

Key Focuses for Fluid Skiing - by Cookie Hale and P.J. Jones

Feel It and Go with the Force! This indeed is fluid skiing. Performance skiing that is functional. Moving and flowing with gravity and friction.

Classically, ski instruction has been based on static positions and prescribed maneuvers. Now the world of ski instruction is looking more at skiing outcomes. We strive for skiing that is functional. Skiing fluidly and dynamically, all over the mountain is the goal.

Function determines form. The focus is on the forces, both the inner forces (those you create through movements) and the outer forces (those that are determined by the laws of physics).

Where we want to go, determines the forces we feel. What we feel, determines what we do. What we do, determines what we look like. We no longer teach positions or “looks”, but rather feeling the forces and moving with the forces.

KEY FOCUS/FUNCTION #1

Carriage/Dynamic Stance, Balance

(On the skis **IN** the Forces, **WITH** the Forces)



Stackitude: Dynamically stacked bones (balanced), all joints lined up so we can support the weight and pressure of the turn.

Loose: We are loose so we can feel the turn forces, support the forces, and move with them, managing them through the arc (momentum).

KEY FOCUS/FUNCTION #2

Total Motion - Pressure Management

(Loading the skis **IN** the Forces, **WITH** the Forces)



Bending/Unbending: Always managing the pressure/weight of the turn forces by bending/unbending (flexing/extending). Continuously, progressively, distributing pressure between both skis: The forces generated by the turn are distributed between both skis. This pressure distribution is constantly changing and varies with the turn shape, size, speed, terrain, conditions etc.

KEY FOCUS/FUNCTION #3

Versatility with Maximum Control over Track and Speed with Minimal Effort - Blend of Steering, Edging, Pressure Management with Balance

(Taking the momentum arc to arc, turn to turn, **IN** the Forces, **WITH** the Forces)



Tracks in all terrain and all conditions.

Turn sharpness from slipped, skidded, scarved, carved and arced. Turn shapes from “Z’s” to round “S’s”.

Turn sizes from short to long.

SKILLS ASSESSMENT CHECKLIST

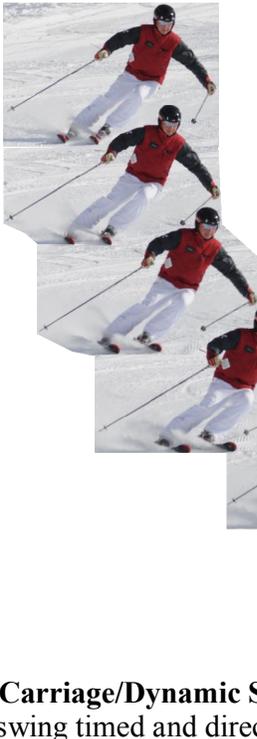
(Go with the force, go with the flow - Gravity and friction are “it” - We love skiing!)

While making ROUND medium radius, dynamic turns:

