2026/2027

Telemark Curriculum Guide

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Introduction:

Supporting snow sports instructors in their professional development qualifies the skill sets outlined for great instruction outlined in the PSIA-AASI National Standards. These skill sets are grouped into the following assessment modules with Learning Outcomes defining attainable milestones in professional development.

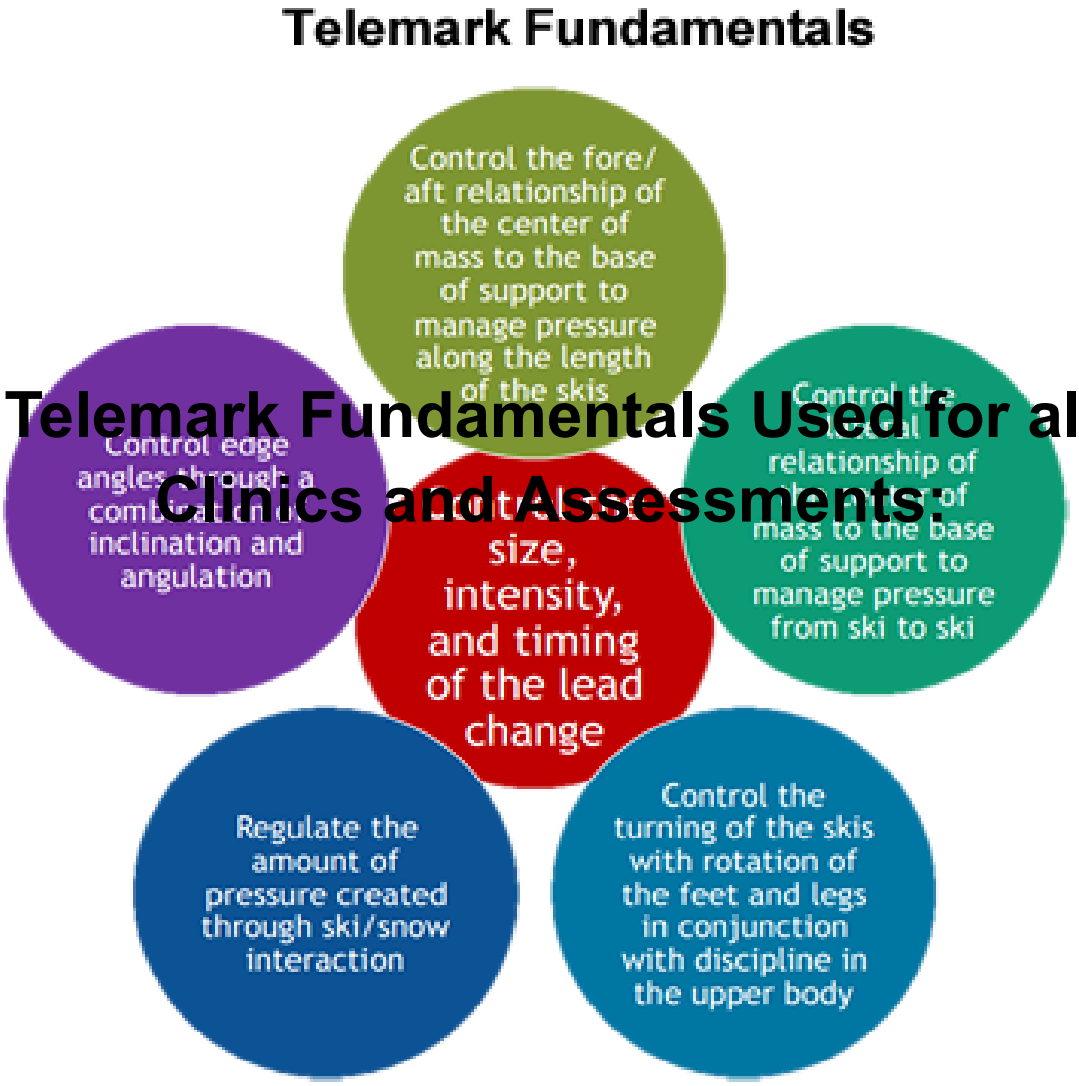
- Teaching & People Skills
- Movement Analysis & Technical Understanding Skills
- Technical Performance Skills

At educational events, participants can expect a supportive, engaging environment focused on skill improvement, teaching methodology, and movement analysis. Educational events are designed to align with national standards, offering personalized feedback and hands-on experience to help instructors grow and succeed on their certification path.

Members must meet the minimum certification level required to participate in an event. For further questions or concerns, please contact the office at events@psia-rm.org or (970)-879-8335.

Materials and Equipment Needed for All Educational Events:

- Appropriate riding/ski gear to be on-snow in all weather
- Helmets are required



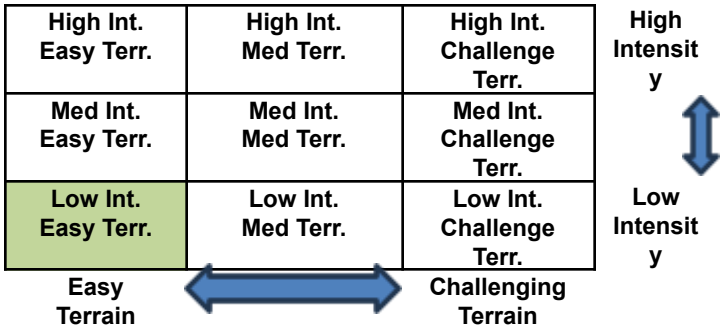
Telemark Fundamentals Used for all Clinics and Assessments:

Telemark Education Events

Introduction to Telemark Skiing

Duration: 1 or 2 days / 6 or 12 CEUs

Learning Connection Highlight
Telemark Skiing Skills



Course Description:
This clinic is for instructors new to Telemark skiing and can Alpine or Telemark ski on terrain within the beginner zone. Participants will become familiar with Telemark equipment while learning Telemark techniques in the beginner to intermediate zones. Explore the Telemark Fundamentals and learn what it takes to become a proficient Telemark skier.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through beginner zone

Learning Outcomes:

Successful participants will be able to:

- Balance and move on Telemark equipment
- Make both, Telemark and Alpine parallel turns
- Practice Telemark techniques while gaining knowledge of effective movements
- As group, describe similarities and differences in Telemark and Alpine for self-improvement and to engage with guests

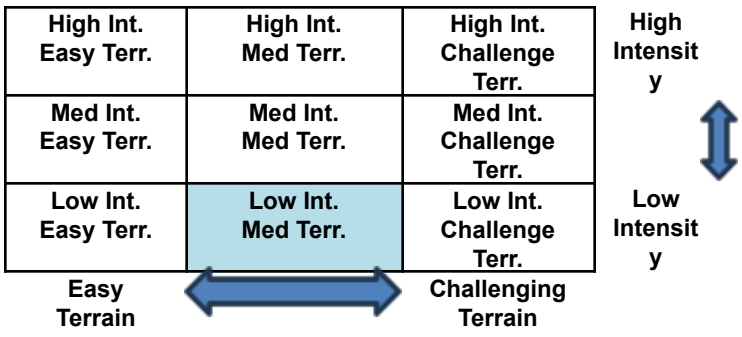
Learning Experiences: (some examples)

- Learn how to properly fit and use Telemark equipment
- Using Telemark equipment, practice Telemark parallel and Alpine parallel turns in the green zone
- Link Telemark turns and challenge yourself with variations of turn shape and size
- Become familiar with the telemark fundamentals and how they affect your skill blend
- Explore variations in terrain

Materials/equipment
Modern Telemark equipment

Telemark Precision Skiing

Duration: 2 days (12 CEUs)



Learning Connection Highlight:
Accuracy of Skiing Skills

Course Description:
This two-day clinic will focus on accurate Telemark movements through intermediate terrain. Improve accuracy of movements to develop your understanding of how the fundamentals are applied to refine your skiing. We will adapt skill blends and use of “D.I.R.T.” to create defined outcomes in terrain.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Comfortably Telemark ski in ALL terrain in the beginner zone

Learning Outcomes:
Successful participants will:

- Show accuracy and understanding of a defined skill blend within your personal Telemark skiing
- Identify the application of fundamentals and/or skill blends to adapt turn shape, size, and line in different skiing situations
- Understand basic concepts of biomechanics and physics and adapt them to accurate movements for individual skiing

Learning Experiences: (some examples)

- Explore the technical and tactical application of fundamentals for existing conditions

