TELE FUNDAMENTALS

Control the fore/ aft relationship of the center of mass to the base of support to manage pressure along the length of the skis

Control edge angles through a combination of inclination and angulation

Control the size, intensity, and timing of the lead change

Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski

Regulate the amount of pressure created through ski/snow interaction

Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body