



PSIA-RM Individual Development Pathway Alpine Skiing Standards

Alpine Skiing Fundamentals Relative to the Skills Concept

Pressure Control	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)
Pressure Control	Control pressure from ski to ski and direct pressure toward the outside ski. (Ski to ski pressure)
Edge Control	Control edge angles through a combination of inclination and angulation.
Rotational Control	Control the skis rotation with leg rotation, separate from the upper body.
Pressure Control	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.

Sideslips

Linked Sideslips

[Linked Pivot Slips](#)

[Pivot Slip Leapers](#)

Rotational/Edge Control

Rotational/Pressure Control

Rotational/Pressure Control

Rotational/Pressure Control

Highlighted Skills	Ski Performance	-Skis slip sideways down the fall line	-Skis start in a straight run, then 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			

Highlighted Skills	Body Performance	-Stance exhibits leg rotation under stable upper body -Tipping movements come from feet and legs (angulation)	-Turn skis with leg rotation under stable upper body -Angulate to direct pressure towards the downhill foot while slipping	-Turn skis with leg rotation under stable upper body -Angulate to direct pressure towards the downhill foot while slipping	-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
	Tactics	-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>	Straight Run, Pivot to Stop	<u>Hop Turns</u>	<u>White Pass Turn</u>
		Rotational/Edge Control	Rotational/Pressure Control	Rotational/Pressure Control	Pressure/Edge Control
Highlighted Skills	Ski Performance	-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 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 -Forward travel of the skis is -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
	Body Performance	-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	-Rotate legs at same time and rate separate from the upper body -Angulate to direct pressure towards the downhill foot -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 with the unweighted ski lifted off the snow -In the shaping phase, extend the outside leg, place the ski on the snow, and angulate to direct pressure onto the outside ski.
	Tactics	-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

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

Highlighted Skills	Body Performance	-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 and extend joints proportionately to balance over weighted foot.	
		-Flex joints proportionately to keep center of mass over base of support	-Turn skis with leg rotation under stable upper body	
	Tactics	-Bend skis from center when on the snow	-Flex/extend legs independently to transfer weight from foot to foot	
		-Gentle green terrain	-Groomed green to blue terrain	
		<u>Outside Ski J-Turn</u>	Outside Ski Turn	Outside Ski Turn
		Pressure Control	Pressure control	Pressure control
Highlighted Skills	Ski Performance	-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
	Body Performance	-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
		-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	-Angulate to direct pressure towards the outside foot	-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	
	-Tipping and angulation start with the lower body	-Rotate legs and tip ski(s) under a stable upper body	Rotate legs and edge ski(s) under a stable upper body	
Tactics	-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>
		Pressure/Edge Control	Edge/Pressure Control
Highlighted Skills	Ski Performance	<ul style="list-style-type: none"> -Skis start and remain parallel -Skis remain flat, edges unengaged -Skis bend near center and the same amount 	<ul style="list-style-type: none"> -One ski glides outward on outside edge, then tips to inside edge, side cut engages and scribes a shallow arc inward -Other (lifted) ski, returns to snow (parallel to 1st ski) and glides outward on outside edge as first ski leaves the snow. -Ski on snow bends from center
	Body Performance	<ul style="list-style-type: none"> -Flex joints proportionately to keep center of mass over base of support Maintain consistent width between feet Divide weight evenly between feet -Do not rotate legs or upper body 	<ul style="list-style-type: none"> -Extend and move forward off inside edge to transfer weight to new gliding ski dynamically Return unweighted foot alongside the weighted foot -Flex on new gliding ski to prepare for extension at weight transfer
	Tactics	<ul style="list-style-type: none"> -Easiest green groomed terrain 	<ul style="list-style-type: none"> -Tempo from outside edge to inside edge, and ski to ski is consistent -Cat track, beginner slope, or similar

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.