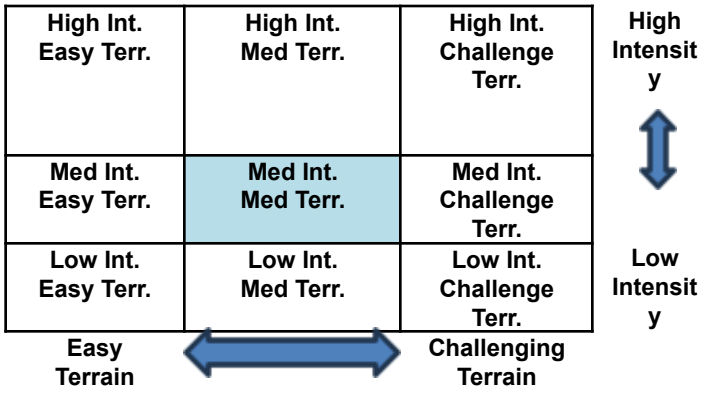
- Adapt fundamentals while focusing on a select skill to demonstrate assessment activities from the Versatility Assessment Activities on the PSIA-RM Telemark Skiing IDP
- Discussion of the biomechanics and physics of telemark skiing
- Explore the Telemark center line concept(s)
- Intentionally adjust ski performance for specific turn sizes, shapes, and speeds to accurately modify skiing for changes in environment

Materials/equipment
Modern Telemark equipment

Telemark Bumps

Duration: 2 days (12 CEUs)

Learning Connection Highlight:
Skiing technical skills
Teaching and coaching Skills



Course Description:
Challenge yourself to create performance outcomes in intermediate to advanced/expert bumps to improve performance in the bumps for you and your guests. This medium- to high-intensity clinic will focus on the D.I.R.T. of blending fundamentals to regulate the amount of pressure created in variable terrain and conditions. Explore tactics and line selection in moguls. Create strategies for self-improvement; and bring these improvements to your demos and teaching.

Recommended Preparatory Learning Resources:
- Telemark Manual
- Telemark Precision Skiing clinic
- Telemark IDP; Performance Guide; other current sources

Prerequisite skill:
- Safely ski short Telemark turns in the intermediate zone

Learning Outcomes:

Successful participants will:

- Ski intermediate to advanced bumps choosing options to aid with flow and control
- Develop confidence by developing tactics and cues to alter line choice, speed, and turn radius.
- Adapt fundamentals and skill blend to modify ski performance in varied terrain and snow conditions

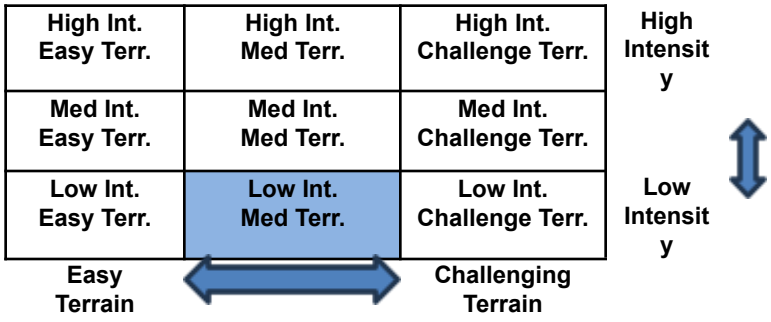
Learning Experiences:

- Ski different turn shapes and variations of lead change in bumps
- Explore and create tactics to modify skill blend to ski over, against, and around bumps
- Discuss functional cues for self-coaching and teaching students about speed control, ski / snow contact, and smart decision making in variable terrain and bumps

Materials/equipment
Modern Telemark equipment

Telemark Early Season Primer with Video

Duration: 2 days (12 CEUs)



Learning Connection Highlight:
Ski and body Performance Skills

Course Description:
This two-day clinic will get you ready and develop a focus to help carry you through the season. Ski the variety of terrain available with early season conditions, which may include groomers, easy bumps, and powder. Spend time with video to enhance learning and to see your movement patterns. You should be currently comfortable telemark skiing the intermediate zone.

Recommended Preparatory Learning Resources:

- Telemark Technical Manual

Prerequisite skill:

- You should be currently comfortable Telemark skiing the intermediate zone

Learning Outcomes:
Successful participants will:

- Improve personal Telemark skiing
- Engage with peers to discuss ways to build confidence and create tactics for different terrain
- Practice Movement Analysis skills with video to enhance personal skiing
- Discover performance cues applicable to personal skiing

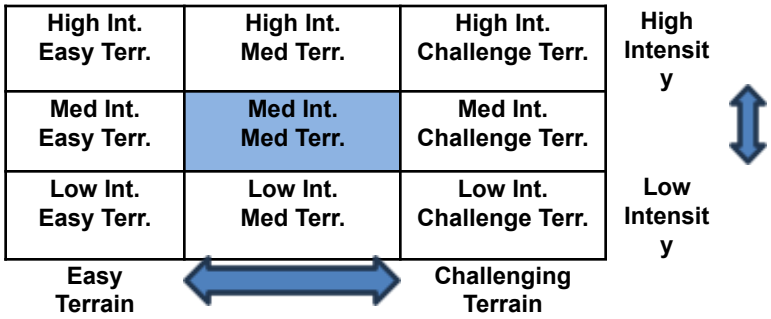
Learning Experiences: (some examples)

- Video analysis
- Explore variations in turn shape, size, rhythm, and speed
- Group discussions to evolve technical and tactical applications in different terrain and conditions
- Discussion of performance cues you can use to target personal areas for improvement and use with the group and guests

Materials/equipment
Modern Telemark equipment

Telemark Trees

Duration: 2 days (12 CEUs)



Learning Connection Highlight:
Skiing Performance Skills
Teaching and coaching Skills

Course Description:
Improve your Telemark skills and refine your technique in the trees. Participants will receive feedback on personal performance that may include video to enhance learning. Participants should be willing to venture into treed terrain within the intermediate and advanced zones.

Recommended Preparatory Learning Resources:

- Telemark Manual

- Telemark Performance Guide
- Telemark All Mountain Performance
- Telemark Bumps

Prerequisite skill:

- Safely ski variable terrain through the intermediate zone

Learning Outcomes:

Successful participants will:

- Understand appropriate Telemark technique and tactics in terrain with trees in the intermediate and/or advanced zones
- Demonstrate and describe how varying DIRT of fundamentals helps when skiing in the trees with control and confidence
- Engage with group to discuss and explore Telemark technique and tactics for skiing the trees
- As a group, discuss the skills and tactics required to ski in the trees and how to develop and recognize them in your students

Learning Experiences: (some examples)

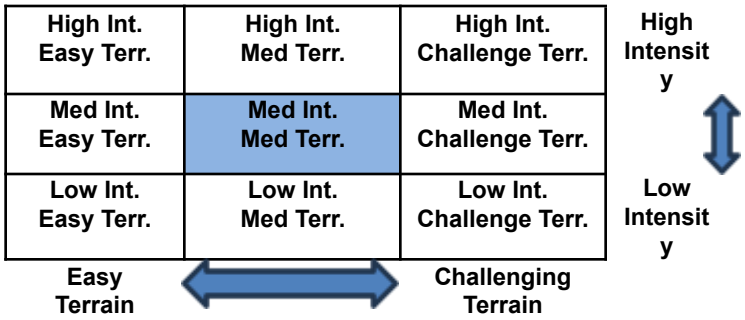
- Explore variations in turn shape, size, speed, and rhythm to hone personal skiing skills
- Experiment with visual cues to explore different lines through the tree
- As a group, engage in discussions about safety aspects of tree skiing such as tree wells, “buddy system,” entering and exiting tree runs.
- Engage group to demonstrate tactics based on fundamental blends to use in trees for personal development and to facilitate teaching students

Materials/equipment

Modern ski-area Telemark equipment
Modern ski-area Telemark equipment and helmet

A Deep Dive into Telemark Fundamentals

Duration: 1 day/6 CEU's



Learning Connection Highlight
Technical Performance/ MA and Technical Understanding

Course Description
This one-day clinic will focus on developing a deeper understanding of the Telemark Fundamentals and their application in skiing all terrain. Explore blending the Telemark Fundamentals to create different outcomes and manage any condition. Develop your ability to highlight, integrate and vary your application of fundamentals as needed. Video may be used to support learning.

