

IVSI Congress – Lech 2005

Polish Workshop & Demonstration SUMMARY

Short turns perfecting exercises

The ways to short turns

- long radius -> short radius
- short ski -> longer ski
- half-turns on easy slope
-> short turns on steep slope

Long turns / short turns



Starting point – necessary abilities

- balance
- coordination
- up unweighting
- legs rotation

Student's typical problems

- rythm
- coordination
- upper body influencing rotation
- overrotating
- too low hand's position
- lack of speed control

Exercises



Thank you - the end

