

Telemark Bumps

Course Description

Improve your skills and refine your technique in the moguls. Participants will receive feedback on personal performance - may include video to enhance learning. Participants should be willing to venture into bump terrain within the intermediate and advanced zones.

Course Outcomes:

- Improve Telemark technique on bump terrain within the intermediate and/or advanced zones
- Gain confidence and learn tactics in the moguls with practice, feedback, and video
- Challenge your abilities in a supportive environment

Sample Activities:

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool tasks to hone personal skiing skills
- Video analysis
- Experiment with different lines through bumps, i.e., turn every bump, every second bump, medium radius turns through easy bumps

Materials Needed:

- Modern ski-area Telemark equipment

Telemark Fundamentals