Recommended Preparatory Learning

- Telemark Technical Manual
- A copy of the Telemark Fundamentals

Prerequisite Courses and Skills

- Level 1 Certification in any discipline
- Competently Telemark ski at a blue trail level
- This clinic builds on introduction to Telemark, Telemark precision skiing, and Telemark All Mountain Performance

Learning Outcomes:
Successful participants will:

- Develop an understanding of Fundamentals in Telemark skiing
- Highlight, integrate and vary application of Fundamentals for specific outcomes
- Create tactics on varying terrain using specific Fundamental blends
- Enhance Movement Analysis skills and tech understanding
- Demonstrate through movement and discussion how specific application of Fundamentals create varying outcomes

Learning Experiences:

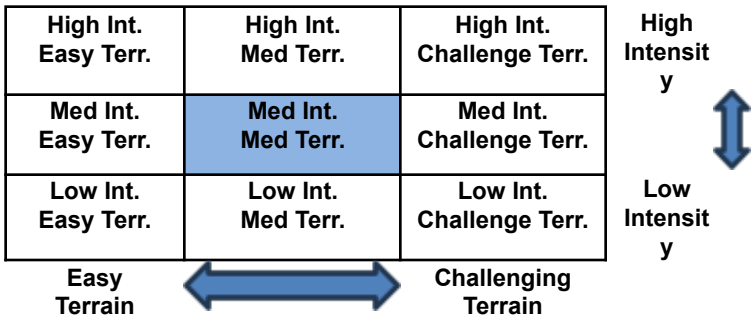
- Explore how various applications of the Telemark Fundamentals affect ski performance (this one)
- Basic and performance short radius turns to integrate Fundamentals
- Bumps and powder to vary Fundamentals
- Engage participants in discussions and questions to enhance understanding of how fundamental blends create performance outcomes

Materials/Equipment Needed

- Telemark IDP
- Contemporary Telemark equipment

Telemark Technical Foundations on Snow

Duration: 1 day/6 CEU's



Learning Connection Highlight
Technical and Teaching Skills

Course Description
This one-day, on-snow course focuses on the technical aspects of contemporary skiing and the foundations for understanding the Telemark Technical Fundamentals. Participants will have the opportunity to learn key technical concepts and relate these concepts to their personal skiing and that of their students. Through activities, participants will experience how biomechanics and basic physics principles affect skiers and riders.

Recommended Preparatory Learning

- Read the PSIA Technical Manual
- A working understanding of the Telemark Technical Fundamentals

Prerequisite Courses and Skills

- Level 1 Certification

Learning Outcomes
Successful participants will be able to:

- Identify multiple concepts in physics and how these concepts have an effect on a skier's performance. E.g.; mass, inertia, momentum, centripetal force, Newton's Laws and others as needed.
- Identify concepts in biomechanics and how these concepts relate to a skier's ability to perform. E.g.; Joints of the feet & legs, types of movements available in these joints (flex/extend, rotation, evert/invert, etc.)
- Discuss differences in equipment and how these differences can affect a skier's performance. (ski width, shape, length, etc.)
- Utilize biomechanics and physics principles to better recognize and enhance effective skiing movements.
- Demonstrate through movement and discussion how physics, biomechanics and equipment interrelate and are supported by the Telemark Technical Fundamentals and the Skills Concept.

Learning Experiences

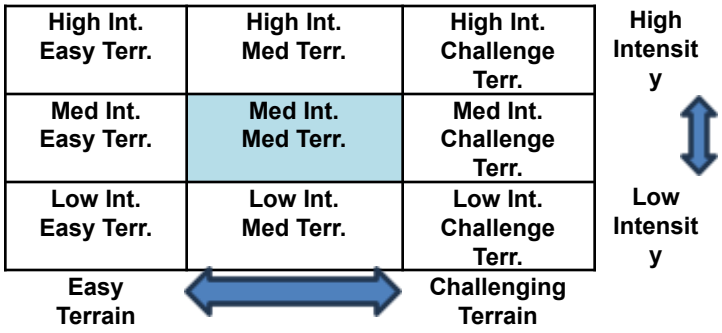
- During warm up runs, discuss physics principles (CoM, momentum, Newton's Laws, etc.), biomechanics and the Telemark Technical Fundamentals
- Using a variety of skiing tasks from the IDP (and variations) explore how and why skis turn from the perspective of physics and through ski/snow interaction
- Using a variety of skiing tasks from the IDP (and variations) explore how the body is able to move (biomechanics) to enhance the application of the Telemark Technical Fundamentals.
- Apply the principles and understandings to Basic Telemark turns. Adjust the skill blend to highlight how these principles affect performance.
- Using a spectrum of Centerline tasks (wedge turns through dynamic mediums) use the Centerline tasks to highlight the concepts at all levels
- Highlight technical concepts through discussion, questions and answers.
- Relate the technical concepts to teaching experiences.

Materials/Equipment Needed

- Telemark Skiing IDP
- Modern Telemark equipment

Telemark All Mountain Performance

Duration: 12 hours (12 CEUs)



Learning Connection Highlight
Skiing Performance Skills
Teaching and coaching Skills

Course Description:
This two-day clinic will address Telemark skiers who aspire to move into advanced terrain and conditions. Stretch your confidence levels with tactics and coaching cues to address varying terrain and conditions. Terrain choices may include blue to black bumps, powder, variable conditions, as well as steeper runs.

Recommended Preparatory Learning Resources:

- Telemark Precision Skiing
- Telemark Manual

Prerequisite skills:

- Comfortably Telemark ski ALL terrain in the intermediate zone

Learning Outcomes:
Successful participants will be able to:

- Modify skill and fundamental blends to develop tactics for groomed, variable, and moguled terrain and conditions.
- Use MA to recognize and develop skill and fundamental blends in peers and guests that allow them to explore the whole mountain
- Use tactics and cues to build confidence
- Engage with the group to develop strategies and concepts for coaching and self-coaching

Learning Experiences: (some examples)

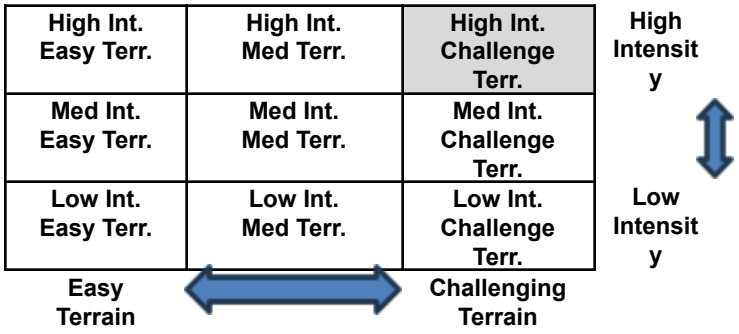
- Use skill blends to modify turn size and shape for specific outcomes; such as sliding or carving
- Explore and discuss how variable terrain and changing conditions effects body and ski performance
- Play with tactical choices to enhance specific ski performances and desired outcomes in terrain

Materials/Equipment Needed

- Contemporary Telemark equipment

Telemark Extreme Mountain Performance

Duration: 12 hours (12 CEUs)



Learning Connection Highlight:
Telemark Skiing Performance Skills
Coaching cues for self and groups

Course Description:
A high-intensity performance clinic for Telemark instructors to explore technical and tactical concepts of skiing steep terrain on- and off-piste. Plan to develop ski and body performance in extreme terrain and snow conditions. Gain insights to make informed decisions about terrain choice, skills needed to navigate such conditions, and develop short- and long-term goals. We will develop coaching cues to expand comfort in challenging terrain and conditions for you and your guests.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through black and double black terrain
- Show desire to enhance personal skill development

Learning Outcomes:
By the end of this course, successful participants will be able to:

- Improve Telemark technique on black, double black and off-piste terrain within the advanced zone
- Gain confidence and learn tactics in more difficult terrain and conditions with practice and feedback
- Challenge your abilities in a supportive environment

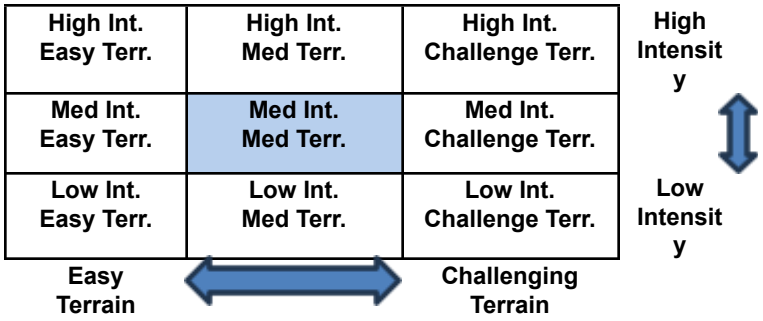
Learning Experiences: (examples)

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool maneuvers to hone personal skiing skills
- Video analysis
- Learn and practice self-arrest techniques
- Learn about and practice pacing, layering, and hydration for hiking
- Discuss and practice tactics for the most demanding terrain

Women's Telemark Clinic

Duration: 1 day/6 CEU's

Learning Connection Highlight:
People skills and Technical Skills



Course Description: Come spend the day getting back to the roots of skiing while connecting with other like-minded women and femmes. Drop a knee and learn in a safe, fun and super supportive space. In this clinic you will learn about your own skiing as well as tools to develop relationships with your students. This clinic is designed for you to get what you need, connect and laugh, level up your bumps skiing or improve your teaching skills, we got you!