- Carriage/Dynamic Stance, Balance:** Are the bones stacked, joints aligned, balanced over the foot soles, continuously throughout the turn?
- Carriage/Dynamic Stance, Balance:** While the skis take a longer, outside track, and the upper body takes a shorter inside track, are the hips lined up with the lower body (the thighs and shins and feet) so that the legs can stay aligned and function to guide and tip the skis?
- Carriage/Dynamic Stance, Balance:** Is the upper body (from belly button up) guided and directed along the inside line, with the “zipperline” aimed at where going next? i.e. Is the upper body both coordinated with, yet separated from, the lower body to maintain dynamic balance while moving in and with the forces?
- Carriage/Dynamic Stance, Balance:** Is the pole swing timed and directed to move with the forces into the new turn?
- Carriage/Dynamic Stance, Balance:** Is the whole body “loose”, to be able to FEEL the forces and move with them, feeling the foot soles always; i.e. only functional muscular tension with stacked bones?
- Total Motion - Pressure Management:** Is there total motion, progressive and continual bending and unbending (flexion and extension) throughout the whole turn, matched with, and dependent upon, the turn shape/size/speed? *(Note: Maximum extension point is near the apex with maximum flexion between the bottom of the turn and edge change, so at edge change legs will be more bent regardless of whether flexing, extending or retracting at edge change.)*
- Total Motion - Pressure Management:** Is there bending/flexing of the legs at the bottom of the arc to reduce the pressure, to go with the force as well as progressive unbending/extension at the top of the arc moving the body foreagonally into the new turn?
- Total Motion - Pressure Management:** Is the total pressure of the forces continuously and progressively being distributed between the two feet, with the outside ski always being dominant; i.e. flowing up one leg and down the other? Does the apex mark the start of moving weight to the ‘new’ outside ski, as begin flexing, so that 50:50 at edge change and immediately followed by being more dominant on outside ski at top of turn?
- Total Motion - Pressure Management:** Is the weight distribution between the two feet always progressive and on-going, no “stepping”, more “two-footed”, with the maximum difference of weight between the two skis being dictated by the total forces of the turn?
- Steering/Guiding:** Is there continuous and even guiding and steering of the skis throughout the whole arc to scribe a “round” turn while maintaining and not disturbing the “cutting” of the skis as well as maintaining momentum arc to arc?
- Edging/Tipping:** Is the edging, tipping of the skis, smooth and progressive throughout the whole arc; coordinated and blended with the steering of the skis as well as the management of the pressure of the turn forces; i.e. the “blue angel” effect with edges engaged immediately at edge change by the tipping of the feet and shins?
- Blend:** At start of turn, do you/they feel the ski tips “hook-up” due to tipping and steering, not due to adding pressuring forward onto the tips, but by staying stacked and balanced over the foot soles and moving with the skis, with the forces while tipping and steering the skis?
- Blend:** Are the foot soles always “feeling” the forces flow into the skis, originating, conducting and coordinating the blending of the steering, edging and pressure management with the stacking of the bones, the aligning of the joints - moving in and with the forces, skiing from the sensitivity of the feet, loose and with total motion?

Key Focuses for Fluid Skiing - by Cookie Hale and P.J. Jones

Carriage/Dynamic Stance, Balance: Are the bones stacked, joints aligned, balanced over the foot soles, continuously throughout the turn?



Carriage/Dynamic Stance, Balance: While the skis take a longer, outside track, and the upper body takes a shorter inside track, are the hips lined up with the lower body (the thighs and shins and feet) so that the legs can stay aligned and function to guide and tip the skis?

Carriage/Dynamic Stance, Balance: Is the upper body (from belly button up) guided and directed along the inside line, with the “zipperline” aimed at where going next? i.e. Is the upper body both coordinated with, yet separated from, the lower body to maintain dynamic balance while moving in and with the forces?

Carriage/Dynamic Stance, Balance: Is the pole swing timed and directed to move with the forces into the new turn?

Carriage/Dynamic Stance, Balance: Is the whole body “loose”, to be able to FEEL the forces and move with them, feeling the foot soles always; i.e. only functional muscular tension with stacked bones?



Total Motion - Pressure Management: Is there total motion, progressive and continual bending and unbending (flexion and extension) throughout the whole turn, matched with, and dependent upon, the turn shape/size/speed? *(Note: Maximum extension point is near the apex with maximum flexion between the bottom of the turn and edge change, so at edge change legs will be more bent regardless of whether flexing, extending or retracting at edge change.)*

