

SKI CONCEP GUIDE

***BASIC**

ATHLETIC

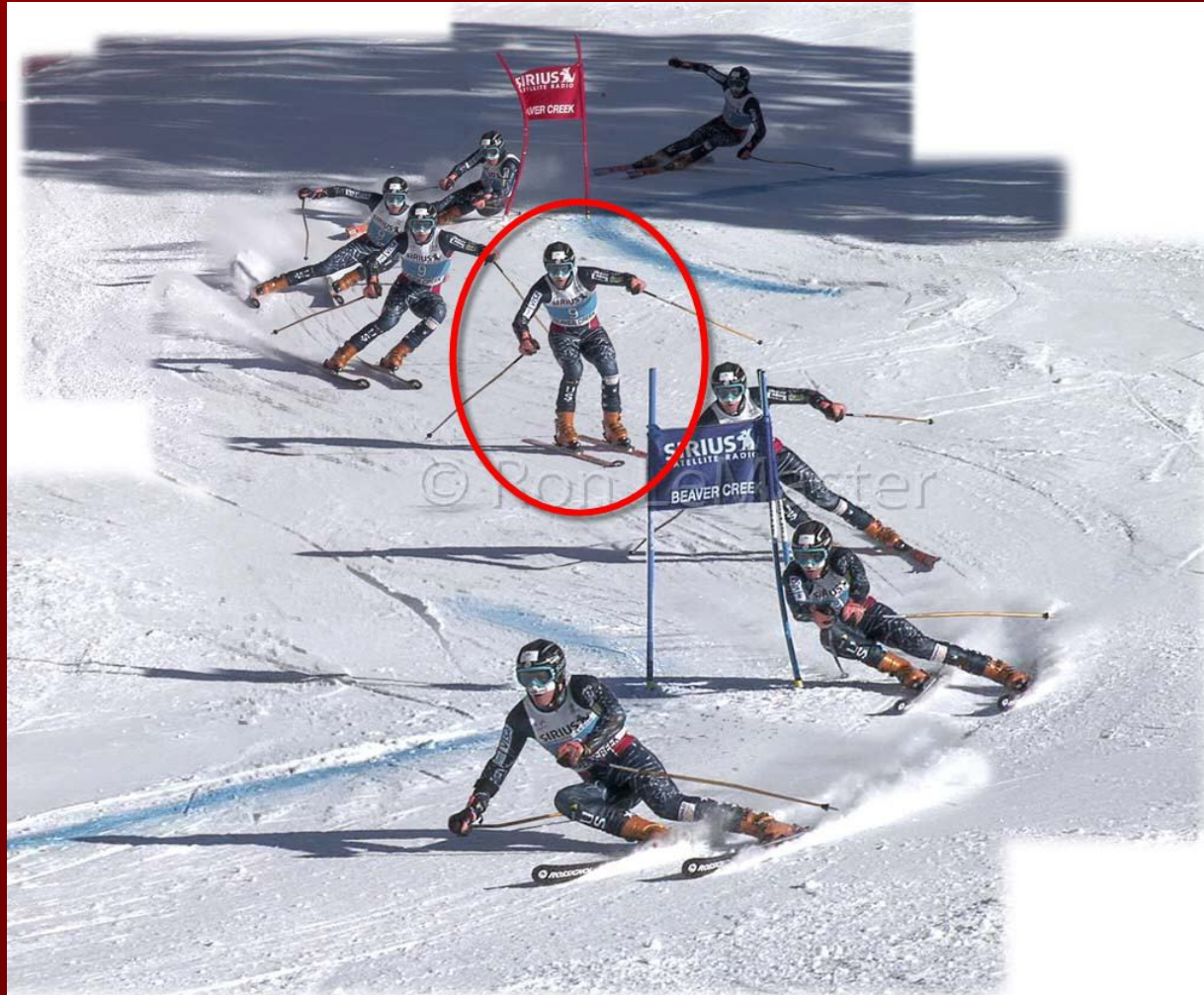
POSITION

Photos: Ron Le Master



www.skines.net

BASIC ATHLETIC POSITION



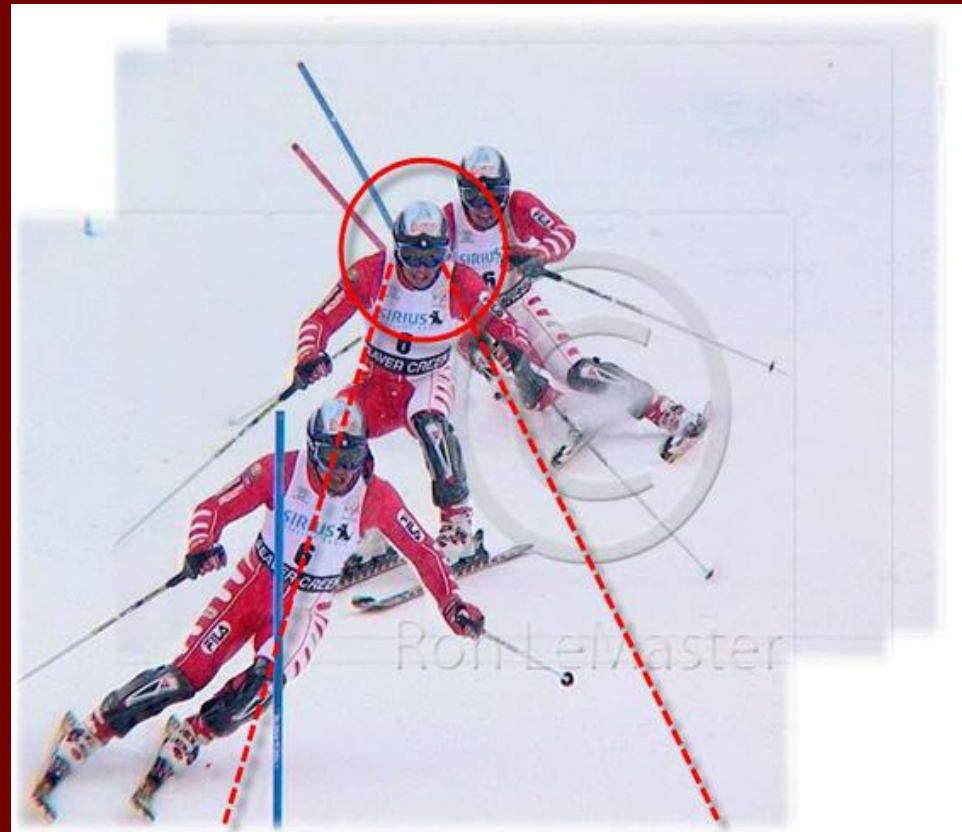
BASIC ATHLETIC POSITION

- Looking: ahead , anticipating path and motion.
- Core: leaning forward ,orientated to the fall line. Adjusting forces.
- Arms and shoulders: in front of the body ,relax and usefull.Horizontal with the pitch of the slope.
- Hips: sensitive and comunicating with feet,in the same direction of paralell skis . High and rolling forward .
- Knees: independent, paralell and synergy.Pointing the tip of the skis.
- Ankles: sensitive, activs, flex, promoting edging and roll-over.
- Feet (skis): paralell, symetrics and working on the snow.



BASIC ATHLETIC POSITION

Looking: ahead ,
anticipating path
and motion.



BASIC ATHLETIC POSITION

Core: leaning forward ,
orientated to the fall line.
Adjusting forces.



BASIC ATHLETIC POSITION

- Arms and shoulders: in front of the body , relax and usefull.

Horizontal with the pitch of the slope.



BASIC ATHLETIC POSITION

- Hips: sensitive and communicating with feet, in the same direction of parallel skis. High and rolling forward.



BASIC ATHLETIC POSITION

- Knees: independent, parallel and synergics. Pointing the tip of the skis.



BASIC ATHLETIC POSITION

- Ankles: sensitive, active, flex, promoting edging and roll-over.
- Feet (skis): parallel, symmetric and working on the snow .