Recommended Preparatory Learning:

- Review the Telemark technical manual
- Review the Learning Connection model
- Review the Telemark Technical Fundamentals
- Review the People skill Fundamentals

Prerequisite Courses and Skills:

- Ski comfortably on blue terrain on Telemark equipment using Telemark or Alpine technique

Learning Outcomes:
Successful participants will:

- Improve telemark technique and technical understanding through group activities
- Share their understanding of how to build a supportive learning environment through group and technical activities.

- Share their understanding of their own skiing and what tools are needed to continue improving.

Learning Experiences:

- Group building activities such as synchronized skiing, relay “races,” reciprocal learning to promote camaraderie and build trust (people skills)
- Technical activities such as basic telemark, blue/black bumps, telemark side slips, falling leaves to build skiing skills and improve understanding
- Group discussion centered around activities to promote technical understanding and improve technique.
- Optional - Movement Analysis thru Video of your own skiing and others

Materials/Equipment Needed:

Modern telemark equipment.

Telemark Assessment Prep Events

Telemark Level 1 Prep Clinic

Duration:
12 hours (12 CEUs)

Learning Connection Highlight:
Technical Performance Skills, Teaching Skills, People Skills

Course Description:
This clinic is for Telemark instructors seeking Level 1 Certification. The two days will cover all materials required for successful assessment at the Level 1 standard. Topics covered will include the Telemark fundamentals/skills, skiing activities, teaching skills, and technical understanding. Participants will gain a clear understanding of their strengths and weaknesses, while finding out what to work on for the Level 1 assessment. Participants are required to download the Telemark Level 1 Certification Workbook from the PSIA-RM website prior to attending this workshop. Please fill out as much as possible before the event.

Recommended Preparatory Learning Resources:
- Telemark Manual
- Telemark Certification Standards
- People Skills Performance Guide
- Teaching Skills Performance Guide
- Telemark Skiing Technical Skills Performance Guide
- PSIA-RM Telemark Level 1 Certification Checklist
- PSIA-RM Telemark Level 1 Assessment Workbook

Prerequisite skills:
- PSIA membership
- Safely ski all terrain through easy intermediate terrain
- Possess knowledge of Level 1 Assessment Activities
- Show desire to enhance personal skill development

Learning Outcomes:
By the end of this course, successful participants will be able to:
- Learn and practice the Telemark skiing activities for Level 1 Certification

- Explore progressions and methodologies for teaching Telemark skiing
- Expand technical knowledge and understanding through discussion and practice
- Work through the Telemark Level 1 Assessment Workbook to prepare for the Telemark Level 1 Assessment

Learning Experiences: (examples)

- Learn to identify equipment needs for Telemark skiers in the beginner zone
- Practice wedge turns, basic parallel turns, Telemark and Alpine
- Practice 500 shuffles, uphill arcs, Telemark sideslips and Telemark hockey stops
- Learn the Responsibility Code
- Learn about the teaching model
- Learn and practice how to handle a Telemark class in the beginner zone
- Manage group behavior based on student goals

Materials/equipment

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Level 1 Assessment Workbook (download from the PSIA-RM web site)

Telemark Level 2 & 3 Prep Clinic

Duration:
12 hours (12 CEUs)

Learning Connection Highlight:
Technical Performance Skills, Teaching Skills, People Skills

Course Description:
Take the guessing out of your certification preparation with this two-day clinic. Gain a clear understanding of what will be required to obtain a Telemark Level 2 or 3 Certification. This clinic will use the workbook and Level 2/3 assessment forms to guide activities and discussion to help participants prepare and plan for their Level 2 or 3 Telemark Assessment event.

Recommended Preparatory Learning Resources:
- Telemark Manual
- Telemark Certification Standards
- People Skills Performance Guide
- Teaching Skills Performance Guide
- Telemark Skiing Technical Skills Performance Guide
- PSIA-RM Telemark Level 2 or 3 Overview
- PSIA-RM Telemark Level 2 and 3 Certification Checklist
- PSIA-RM Telemark Level 2 and 3 Assessment Workbook

Prerequisite skills:
- Telemark Level 1 Certification
- Safely ski all terrain through easy Black terrain
- Possess knowledge of Level 2/3 Assessment Activities
- Show desire to enhance personal skill development

Learning Outcomes:
By the end of this course, successful participants will be able to:
- Learn and practice skiing tasks/maneuvers for Level 2 or 3 Certification standard

- Explore progressions and methodologies for teaching Telemark skiing within the intermediate or advanced zones
- Expand technical knowledge and understanding through discussion
- Work through the Telemark Level 2/3 Certification Checklist to prepare for the assessment

Learning Experiences: (examples)

- Explore Level 2/3 Assessment Activities
- Video analysis, if available
- Practice applying the teaching model to meet the needs of the student
- Practice movement analysis on yourself and fellow participants

Materials/equipment

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Level 2 and 3 Assessment Workbook (download from the PSIA-RM web site)

Telemark Trainer Prep Clinic

Duration:
12 hours (12 CEUs)

Learning Connection Highlight:
Technical Performance Skills, Teaching Skills, People Skills

Course Description:
This clinic is designed specifically to support Telemark Trainers in preparing for Telemark Rocky Mountain Trainer assessment. Participants will receive coaching on skiing skills as they relate to tasks/maneuvers required for Telemark Trainer Assessment. High-level technical discussions and improving skills as a trainer of other instructors will also be addressed during this in-depth two days. Participants are required to download the Telemark Trainer Workbook from the PSIA-RM website prior to attending this clinic. This clinic is not a prerequisite for the Telemark Trainer assessment but is highly recommended.

Recommended Preparatory Learning Resources:
- Telemark Manual
- Telemark Certification Standards
- People Skills Performance Guide
- Teaching Skills Performance Guide
- Telemark Skiing Technical Skills Performance Guide
- PSIA-RM Telemark Level Trainer Overview
- PSIA-RM Telemark Level Trainer Certification Checklist
- PSIA-RM Telemark Level Trainer Assessment Workbook

Prerequisite skills:
- Telemark Level 3 Certification
- Safely ski all terrain through easy Black terrain
- Possess knowledge of Trainer Assessment Activities
- Show desire to enhance personal skill development

Learning Outcomes:
By the end of this course, successful participants will be able to:

- Improve personal skiing with feedback and video
- Improve movement analysis skills of self and others
- Learn and share advanced teaching methodology
- Have fun skiing with others at the same level
- Develop a clear understanding of what you need to work on to pass Telemark RMT in all categories
- Answer any questions concerning the Telemark Trainer assessment process and workbook

Learning Experiences: (examples)

- Utilize video for movement analysis of self and others
- Practice any of the skiing activities listed on the PSIA-RM Telemark Trainer Certification Checklist
- Clinic other participants
- Review PSIA-RM Telemark Trainer Assessment Workbook

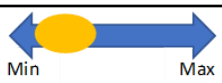
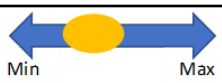
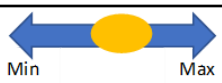
Materials/equipment

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Trainer Assessment Workbook (download from the PSIA-RM web site)

Telemark IDP

PSIA-RM Personnel Development Pathway Telemark Skiing Standards; updated 2025

	Integrated Assessment Activities		
	The following assessment activities are used to assess the integration of fundamentals through all turn phases to achieve the prescribed ski performance. Integrated activities are performed in a medium radius turn, with consistent turn sizes and turn shapes, that are symmetrical above and below the fall line, to maintain consistent speed. In addition to the descriptions below, the following are observed for both Alpine and Telemark tasks: 1. Both skis stay on the snow, 2. The ankles work in unison creating similar forward angles, 3. The skis are simultaneously guided to begin the turn, 4. A countered relationship is maintained through the transition between turns, 5. The legs flex and extend independently of each other to move the Center of Mass from turn to turn, 6. Torso stability supports lower body mobility and movement. The following observations are Telemark specific: A. Lead change of the skis is a progressive, simultaneous, and continuous motion under the body from turn to turn, B. Lead change occurs with edge change, C. Trailing ski tip about mid-way between lead ski tip and binding, D. Enough pressure develops on the inside boot cuff to flex the boot bellows, E. The inside thigh becomes nearly perpendicular to the top sheet of the ski.		
			Required for Level III, be familiar with Level 1 and Level 2 tasks
		Required for Level II, be familiar with Level 1 tasks	
	Required for Level I		
	Ski track Width Widest Narrowest	Ski track Width Widest Narrowest	Ski track Width Widest Narrowest
	Wedge Turns	Wedge Christie	Basic Alpine Parallel
Ski Performance	-Skis maintain a consistent wedge shape, with tips together and tails apart on converging edges -Skis maintain a consistent wedge size -Skis turn at the same rate throughout the turn -Both skis steer into the fall line as the inside edge flattens and outside edge increases -Skis bend from center	-At initiation, edges of parallel skis release (flatten) and open to a small wedge -Both tips steer down the hill at the initiation as the wedge is created -The outside ski turns faster in the initiation as the wedge is created -From fall line, the inside ski turns faster and until it matches the outside ski to create a christie turn -Skis bend from center	-Skis maintain a parallel relationship the same distance apart -Skis tip and turn at same time and rate -Both skis tip similar amount throughout turn -Skis bend from center
Body Performance	-Turn legs inward to create narrow wedge, maintain consistent width -Center of Mass stays in between feet all of the time, moving laterally toward the inside of the turn -Heels remain generally down	-Allow turn forces to transfer more weight to the outside ski through the shaping phase -Steer lighter inside ski to match the outside ski and create a christie turn -The Center of Mass is in between the feet like a wedge turn for the wedge portion of the turn. The Center of Mass moves farther to the inside of the turn during the shaping phase like a parallel turn to promote the christie portion of the turn -Heels remain generally down	-Tipping movements and angulation start with the legs and are at the same rate and time -Center of Mass crosses from the inside of one turn to the inside of the next turn in the transition -Heels remain generally down
Tactics	-No pole plant -Control speed through turn shape -Green terrain	-No pole plant -Control speed through turn shape -Green Terrain	-Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain
	Relative skiing speed	Relative skiing speed	Relative skiing speed

