

The fundamental change:

The fundamental change is the transition from parallel diagonal on one leg to the other by a curve in which we use the wedge.

To realize this, we have to dominate the opening wedge, cruise control wedge, wedge curves and the basic attitude on the diagonal.



The fundamental shift include fundamentals of skiing technique, such as:

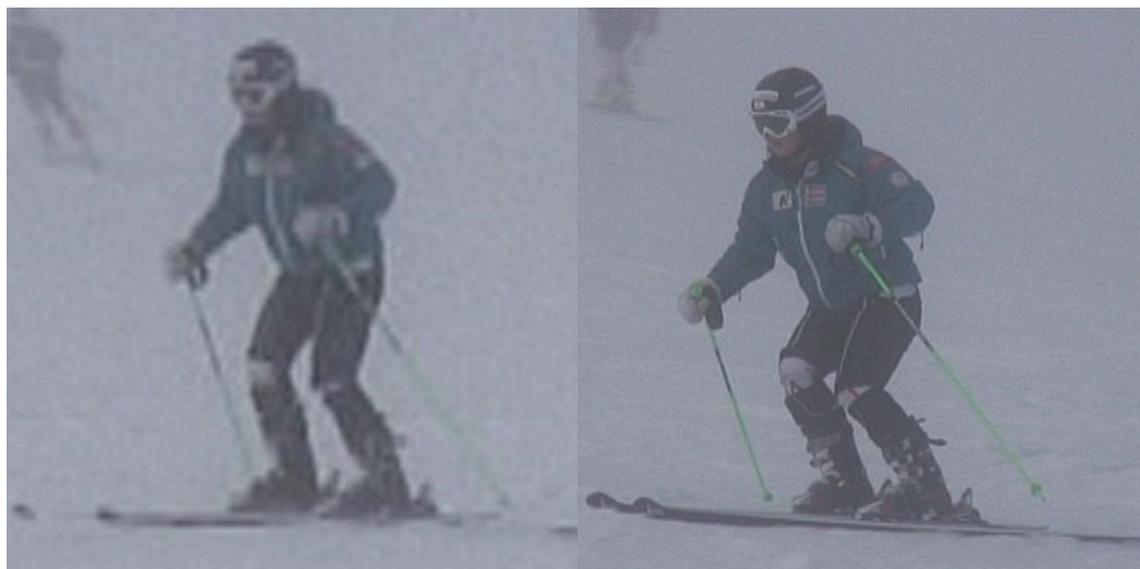
- A. The traverse.
- B. The wedge opening.
- C. The change of support.
- D. The parallel from the wedge.

The coordinated use of these elements, we will result in fundamental change. The use of the elements of the embodiment of the shift key, vary according to the technical level of the skier and effect sought. The higher the level, the actions focus on corner

entry. Beginners and advanced levels, the actions to be sequenced harmonically from diagonal to diagonal input output.

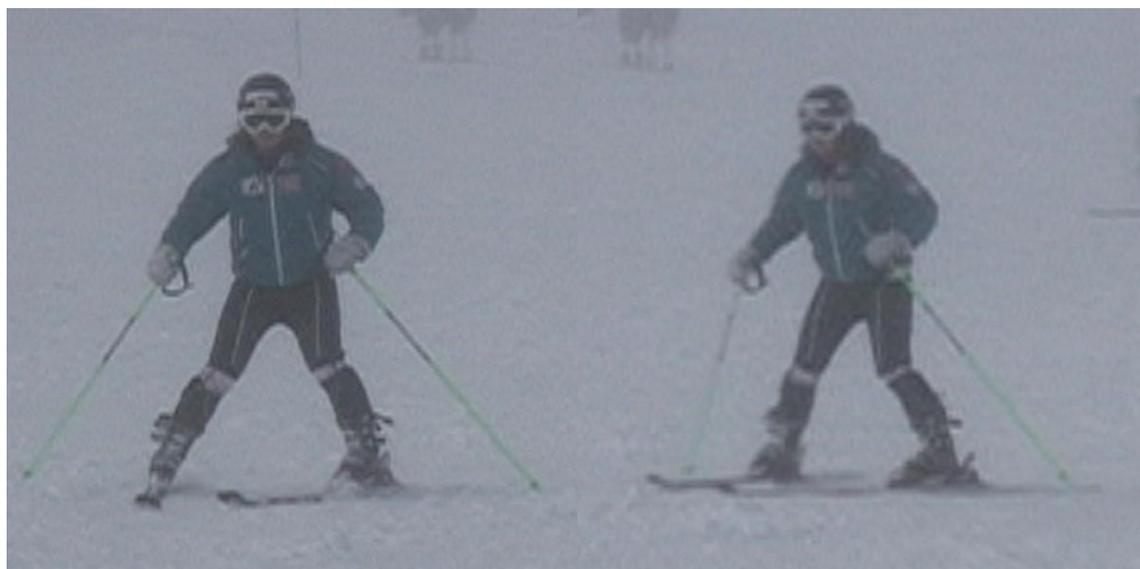
A. The traverse.

We can slide with the skis parallel and on the edges, with a speed that will control zooming in the fall line, in our support and balance traverse dominant, must be on the ski of the valley that gives us control. The uphill ski conducts a supporting role to balance, in contact with the snow and maintaining a sliding parallel to facilitate fluid from a natural attitude.



B. The wedge opening

The fundamental shift, will make the opening leg wedge of the hill on the valley ski support. The leg of the mountain, to undertake an extension, combined with internal rotation, which triggered the transition from traverse to the wedge.



C. The change of support.

From the attitude of wedge, we have a better base of support which will increase the balance, and we on the inner edges of the skis which enable us to control the friction on the snow, making it easier to control speed. This equilibrium position control and velocity, will be in an optimal arrangement for supporting the dominant change progressively, by moving the projection of the mass of the body on the leg opening made by the wedge, which produce the change of direction.



D. The parallel from the wedge.

Once we have made the change of dominance using the wedge support, we will be able to relocate the skis parallel. The inside of the bend leg, combined with flexion perform a rotation, while the foot passes into supination-pronation, ending in the traverse parallel with skis.

To retrieve the attitude in parallel, we perform the reverse action for opening wedge.



