

The WEDGE

The wedge is a fundamental element of the art of skiing. The primary endpoint of the wedge is to control the speed and direction that we ski.

The wedge is used since we started in skiing and from that moment it will be a tool we use every time we put the skis.

Children who learn to ski, naturally, "playing" wedge used instinctively, because this attitude on the skis, has a number of features that complete a rudimentary way, the fundamentals of skiing: the "position" the "balance" and "motion".



The attitude wedge, is a pattern of movement that we must learn from the combination of free practice, instruction, and individual reflection, and that this pattern of movement is not natural in our motor skills, but to learn and use, we can make more natural in our adaptation controlled sliding on snow.

In wedge position, the skis are converging and adopting that position, naturally increase our balance, increasing the base of support and we will be on the inner edges of the skis that are our main support to slow and control the direction of the skis.



Image taken from the DVD "Ski School Sports" Vol.1

When the skis are converging , automatically legs will be prepared to make a left or right curve on the outer ski, this will depend on that leg, activates both directional and loading predominant movement,.

When we are able to use the wedge to keep our balance on skis, stop, control speed and steer the direction in which we move, we have created a multi-purpose tool that can be very useful to us to evolve our skiing.



Image taken from the DVD "Ski School Sports" Vol.1

There are many ways to make the wedge (Form 1, Form 2, Form 3, for flexion, extension, rotation, etc) but more important than the type of wedge that we are doing, is why?, We used the wedge. It is very handy to know the different embodiments of the wedge, to accommodate individual differences and variations in the environment, until we get to stay in balance, stop, control speed and direction. But once we have achieved these goals and we can ski in parallel, adapting a motor pattern nearest natural as walking, the wedge and its variations, can help us to evolve our skiing technique, creating, showing and refining , technical gestures that bring us closer to mastery of the sport.

Some of the objectives to help us achieve, using the wedge are:

1. -Centrality.
2. -Visual and cognitive anticipation.
3. -Differentiation of the lower and upper.
4. Control-relationship with the inclination of the track.
5. -Identify the phases of the curve.
6. Differentiation-leg work outside and inside leg.
7. -Ankle flexion and pronation of the foot.
8. Outer ski carving.
9. -Rotation of the knees on the femoral head.
10. -The neutralization of the hip.
11. -The orientation of the trunk.
12. -Leveling.
13. -The gradual and pace of movements.
14. -Positioning arms.
15. -The mechanics of using ski poles



"The wedge is like a Swiss army knife, a multitool skiing."

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