	Integrated Assessment Activities		
	Required for Level III, be familiar with Level 1 and Level 2 tasks		
	Required for Level II, be familiar with Level 1 tasks		
	Required for Level I		
	Ski track Width 	Ski track Width 	Ski track Width 
	Basic Telemark	Dynamic Parallel	Dynamic Telemark
Ski Performance	-Skis maintain a parallel relationship the same distance apart (R) -Skis tip and turn at same time and rate (E, R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead and edge change of the skis occurs simultaneously during the initiation phase (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Skis change edges simultaneously at initiation -Skis travel forward through the arc of the turn -Skis edge and bend most in shaping and finish phases -Pressure from the snow turns the skis from the shaping to finish phase -Both skis tip similar amount throughout turn	-Skis change edges simultaneously at initiation (E) -Skis travel forward through the arc of the turn (R) -Skis edge and bend most in shaping and finish phases (P) -Pressure from the snow turns the skis from the shaping to finish phase (P) -Both skis tip similar amount throughout turn (E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead and edge change of the skis occurs simultaneously during the initiation phase (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Lead change occurs *at a faster rate and is completed earlier than Basic Telemark* (LC)
Body Performance	-Tipping movements and angulation start with the legs/feet and are at the same rate and time (E) -Lower legs remain parallel (E) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS}) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R)	-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 -Center of Mass crosses from the inside one turn to the next in the transition -Heels remain generally down	-Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski (P_{SS}, E) -Direct the upper body towards the apex of upcoming turn (R) -Center of Mass crosses from the inside one turn to the next in the transition (P_{SS}) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)

			-Legs are steered under a disciplined upper body to develop counter (R)
Tactics	-Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Pole touch corresponds with edge change -Control speed through turn shape -Groomed blue terrain	-Pole touch corresponds with edge change -Control speed through turn shape -Groomed blue terrain
	Relative skiing speed  	Relative skiing speed  	Relative skiing speed 

Telemark Skiing Fundamentals Relative to the Skills Concept, Level 1	
Lead Change	Control the size, intensity, and timing of the lead change (LC)
Pressure Control	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis (P_L)
Pressure Control	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski (P_{SS})
Rotational Control	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body (R)
Edge Control	Control edge angles through a combination of inclination and angulation (E)
Pressure Control	Regulate the amount of pressure created through ski/snow interaction (P_M)

Individual Assessment Activities LEVEL I

The following Assessment Activities are used to assess the adaptation and blending of the Technical Fundamentals as prescribed. Each activity highlights lead change, pressure-, rotational-, and edge-control skills and accompanying fundamentals. Competency in performing these Assessment Activities contributes to mastering the skills and fundamentals. Assessment Activities are described relative to ski and body performance, and tactical requirements

Level I

	Telemark Shuffles, travers, straight run, or finish of turn	Pivot Edge Slip to Telemark Stop	Carved Uphill Telemark Arc
Ski Performance	-Skis shuffle from lead change to lead change while moving (LC) -Ski remain parallel while shuffling (R) -Skis bend near center (P_L/P_{SS}) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Ski movements are continuous and progressive (LC)	-Skis bend from center (P_L) -Skis slide down the hill in telemark stance (LC) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Skis pivot and sideslip down the fall line a distance equal to the slide (R) -Skis maintain a parallel relationship the same distance apart (R) -Edge angles are the same (E) -Skis slip at a consistent rate (E) -Skis sideslip to a complete stop while perpendicular to fall line (E)	-Skis tip at same time and rate for same duration (E) -Both skis tip similar amount throughout arc (E) -Ski tracks show carved arcs with two parallel carved lines in snow (N/A) -Skis bend from center (P_L) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC)
Body Performance	-Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support" (P_L) -Lower legs remain parallel (E) -Divide weight equally between feet (P_{SS}) -If done in a traverse, upper body is directed slightly downhill (R) -If done in a turn, turn skis with leg rotation under disciplined upper body (R)	-Rotary movements come from feet and legs (R) -Tipping movements and angulation start with the feet and legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Angulation supports edge control and lateral balance while the skis slip sideways, slow, and stop (E) -Flex joints proportionately to keep center of mass over base of support (P_L)	-Tipping movements and angulation start with feet and legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support (P_M/P_L)

Tactics	-If done in a turn, shuffle occurs during turn finish -Lead change size is consistent -Groomed green terrain	-Skis slip and stop in fall line -Groomed blue terrain	-Groomed green to blue terrain

	Individual Assessment Activities LEVEL I		
	Monomark	Delayed Lead Change	Skating
Ski Performance	-Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) - Same ski tip leads, and lead amount, is maintained and consistent through both left and right turns (LC) -Skis maintain a parallel relationship the same distance apart (R) -Skis tip and turn at same time and rate (E, R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P)	-Skis maintain a parallel relationship the same distance apart (R) -Skis tip and turn at same time and rate (E, R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead change of the skis occurs at or after fall line (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	One ski glides on outside edge, then tips to inside edge to create a platform to move from (E) -Other; lifted ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow. (R) -Lifting and gliding repeat to propel the skier forward (P_{SS}/E) -Skis diverge more when going slow and diverge less as speed increases (R) -Ski on snow bends from center (P_L)
Body Performance	-Leading / trailing foot separation is consistent through both turns (LC) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs turn consistently from hip socket under a stable upper body (R) -Both legs rotate at same rate (R) -Body is directed toward new turn (R) -Tipping movements and angulation start with the feet and legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS})	-Tipping movements and angulation start with the feet and legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS}) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R)	-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically (P_{SS}/P_L/E) -Return unweighted foot alongside and diverging from the weighted foot -Flex joints while on new gliding ski to prepare for extension at weight transfer Tactics (P_L)
Tactics	-Demonstrate a series of turns one ski leading, then the other -Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Tempo from outside edge to inside edge, and ski to ski is consistent -Cat track, beginner slope, or similar

	Versatility LEVEL I		
	Varying Turn Shape, Size, and Line		
	The following assessment activities are used to assess the ability to vary turn shape, turn size, lead change, and line as needed or prescribed. They require the ability to adapt to terrain challenges and increased speed. Each assessment activity requires tactical solutions to blend lead change, pressure, rotational, and edge-control skills and fundamentals effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes.		
	Medium Telemark Turns; On and Off-Piste	Telemark Free Skiing (Variations of DIRT)	
Ski Performance	-Parallel skis leave roundish linked turns -Skis tip and turn at same time and rate in most turns (E, R) -Skis maintain a parallel relationship the same distance apart (R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead and edge change of the skis occurs simultaneously during the initiation phase (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Skis make roundish, linked turns that flow smoothly at a controlled speed in most turns -Skis maintain a parallel relationship the same distance apart (R) -Skis steer, edge and rotate, at same time and rate in most turns (E, R) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Skis bend from center in majority of turns (P_L) -Skis maintain contact with the snow (P_M)	
Body Performance	-Tipping movements and angulation start with the feet and legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R) -Flex/extend joints and adjust fore/aft to stay in balance (P_L) -Direct more pressure towards the outside ski (P_{SS})	-Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R) -Turns are completed across the fall line to control speed -Flex and extend to promote ski/snow contact and smooth skiing (P_M) -Adjust fore/aft stance and lead change to maintain balance (P_L) -Direct pressure towards the outside ski (P_{SS})	
Tactics	-Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Pole plant is present and supports stability of the torso -Control speed through turn shape -May be small bumps or irregular snow surface -Green or blue terrain	

Telemark Skiing Fundamentals Relative to the Skills Concept, LEVEL II	
Lead Change	Control the size, intensity, and timing of the lead change (LC)
Pressure Control	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis (P_L)
Pressure Control	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski (P_{SS})
Rotational Control	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body (R)
Edge Control	Control edge angles through a combination of inclination and angulation (E)
Pressure Control	Regulate the amount of pressure created through ski/snow interaction (P_M)

Individual Assessment Activities LEVEL II

The following Assessment Activities are used to assess the adaptation and blending of the Technical Fundamentals as prescribed. Each activity highlights lead change, pressure-, rotational-, and edge-control skills and accompanying fundamentals. Competency in performing these Assessment Activities contributes to mastering the skills and fundamentals. Assessment Activities are described relative to ski and body performance, and tactical requirements.

