The basic parallel turn

The basic parallel turn is the basic way in which we will begin to use all the key aspects that make up the art of skiing, constantly keeping the skis parallel.

From the base parallel rectilinear trajectories we link with curvilinear paths.

The base is a parallel technical standard that we must learn, practice and master.

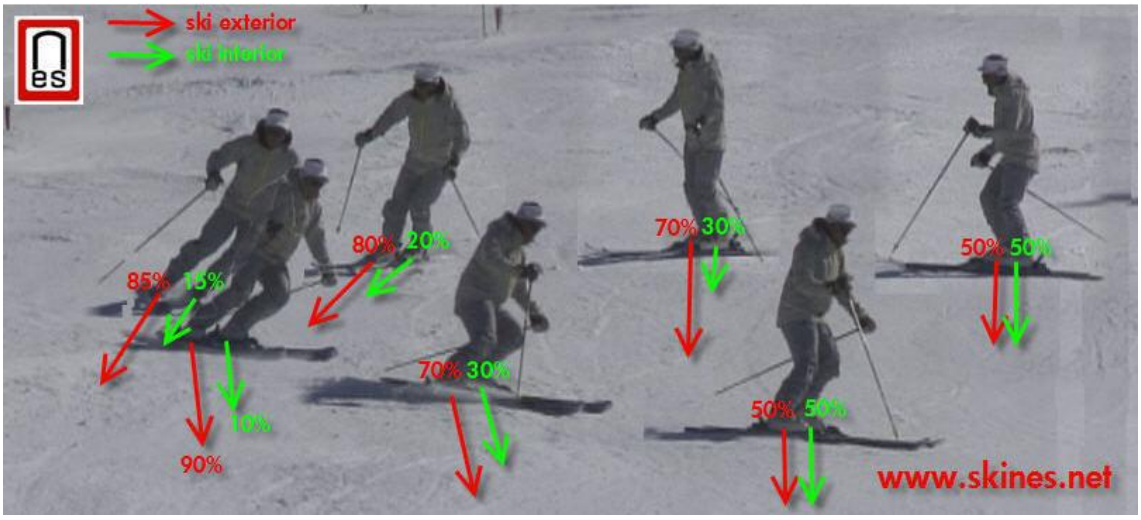
Since we started in this sport and for all levels of development will use it as a tool that will allow us to slide on snow in parallel, refine our technique, make appropriate adjustments to the material and facilitate our adaptation to environmental conditions that are in constant change.

To realize this, we have to master the diagonal, edges change, weigth transfer, the direction of the skis, driving and curve control.

-1. The diagonal
-2. The weight transfer.
-3. Edges change (roll-over).
-4. The direction of the skis.
-5. Driving.
-6. The curve control.

The coordinated use of these elements, we will result in parallel foundation.

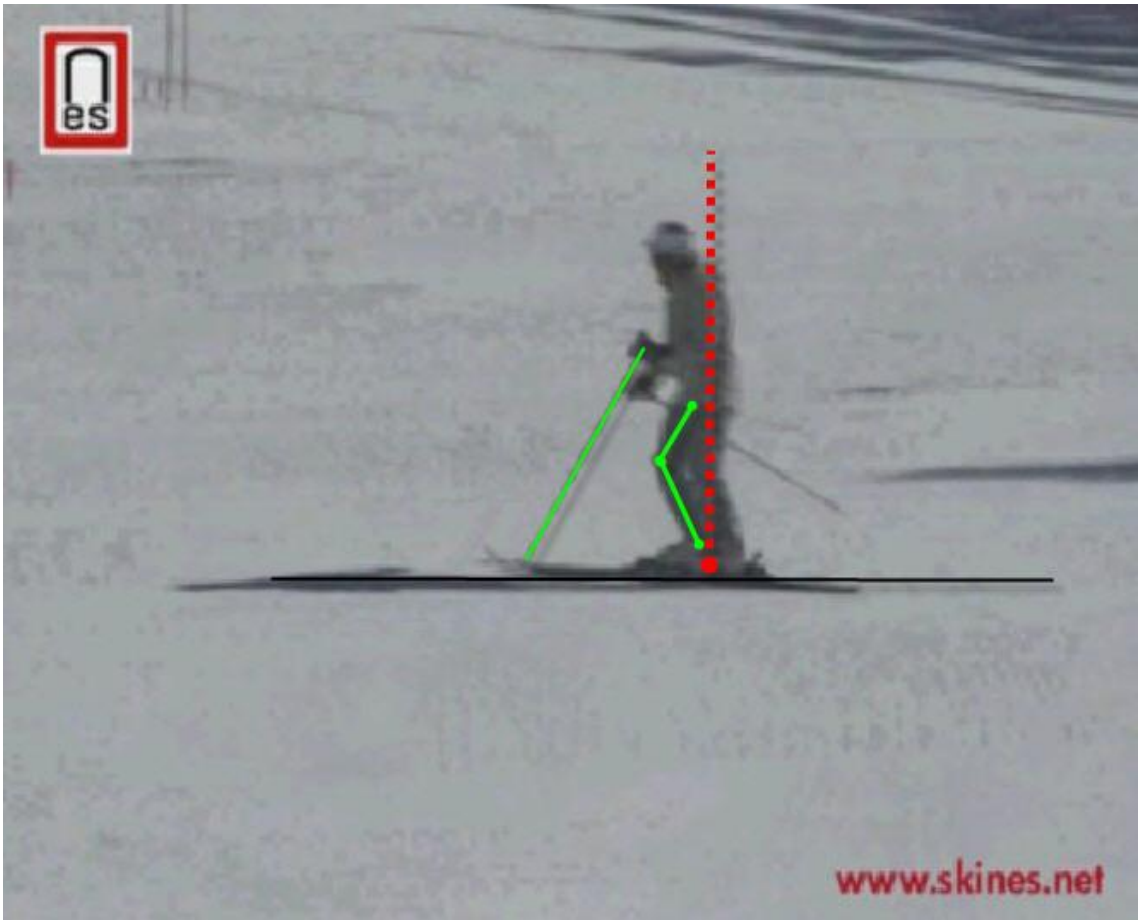
To achieve a good curve in parallel, will determine the proper distribution of the load on the inside and outside ski gradually.



