

# Align with the forces

Aligned with the forces, **these are the actions performed for good skiers, to manage the forces that cross their system** as efficiently as possible.



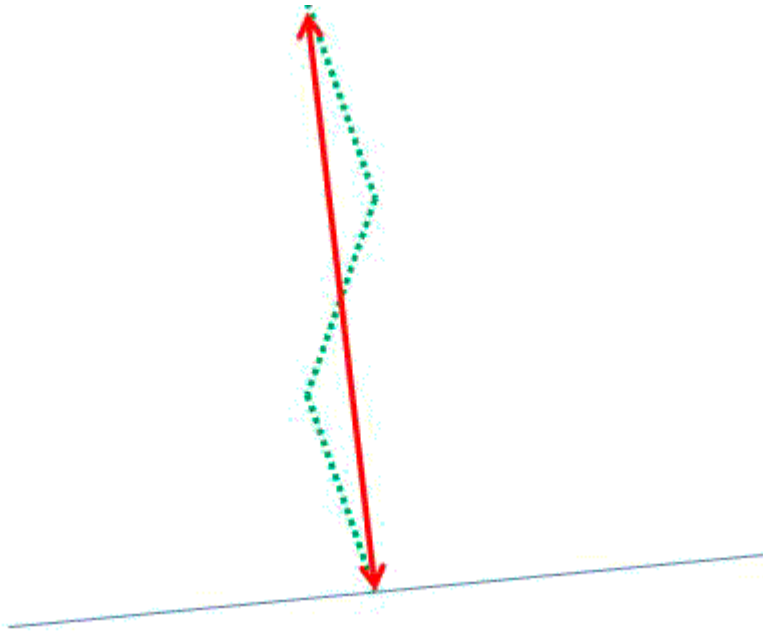
To ski efficiently, we need to create forces, resist forces and release the forces.

To manage the magnitude of the forces, we use the vertical movements.

We understand as vertical movements, those that occur on the perpendicular of the fulcrum or balance.

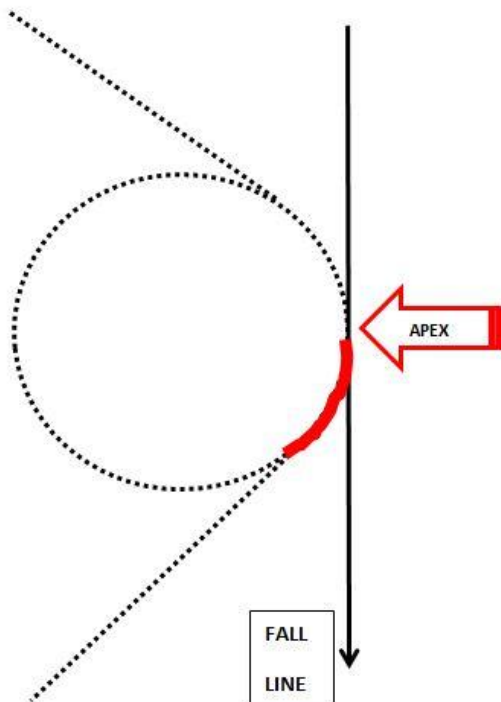
The vertical movement on the ski, is three-dimensional, that is produced in all directions. So speaking of 3D `s balance.

The more open angles are our joints, we will be able support higher forces, which occur with increasing the speed at which skied and / or reducing the radius of the curve.



Just keep in mind that although we could hypothetically support higher loads on the joints fully extended, in reality, this is counterproductive, since **our biomechanical not work synergistically in total length plus we would be virtually impossible to adapt to uneven terrain.**

The **point of the curve** where it will be aligned with the most important forces is **from the apex of the curve until we cross the fall line.** This way we can transfer more power to the next curve.



A couple of tips for achieving this are:

**I: Have the feeling that our outside leg is extended "long" on the support.**



**II: Rising the inside shoulder while we contract the abdominal oblique of the outside of the body.**