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

	Telemark Shuffle Turns	Telemark Linked Sideslips	Telemark Hockey Stop
Ski Performance	-Skis shuffle from lead change to lead change while moving (LC) -Ski remain parallel while shuffling (R) -Skis bend near center (P_L/P_{SS}) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Ski movements are continuous and progressive (LC) -Skis may pause in/near initiation phase	-Skis start in an Alpine straight run, -Skis remain flat, edges not engaged -Skis pivot 90° to a Telemark sideslip -Skis pivot 90° to an Alpine straight run -Skis pivot 90° to a Telemark sideslip in the other direction -Repeat -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Skis are turned simultaneously at a consistent rate, and remain mostly parallel -Skis pivot under center of foot -Skis bend from the center	-Skis bend from center -Skis run flat in fall line -Skis rotate 90 degrees before engaging edges -Lead and edge change of the skis occurs simultaneously during pivot initiation (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Edge angles are mostly the same (E) -Skis maintain a mostly parallel relationship the same distance apart (R) -Skis sideslip to a complete stop while perpendicular to fall line (E)
Body Performance	-Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support (P_L) -Lower legs remain parallel (E) -Divide weight equally between feet (P_{SS}) -Turn skis with leg rotation under disciplined upper body (R)	-Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Rotary movements come from feet and legs under disciplined upper body (R) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Angulation supports edge control and lateral balance while the skis slip sideways (E) -Flex joints proportionately to keep center of mass over base of support (P_L) -Counter is developed and maintained while slipping	-Rotary movements come from feet/legs under disciplined upper body (R) -Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Angulation supports edge control and lateral balance -Direct pressure toward downhill foot while slipping and to stop (E) -Flex joints proportionately to keep center of mass over base of support (P_L)

Tactics	-Lead change/length is mostly consistent -Groomed green to blue terrain	-Pressure maintained on both boot cuffs through ankle flexion -Fall-line maneuver, corridor is less than 1 cat track -Groomed green to easy blue terrain	-Skis slip and stop in fall line -Groomed blue terrain

	Individual Assessment Activities LEVEL II		
	Monomark	Telemark Railroad Tracks	Skating
Ski Performance	-Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) - Same ski tip leads, and lead amount, is maintained and consistent through both left and right turns (LC) -Skis are parallel the same distance apart (R) -Skis tip and turn at similar time and rate (E, R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P)	-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 -Ski tracks show carved arcs with two parallel lines in snow -Skis bend from center (P_L) -Lead change is progressive (LC) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC)	-One ski glides on outside edge, then tips to inside edge to create a platform to move from (E) -Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow. (R) -Lifting and gliding repeat to propel skier forward (P_{SS}/E) -Skis diverge more when going slow and diverge less as speed increases (R) -Ski on snow bends from center (P_L)
Body Performance	-Leading/trailing foot separation is consistent through both turns (LC) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS}) -Legs turn consistently at same rate from hip socket under disciplined upper body (R) -Body is directed toward new turn (R) -Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Lower legs remain parallel (E)	-Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support (P_M/P_L)	-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically (P_{SS}/P_L/E) -Return unweighted foot alongside and diverging from the weighted foot -Flex joints while on new gliding ski to prepare for extension at weight transfer (P_L)
Tactics	-Show a series of turns with the same ski leading, then, one shuffle to a series of turns with the other ski leading -Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Corridor is fall line oriented, one cat track -No pole touch is present -Green terrain	-Tempo from outside edge to inside edge, and ski to ski is consistent -One cat track -Green slope, or similar

	Individual Assessment Activities LEVEL II		
	Telemark Outside Ski Turns	Telemark Straight Run with Hop	
Ski Performance	-Inside ski tip may be on or off the snow and tail is raised off the snow from mid initiation through mid-finish phases -Outside ski bends through all turn phases -Inside ski is placed on snow and drops back in mid-finish phase (P_{SS}) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski by finish phase (LC) -Outside ski bends through all turn phases -Outside ski leaves brushed track in snow	-Skis take off and land at same time with telemark lead, trailing ski tip about mid-way between lead ski tip and binding (LC) -Lead change of the skis occurs simultaneously in the air (LC) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Skis remain parallel (R) -Skis remain flat, edges are not engaged (E) -Skis bend near center and the same amount (P_L)	
Body Performance	-Flex leg to raise inside ski during initiation phase and extend leg to return ski to snow in telemark position in mid-finish phase (P_{SS}) -Trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS}) -Angulate to control edge angel of outside foot/leg -Flex or extend to maintain fore/aft balance -Rotate legs and tip ski(s) under a disciplined upper body (R)	-Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Prior to and upon landing, trailing femur becomes perpendicular to top sheet of ski, and ankles remain flexed (LC) -Extend joints with intent, so skis leave snow at same rate and time (P_M) -Feet pass simultaneously in air (LC) -Flex joints proportionately and adjust lead to keep center of mass over base of support (P_L) -Lower legs remain parallel(E) -Divide weight evenly between feet (P_{SS})	
Tactics	-Gentle green to easy blue terrain	-Repeat several times, changing lead ski each time -Easiest green groomed terrain	

	Versatility LEVEL II		
	Varying Turn Shape, Size, and Line		
	The following assessment activities are used to assess the ability to vary turn shape, turn size, lead change, and line as needed or prescribed. They require the ability to adapt to terrain challenges and increased speed. Each assessment activity requires tactical solutions to blend lead change, pressure, rotational, and edge-control skills and fundamentals effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes. **Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).**		
	Medium Telemark Turns; On and Off-Piste	Short Telemark Turns; On and Off-Piste	Telemark Bumps
Ski Performance	-Parallel Skis make different sized, linked turns that flow smoothly over varied terrain -Skis steer through turn, or may be carved in phases (E) -Skis bend and turn from center in majority of turns (P_L) -Skis edge simultaneously, commensurate with terrain (E) -Skis maintain contact with the snow when appropriate (P_M) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead change of skis may occur with edge change or be delayed based on terrain and/or conditions (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis turn in a short radius leaving round narrow brushed to carved tracks -Skis change edges simultaneously at initiation (E) -Skis travel forward through the arc of the turn (E) -Skis edge and bend most in shaping phase (E, P_M) -Both skis tip similar amount throughout turn (E) -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Skis turn over, against, and around bumps -Skis turn at same time and rate in as round a line as possible -Skis mostly maintain contact with the snow (P_M) -Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain (P_L) -Skis edge/flatten at same time, although edge angles may vary due to terrain (E) -Lead and edge change of the skis may occur at different rates and times due to terrain (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Skis maintain a mostly parallel relationship the same distance apart (R)
Body Performance	-Vary turn size, flex and extend to promote ski/snow contact over uneven terrain (P_M) -Adjust fore/aft stance and lead change to maintain balance (P_L) -Turning movements are progressive, appropriate to the terrain (R) -Rotate legs and edge skis from the lower body, under disciplined upper body (R, E) -Skis maintain contact with snow unless deliberate jump (P_M) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)	-Transfer weight early, engage edges, and direct pressure towards the new outside ski (P_{SS}, E) -Orient the upper body down the hill (R) -Rotate legs under disciplined upper body (R) -Subtle fore/aft and lead change adjustments maintain balance (P_L, LC) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain parallel (E)	-Turn feet/legs simultaneously under disciplined upper body (R) -Engage edges to shape turns to match terrain (E) -Maintain relatively level disciplined upper body so legs/spine can flex/extend to absorb terrain and maintain ski/snow contact (P_M) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain mostly parallel and knees do not touch (E) -Feet may pass at different phases of turn (LC)

Tactics	-Pole touch is present and supports stability of upper body -Speed down the hill may vary, but does not get out of control -Groomed and Ungroomed blue terrain	-Pole touch corresponds with edge change -Corridor is approximately one snowcat track wide -Groomed or Ungroomed blue terrain -Link turns of consistent size and speed	-Look ahead to choose a smooth line over, against, and around bumps -Pole plant provides timing and stability for upper body -Turn shape and line control speed -Blue Bumps -Task may be short radius turns or medium radius turns