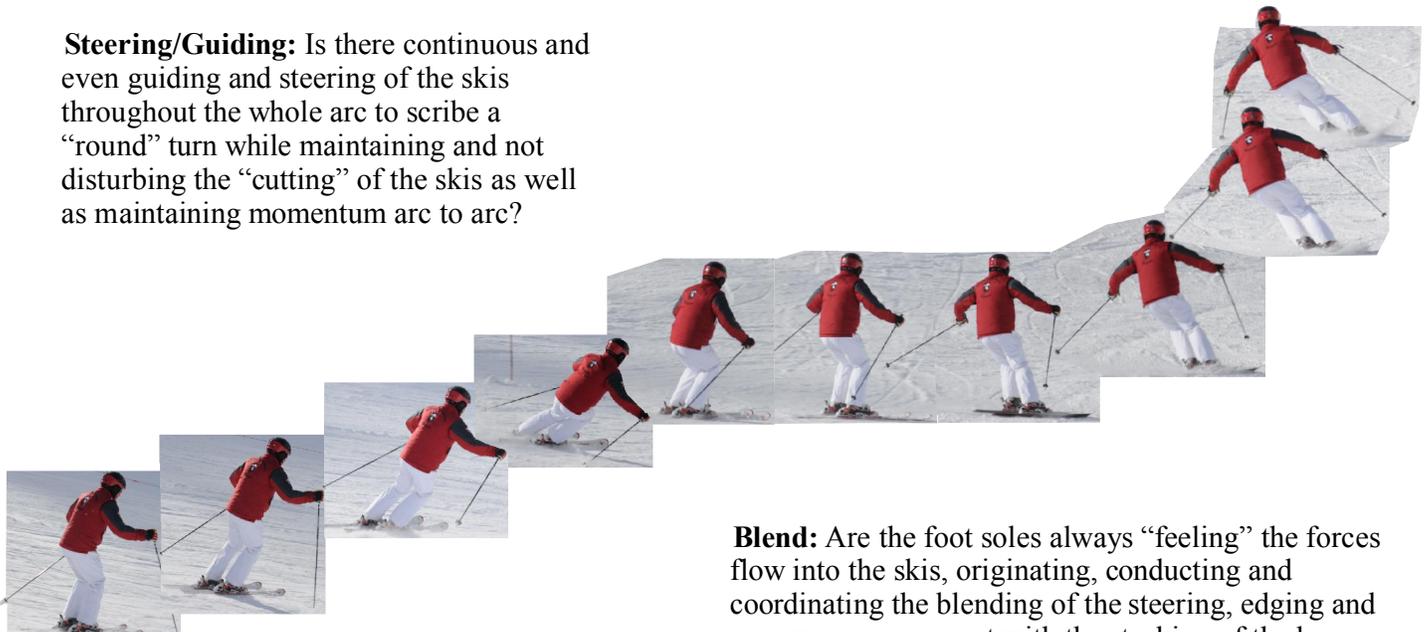
Total Motion - Pressure Management: Is there bending/flexing of the legs at the bottom of the arc to reduce the pressure, to go with the force as well as progressive unbending/extension at the top of the arc moving the body foreagonally into the new turn?

Total Motion - Pressure Management: Is the total pressure of the forces continuously and progressively being distributed between the two feet, with the outside ski always being dominant; i.e. flowing up one leg and down the other? Does the apex mark the start of moving weight to the 'new' outside ski, as begin flexing, so that 50:50 at edge change and immediately followed by being more dominant on outside ski at top of turn?

Total Motion - Pressure Management: Is the weight distribution between the two feet always progressive and on-going, no "stepping", more "two-footed", with the maximum difference of weight between the two skis being dictated by the total forces of the turn?

Edging/Tipping: Is the edging, tipping of the skis, smooth and progressive throughout the whole arc; coordinated and blended with the steering of the skis as well as the management of the pressure of the turn forces; i.e. the “blue angel” effect with edges engaged immediately at edge change by the tipping of the feet and shins?

Steering/Guiding: Is there continuous and even guiding and steering of the skis throughout the whole arc to scribe a “round” turn while maintaining and not disturbing the “cutting” of the skis as well as maintaining momentum arc to arc?



Blend: At start of turn, do you/they feel the ski tips “hook-up” due to tipping and steering, not due to adding pressuring forward onto the tips, but by staying stacked and balanced over the foot soles and moving with the skis, with the forces while tipping and steering the skis?

Blend: Are the foot soles always “feeling” the forces flow into the skis, originating, conducting and coordinating the blending of the steering, edging and pressure management with the stacking of the bones, the aligning of the joints - moving in and with the forces, skiing from the sensitivity of the feet, loose and with total motion?