Basic Blended Skills		Ski Performance	Basic Parallel	Short Radius Basic Parallel in Bumps	Stem Christie
		Body Performance	Body Performance	Body Performance	Body Performance
Tactics	Tactics	Tactics	Tactics	Tactics	Tactics
Wedge Turn	Basic Parallel	Short Radius Basic Parallel in Bumps	Stem Christie		
<ul style="list-style-type: none"> -Start with a narrow wedge with tips together and tails apart on inside edges -New inside ski flattens as both tips steer into the fall line -Skis turn at the same rate throughout the turn -Skis bend from center 	<ul style="list-style-type: none"> -Skis turn in a medium or short radius leaving round, brushed tracks of consistent width -Skis are same distance apart -Skis tip and turn at same time and rate -Outside ski bends more than inside ski 	<ul style="list-style-type: none"> Skis steer (tip and turn at same time) leaving round, brushed tracks -Turn radius is short, and speed is slow -Outside ski bends more than inside ski -Skis leave brushed, round tracks -Skis remain in contact with snow 	<ul style="list-style-type: none"> -New outside ski rotates, brushing the snow at an angle (stem) -Old downhill ski retains inside edge as new outside ski stems -Stemmed ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship -Skis are parallel before the fall line -Both skis steer, leaving brushed tracks through turn completion 		
<ul style="list-style-type: none"> -Turn legs inward to create narrow wedge, maintain consistent width -Tip feet and legs to manage edge angles Turn skis with leg rotation under stable upper body 	<ul style="list-style-type: none"> -Rotate legs at same rate under a stable upper body -Tipping movements and angulation start with the legs and are at the same rate and time -Angulate to direct pressure towards the outside foot -Subtle fore/aft adjustments keep center of mass balanced over base of support 	<ul style="list-style-type: none"> -Rotate and tip legs to shape turns. Finish turns with upper/lower body separation -Angulate to direct pressure towards the outside foot -Flex and extend to maintain fore/aft balance 	<ul style="list-style-type: none"> -Tip feet and legs sequentially at initiation, and simultaneously after matching occurs -Transfer weight to the outside foot (stemmed ski) to control the arc of the turn -Tip and turn (steer) the inside leg to a parallel relationship before the fall line -Start angulating in the shaping phase to aid balance toward the outside ski 		
<ul style="list-style-type: none"> -No pole plant -Control speed through turn shape Green terrain 	<ul style="list-style-type: none"> -Pole plant is functional -Control speed through turn shape -Green or blue terrain 	<ul style="list-style-type: none"> -Pole plant complements body movement and ski action -Line choice promotes linked short turns at slow speed -Round bumps, pitch may vary 	<ul style="list-style-type: none"> - Skis maintain contact with snow at all times -Green or blue terrain 		

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

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

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"> -Parallel skis leave round, brushed tracks of consistent width -Skis tip and turn at same time and rate in most turns -Width of skis stays consistent -Outside ski bends more than the inside ski before the fall line in most turns -Skis steer from center 	<ul style="list-style-type: none"> Parallel skis turn in a medium radius leaving round, carved or narrow brushed tracks -Skis change edges simultaneously at initiation -Skis travel forward through the arc of the turn -Skis edge and bend most in shaping phase -Both skis tip similar amount throughout turn 	<ul style="list-style-type: none"> -Parallel skis turn in a medium radius leaving round, carved tracks -Edged skis are bowed, creating arcs with no to very minimal sideways travel -Skis travel forward through the arc of the turn -Skis edge and bend most in shaping phase -Both skis tip similar amount throughout turn 	<ul style="list-style-type: none"> -Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis -Skis travel primarily forward through the arc of the turn -Skis change edges before turning -Skis are parallel with similar edge angles -Both skis bend most in shaping phase
	Body Performance	<ul style="list-style-type: none"> -Steer both skis at the same rate and time -Turning comes from the legs and not the upper body -Flex/extend joints and adjust fore/aft to stay in balance -Direct more pressure towards the outside ski 	<ul style="list-style-type: none"> -Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski -Direct the upper body towards the apex of upcoming turn -Subtle fore/aft adjustments keeps center of mass balanced over base of support -Legs rotate under stable upper body 	<ul style="list-style-type: none"> -Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski -Direct the upper body towards the apex of upcoming turn -Subtle fore/aft adjustments keeps center of mass balanced over base of support -Legs rotate under stable upper body 	<ul style="list-style-type: none"> -Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski -Direct the upper body down the fall line -Match the inside ski with the actions of the outside ski -Legs rotate under stable upper body
	Tactics	<ul style="list-style-type: none"> -Pole plant is functional -Control speed with turn shape -Groomed green to blue Terrain 	<ul style="list-style-type: none"> -Timing of pole plant complements body movement and ski action -Link turns of consistent size and speed -Groomed green to blue terrain 	<ul style="list-style-type: none"> -Pole touch occurs with edge change or slightly after -Link turns of consistent size and speed -Groomed blue to black terrain 	<ul style="list-style-type: none"> -Timing of pole plant complements body movement and ski action -Link completed turns of consistent size and rhythm -Groomed blue to black terrain

Applied Skills	Ski Performance	Skiing Variable Terrain	Skiing Variable Terrain	Skiing Variable Terrain
	Body Performance			
	Tactics			
		<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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
		<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 -Flexion/extension movements enhance turn shape and help regulate pressure magnitude -Rotate legs and tip feet from the lower body, separate from and under a stable upper body
		<ul style="list-style-type: none"> -Pole plant is present -Control speed through turn shape -May be small bumps or irregular snow surface Green terrain 	<ul style="list-style-type: none"> -Pole plant is functional -Speed down the hill may vary, but does not get out of control -Ungroomed blue terrain 	<ul style="list-style-type: none"> -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

Applied Skills

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

Applied Skills

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