	Versatility LEVEL II		
	Telemark Lane Changes	Telemark Rhythm Changes	
Ski Performance	-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 -Parallel skis turn in a short radius in fall line leaving round brushed to carved tracks -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis make different sized, linked turns that flow from turn to turn -Skis leave brushed tracks or may be carved in phases -Skis bend and turn from center in majority of turns (PL) -Skis edge and tip mostly at same time (E) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead and edge change of the skis occurs simultaneously (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Skis maintain a parallel relationship the same distance apart (R)	
Body Performance	-Adjust degree of counter to coincide with the radius of upcoming turns (R) -Rotate legs under a disciplined upper body (R) -Flex ankles, knees, hips/spine to manage pressure in first turn of series (P_M) -Tipping movements and angulation start with the feet/legs and are at the same rate and time (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain parallel (E)	-Vary turn size, flex and extend to promote ski/snow contact -Rotate legs and edge skis from the lower body, under a disciplined upper body (R) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Adjust fore/aft stance and lead change to maintain balance (P_L, LC) -Turning movements are progressive, appropriate to size of turn (R) -Lower legs remain parallel (E)	
Tactics	-Rhythm of short turns and speed are consistent -Blue terrain	-Pole plant is present and supports stability of the upper body -Speed down the hill may vary, but does not get out of control -Blue terrain	

Telemark Skiing Fundamentals Relative to the Skills Concept, LEVEL III	
Lead Change	Control the size, intensity, and timing of the lead change (LC)
Pressure Control	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis (P_L)
Pressure Control	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski (P_{SS})
Rotational Control	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body (R)
Edge Control	Control edge angles through a combination of inclination and angulation (E)
Pressure Control	Regulate the amount of pressure created through ski/snow interaction (P_M)

Individual Assessment Activities LEVEL III

The following Assessment Activities are used to assess the adaptation and blending of the Technical Fundamentals as prescribed. Each activity highlights lead change, pressure-, rotational-, and edge-control skills and accompanying fundamentals. Competency in performing these Assessment Activities contributes to mastering the skills and fundamentals. Assessment Activities are described relative to ski and body performance, and tactical requirements.

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

	Telemark Shuffle Turns	Telemark Pivot Slips	Telemark Dead Stop Turn
Ski Performance	-Ski remain parallel while shuffling (R) -Skis bend near center (P_L/P_{SS}) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Ski movements are continuous and progressive (LC)	-From a telemark sideslip, ski tips turn downhill as skis pivot 180° to sideslip in other direction -Repeat -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Skis are turned simultaneously at a consistent rate, and remain mostly parallel (R) -Skis pivot under center of foot (R) -Skis bend from the center (P_L) -Ski tips pass near fall line (LC)	-Skis start and stop perpendicular to the fall line, in a telemark stance -Skis maintain a parallel relationship the same distance apart (R) -Skis tip and turn at same time and rate (E, R) -Lead and edge change of the skis occurs simultaneously during the initiation phase (LC, E) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P_L/P_{SS}) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)
Body Performance	-Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support (P_L) -Lower legs remain parallel (E) -Turn skis with leg rotation under disciplined upper body (R) -Shuffling continues without interruption from turn to turn	-Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Rotary movements come from feet and legs under disciplined upper body(R) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Angulation supports edge control and lateral balance while the skis slip sideways (E) -Flex joints proportionately to keep center of mass over base of support (P_L) -Counter is developed and maintained while slipping (R)	-Tipping movements and angulation start with feet/legs at the same rate and time (E) -Lower legs remain parallel (E) -Center of Mass crosses from the inside of one turn to the inside of the next turn in the transition (P_{SS}) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R)

Tactics	-Lead change size is consistent -Lead changes[1] -Groomed green to blue terrain	-Pressure maintained on both boot cuffs through ankle flexion -Corridor is less than 1 cat track -Groomed blue terrain	-Begin from a "dead" stop -Pole touch corresponds with edge change -Control speed with turn shape -Green or blue terrain
	Individual Assessment Activities LEVEL III		
	Monomark	Telemark Railroad Tracks	Telemark Leapers
Ski Performance	-Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) - Same ski tip leads, and lead amount, is maintained and consistent through both left and right turns (LC) -Skis are parallel the same distance apart (R) -Skis tip and turn at similar time and rate (E, R) -Both skis tip similar amount throughout turn (E) -Skis bend from center (P)	-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 -Ski tracks show carved arcs with two parallel lines in snow -Skis bend from center (P_L) -Lead change is progressive (LC) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC)	-Skis are edged at initiation, edge and lead change occurs simultaneously in the air (E, P_M) -Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis (E) -Skis turn from the center throughout the task (R, P_L) -Skis bend from center (when on snow) (P_L) -Skis leave snow at same time (P_M) -Skis land at same time with telemark lead, trailing ski tip about mid-way between lead ski tip and binding (P_M, LC)
Body Performance	-Leading/trailing foot separation is consistent through both turns (LC) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Center of Mass crosses from the inside of one turn to the inside of the next turn during transition (P_{SS}) -Legs turn consistently at same rate from hip socket under disciplined upper body (R) -Body is directed toward new turn (R) -Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Lower legs remain parallel (E)	-Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Lower legs remain parallel (E) -Trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Flex joints proportionately to keep center of mass over base of support (P_M/P_L)	-Time extension with intent to change edges and lead in the air (P_M, LC) -Flex upon landing to manage forces (P_M) -Shape turn by tipping feet and lower legs at same rate and time (E) -Feet pass simultaneously in air (LC) -Upon landing, trailing femur becomes perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Angulate to direct pressure toward outside foot (E) -Rotate legs at a consistent rate under a disciplined upper body throughout turn (R)
Tactics	-Show a series of turns with the same ski leading, then, one shuffle to a series of turns with the other ski leading -Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain	-Corridor is fall line oriented, one cat track -No pole touch is present -Green terrain	-Blue terrain

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	Individual Assessment Activities LEVEL III		
	Telemark Hop Turns	Skating	Telemark Inside Ski Turns
Ski Performance	-Skis leave the ground and rotate at the same time (P_{SS}, R) -Skis are mostly parallel through take off, rotation, and landing (R) -Pivot point is under the foot (P_L) -Lead and edge change of the skis occurs simultaneously in the air (LC, E) -Skis land at same time with telemark lead, trailing ski tip about mid-way between lead ski tip and binding (LC) -Skis leave edged tracks at the same angles in the snow (E)	-One ski glides on outside edge, then tips to inside edge to create a platform to move from (E) -Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow. (R) -Lifting and gliding repeat to propel skier forward (P_{SS}/E) -Skis diverge more when going slow and diverge less as speed increases (R) -Ski on snow bends from center (P_L)	-Inside ski lifts in finish phase through initiation as it becomes the outside ski (P_{SS}) -Only one ski is on the snow prior to edge change (P_{SS}, E) -Raised ski is relatively level to the snow (P_L) -New outside ski returns to snow with lead change in shaping phase, and bends from center (P_{SS}, LC, P_L) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC)
Body Performance	-Time extension with intent and edge release (P_M) -Skis are turned in the air with counter rotation of upper and lower body (R) -Separate upper/lower body, flex, and weight outside ski to balance at finish (R, P_{SS}) -Use a blocking pole plant to stop upper body rotation (R) -Feet pass simultaneously in air (LC) -Upon landing trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)	-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically (P_{SS}/P_L/E) -Return unweighted foot alongside and diverging from the weighted foot -Flex joints while on new gliding ski to prepare for extension at weight transfer (P_L)	-Turn ski(s) at a consistent rate through all 3 turn phases (R) -Legs are steered under a disciplined upper body (R) -In the shaping phase, extend the outside leg, place the ski on the snow creating lead change, and angulate to direct pressure onto the outside ski (P_{SS}, E) -Direct pressure towards the outside ski from shaping phase through finish phase (P_{SS}) -Lead change continues until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Lower legs remain parallel (E) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)
Tactics	-Groomed Green Terrain	-Tempo from outside edge to inside edge, and ski to ski is consistent -One cat track -Green slope, or similar	-Demonstration may be steered or carved depending on terrain and speed -Green to blue terrain

	Individual Assessment Activities LEVEL III		
	Telemark Retraction Turns		
Ski Performance	-Skis change edges simultaneously at initiation (E) -Skis travel forward through the arc of the turn (R) -Skis edge and bend most in shaping and finish phases (P) -Pressure from the snow turns the skis from the shaping to finish phase (P) -Both skis tip similar amount throughout turn (E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead and edge change of the skis occurs simultaneously during the initiation phase, (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)		
Body Performance	-Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski (P_{SS}, E) -Direct the upper body towards the apex of upcoming turn (R) -Center of Mass crosses from the inside one turn to the next in the transition (P_{SS}) -Knees and hips are quickly and considerably flexed through transition, and extend through shaping (P_M) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Legs are steered under a disciplined upper body (R)		
Tactics	-Pole touch corresponds with edge change -Control speed through turn shape -Groomed blue terrain		

