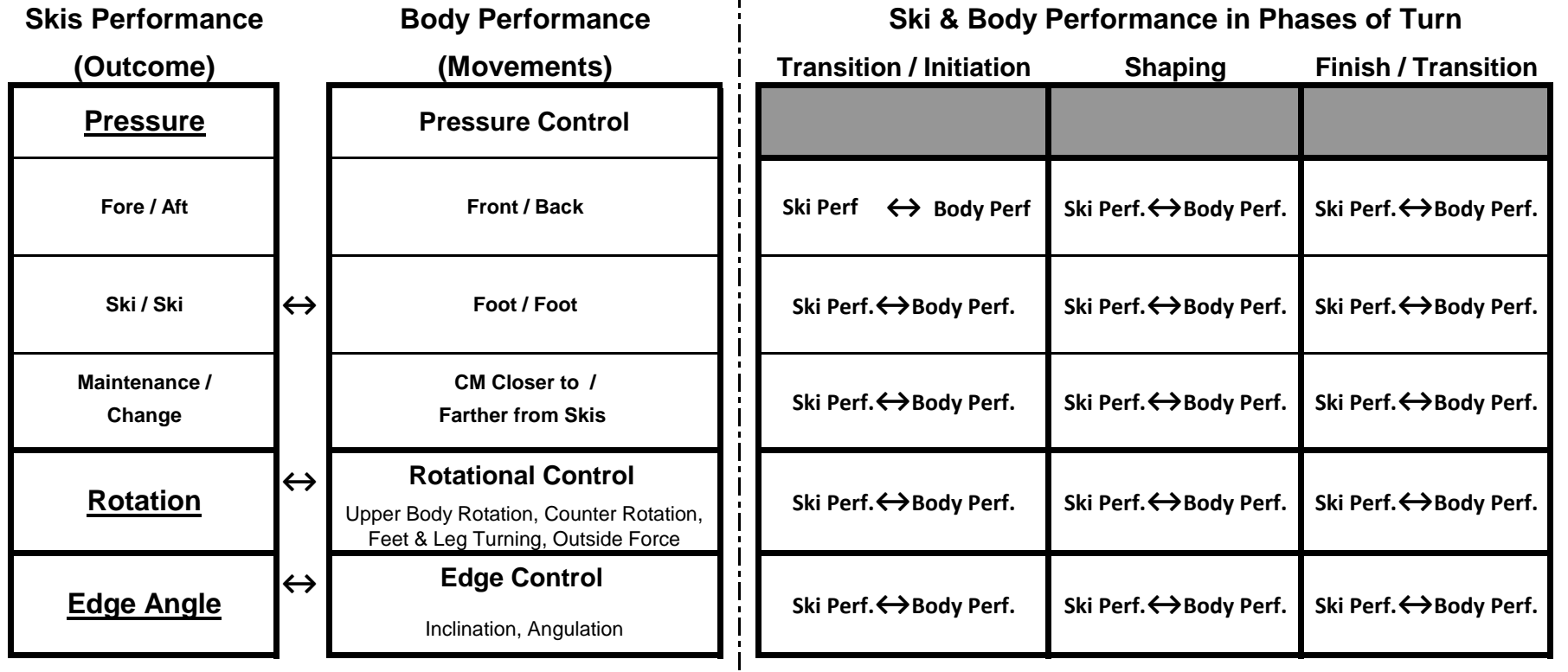


Movement Analysis Filter



Describe the skis performance within a Skill Pool.

Describe the body parts and their specific movements in the same Skill Pool that create the skis performance.

Construct Relationships.

- A. Primary - Body to Skis (L1 snap shot, 2&3 in motion)
 - B. Use D.I.R.T.* to compare/differentiate 1 Skill, S/B Perf. 1 Phase to another (L2,3)
 - C. Influence of 1 Skill on another S/B Performance, 1 phase at a time (L3)
- (Understanding / Motivation/ Equipment to A.B.C.)

Prioritize Prescription for Change or Enhancement (Compare Current to more Ideal Performance)

Quantifying Descriptors - D.I.R.T.

- Duration - the length of time something continues or exists
- Intensity - magnitude, as of energy or a force per unit of area, volume, time, etc.
- Rate - degree of speed, progress, etc. Pace
- Timing - the sequential relations that any event has to any other, as past, present, or future

Others . . .

Worksheet

Ski Performance ↔ Body Performance in Phases of Turn

		Transition / Initiation	Shaping	Finish / Transition
Pressure	Fore/Aft	↔	↔	↔
	Ski/Ski	↔	↔	↔
	Maintain	↔	↔	↔
Rotary		↔	↔	↔
Edge		↔	↔	↔