

the beginning? You do it by treating your upper and lower body as separate moving parts. Many intermediate skiers start and maintain their turns by tilting their entire body to the inside of the turn, (the technical term for this is inclination.... think, "Leaning Tower of Pisa.".....or in the example at top right, "Leaning tower of Lisa")

Although this will work on flatter terrain, as things get steeper you will run out of edge angle and either start to skid or fall over towards the inside of your turn. Racers and advanced skiers may start a new turn with inclination, but as the turn progresses they create angles between their upper and lower body. The upper body, (from your rear end north) stays more or less upright as the lower body, (from your femur down), moves to the outside of the turn. (For those who care, the technical term is angulation.... think of every picture of Bode Miller rounding a gate you've ever seen, or for a little less extreme example, see Jane from the Sugarloaf Ski shop at bottom right.

Here's a drill you can try to make this angulation thing happen. With a ski buddy, pick a narrowish Blue groomed trail. Failing that, just pick an imaginary corridor down a wider slope that is about a groomer's path wide. Start straight down the trail with your friend behind you watching. When you have sufficient speed, begin making linked round turns, keeping your hands level to the horizon and within your field of vision. (Pole touches are optional.) Try to keep your upper body in the middle third of the trail while allowing your skis to carve a path that stretches from one edge of the trail / corridor to the other. Your ski buddy's task is to watch your butt, literally, and describe to you what he or she sees. (in polite terms of course). Most of us wear ski jackets these days that conveniently end right about where the femurs begin. Hopefully your pal will see the hem line of your jacket (your upper body) staying more or less parallel to the horizon while your legs and skis (your lower body) cross back and forth underneath you, not unlike the pendulum of a clock.

When you've gotten the hang of these linked short radius turns, try a variation of the same drill, but this time pick a fairly wide, shallow pitched "Blue" trail and make medium to long radius turns. Once again, have your partner observe your "behind" from behind. They should see you begin the turn by lean-

ing or inclining in the direction of the new turn, but as the turn progresses, they should notice your upper body "leveling out" and once again the hem of your ski jacket should be more or less parallel to the horizon while your lower body angles away from your upper body.

So start your next turn with a little "inclination" and then add "angles" as it progresses and you will have conquered the carved turn. And remember, your butt is not a part of your lower body in skiing!.

For more help perfecting these tips and others, sign up for a lesson with Perfect Turn. Stop by the Base Lodge or call 866.266.7081.



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