The application of the elements of the parallel conducting base will vary depending on the technical level of the skier and effect sought. The higher the level, the actions focus on turn entry. Beginners and advanced levels, the actions to be sequenced harmonically from diagonal to diagonal input output.

The following describes the key points of the parallel elements of the base parallel:

--1. the traverse



Since the traverse depart with a focused attitude, with a predominant balance on the valley ski. On the traverse we will be able to make the change of support through increased leg flexion at uphill ski and preparation of pole plant.

-2. The weight transfer.

The uphill leg extension triggered supports change.

The pole plant, facilitate the advancement of hip ,enabling ankles and subsequent proyection within the turn facilitates edge change (roll-over) .

The ankle flexion, allows accurate transmission of our actions on the material and snow.

-3. Edges change (roll-over).

Once we changed the dominant support, we will perform edge change making operating the joints of the ankles, knees and hips to the inside of the curve.

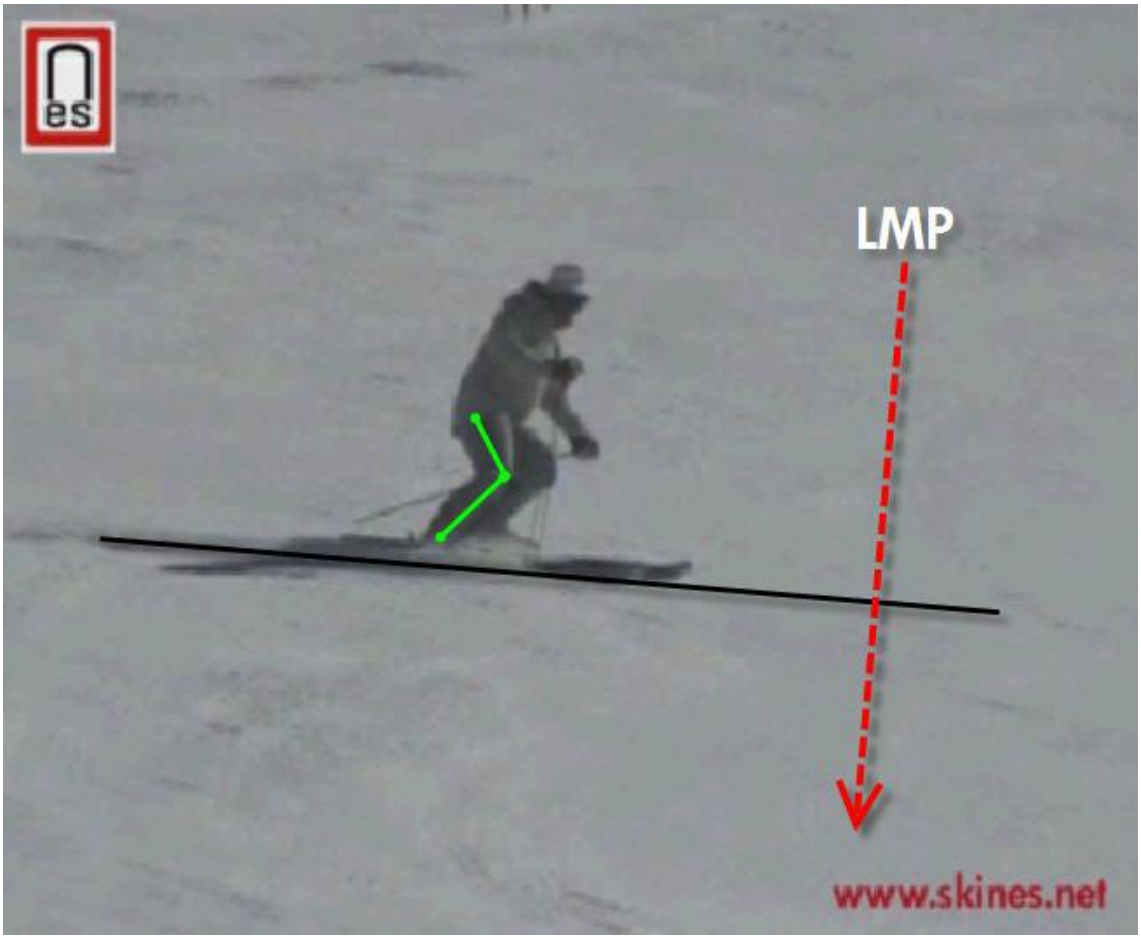
-4. The direction of the skis.

After performing the edge change, we can set the direction of the curve.
To steer the skis will make a pivoting about the center of the foot, activated by the movement of our legs to be moved independently of the trunk will remain slightly oriented toward the valley.

-5. Driving.

Once we making the edge set and the direction of the skis, we lead the curve projecting loads on the edges in the direction of travel.

6. The curve control.



Have we made the curve control when our path is perpendicular to the line of maximum slope (LMP) and we are focused on the outer ski.
The curve control will give us control over our actions and we can freely regulate both the speed and the direction of our skis.

Love & Respect

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