	Versatility LEVEL III		
	Varying Turn Shape, Size, and Line		
	The following assessment activities are used to assess the ability to vary turn shape, turn size, lead change, and line as needed or prescribed. They require the ability to adapt to terrain challenges and increased speed. Each assessment activity requires tactical solutions to blend lead change, pressure, rotational, and edge-control skills and fundamentals effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes. **Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).**		
	Medium Telemark Turns; On and Off-Piste	Short Telemark Turns; On and Off-Piste	Long Telemark Turns, On and Off-Piste
Ski Performance	-Parallel Skis make different sized, linked turns that flow smoothly over varied terrain -Skis steer through turn, or may be carved in phases (E) -Skis bend and turn from center in majority of turns (P_L) -Skis edge simultaneously, commensurate with terrain (E) -Skis maintain contact with the snow when appropriate (P_M) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead change of skis may occur with edge change or be delayed based on terrain (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis turn in a short radius leaving round narrow brushed to carved tracks -Skis change edges simultaneously at initiation (E) -Skis travel forward through the arc of the turn (E) -Skis edge and bend most in shaping phase (E, P_M) -Both skis tip similar amount throughout turn (E) -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis turn in a medium to long round, carved tracks (E) -Edged skis are bowed, creating arcs with no to minimal sideways travel (E) -Skis travel forward through the arc of the turn (E) -Skis edge and bend most in the shaping phase (E, P_M) -Both skis tip similar amount throughout turn (E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead and edge change of the skis occurs simultaneously during the initiation phase (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)
Body Performance	-Vary turn size, flex and extend to promote ski/snow contact over uneven terrain (P_M) -Adjust fore/aft stance and lead change to maintain balance (P_L) -Turning movements are progressive, appropriate to the terrain (R) -Rotate legs and edge skis from the lower body, under disciplined upper body (R, E) -Skis maintain contact with snow unless deliberate jump (P_M) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of trailing ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)	-Transfer weight early, engage edges, and direct pressure towards the new outside ski (P_{SS}, E) -Orient the upper body down the hill (R) -Rotate legs under disciplined upper body (R) -Subtle fore/aft and lead change adjustments maintain balance (P_L, LC) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain parallel (E)	-Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski (P_{SS}, E) -Orient the upper body towards apex of upcoming turn (R) -Subtle fore/aft adjustments keeps center of mass balanced over base of support (P_L) -Legs rotate under disciplined upper body (R) -Lower legs remain parallel (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC)
Tactics	-Pole touch is present and supports stability of upper body -Speed down the hill may vary, but does not get out of control -Groomed and Ungroomed blue terrain	-Pole touch corresponds with edge change -Corridor is approximately one snowcat track wide -Groomed or Ungroomed blue terrain -Link turns of consistent size and speed	-Pole touch corresponds with edge change -Link turns of consistent speed and size (about 3 snowcat tracks wide) -Groomed blue to black terrain

	Versatility LEVEL III		
	Telemark Bumps	Telemark Lane Change	Telemark Rhythm Change
Ski Performance	-Skis turn over, against, and around bumps -Skis turn at same time and rate in as round a line as possible -Skis mostly maintain contact with the snow (P_M) -Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain (P_L) -Skis edge/flatten at same time, although edge angles may vary due to terrain (E) -Lead and edge change of the skis may occur at different rates and times due to terrain (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Skis maintain a mostly parallel relationship the same distance apart (R)	-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 -Parallel skis turn in a short radius in fall line leaving round brushed to carved tracks -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis make different sized, linked turns that flow from turn to turn -Skis leave brushed tracks or may be carved in phases -Skis bend and turn from center in majority of turns (PL) -Skis edge and tip mostly at same time (E) -Trailing ski tip is about mid-way between leading ski tip and the toe binding (LC) -Lead and edge change of the skis occurs simultaneously (LC, E) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -Skis maintain a parallel relationship the same distance apart (R)
Body Performance	-Turn feet/legs simultaneously under disciplined upper body (R) -Engage edges to shape turns to match terrain (E) -Maintain relatively level disciplined upper body so legs/spine can flex/extend to absorb terrain and maintain ski/snow contact (P_M) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain mostly parallel and knees do not touch (E) -Feet may pass at different phases of turn (LC)	-Adjust degree of counter to coincide with the radius of upcoming turns (R) -Rotate legs under a disciplined upper body (R) -Flex ankles, knees, hips/spine to manage pressure in first turn of series (P_M) -Tipping movements and angulation start with the feet/legs and are at the same rate and time (E) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain parallel (E)	-Vary turn size, flex and extend to promote ski/snow contact -Rotate legs and edge skis from the lower body, under a disciplined upper body (R) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of the ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Adjust fore/aft stance and lead change to maintain balance (P_L, LC) -Turning movements are progressive, and appropriate to size of turn (R) -Lower legs remain parallel (E)
Tactics	-Look ahead to choose a smooth line over, against, and around bumps -Pole plant provides timing and stability for upper body -Turn shape and line control speed -Blue Bumps -Task may be short radius turns or medium radius turns	-Rhythm of short turns and speed are consistent -Blue terrain	-Pole plant is present and supports stability of the upper body -Speed down the hill may vary, but does not get out of control -Blue terrain

	Versatility LEVEL III		
	Pain in the S Telemark Turns	Telemark Short Radius to Pivot slips	
Ski Performance	-Dynamic short radius turns on a medium radius track -Skis should scribe several turns to get to, though, and out of fall line -Same level of ski design involvement no matter where turns are in relation to fall line -Parallel skis turn in a short radius leaving round, narrow brushed to carved tracks -Skis change edges simultaneously at initiation (E) -Skis travel forward through arc of the turn (E) -Skis edge and bend most in shaping phase (E, P_M) -Both skis tip similar amount throughout turn (E) -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC)	-Parallel skis turn in a short radius leaving round narrow brushed to carved tracks -Skis change edges simultaneously at initiation (E) -Skis travel forward through the arc of the turn (E) -Skis edge and bend most in shaping phase (E, P_M) -Both skis tip similar amount throughout turn (E) -Lead and edge change of the skis occurs simultaneously mostly during the initiation phase (LC, E) -Trailing ski tip is about mid-way between ski tip and the toe binding of the lead ski (LC) -Lead change of the skis is a progressive, continuous motion from turn to turn (LC) -From finish/transition of telemark turn, ski tips turn downhill as skis pivot 180° to sideslip in other direction -Skis are turned simultaneously at a consistent rate, and remain mostly parallel (R) -Skis pivot under center of foot (R) -Skis bend from the center (P_L) -Ski tips pass near fall line (LC)	
Body Performance	-Transfer weight early, engage edges, and direct pressure towards the new outside ski (P_{SS}) -Orient the upper body down the hill (R) -Rotate legs under disciplined upper body (R) -Match the inside ski with the actions of the outside ski (R) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Subtle fore/aft and lead change adjustments maintain balance -Tipping movements and angulation start with legs/feet and are at the same rate and time (E) -Lower legs remain parallel (E)	-Transfer weight early, engage edges, and direct pressure towards the new outside ski (P_{SS}, E) -Orient the upper body down the hill (R) -Rotate legs under disciplined upper body (R) -Subtle fore/aft and lead change adjustments maintain balance (P_L, LC) -Feet pass simultaneously until the leading knee is ahead of trailing knee, trailing femur is perpendicular to top sheet of ski, and ankles remain flexed (LC) -Trailing knee and ankle are flexed to pressure front of the boot and flex the bellows (LC) -Lower legs remain parallel (E) -Tipping movements and angulation start with feet/legs and are at the same rate and time (E) -Angulation supports edge control and lateral balance while the skis slip sideways (E) -Flex joints proportionately to keep center of mass over base of support (P_L) -Counter is developed and maintained while slipping (R)	

Tactics	-Pole touch corresponds with edge change -Link turns of consistent size and speed -Groomed terrain	-Link 3 or more Short Telemark Turns, followed by an equal number of pivot slips, and repeat at least 2 full cycles -Pole touch corresponds with edge change -Corridor is approximately one snowcat track wide -Turns are of consistent size and speed -Groomed blue terrain	

Additional Resources and FAQs

How to Register for an Event?

There are a few ways to register. You can register online through the Rocky Mountain website under the ‘Events” tab, or you can download an application form from the “Events” tab and email it to events@psia-rm.org. We do not accept phone registrations as you need to sign the waiver for the event and cannot complete that over the phone.

If online registration is closed, can I still register for an event?

Yes, you can still register for an event after online registration is closed, please download a form fillable PDF Event application from the “Events” tab and email it to events@psia-rm.org.

Resources:

The event calendar is available at: http://www.psia-rm.org

View the event cancellation policy on the PSIA-RM website

View the waitlist policy on the PSIA-RM website

View the CEU education requirement policy on the PSIA-RM website

For additional questions or concerns, please email events@psia-rm.org