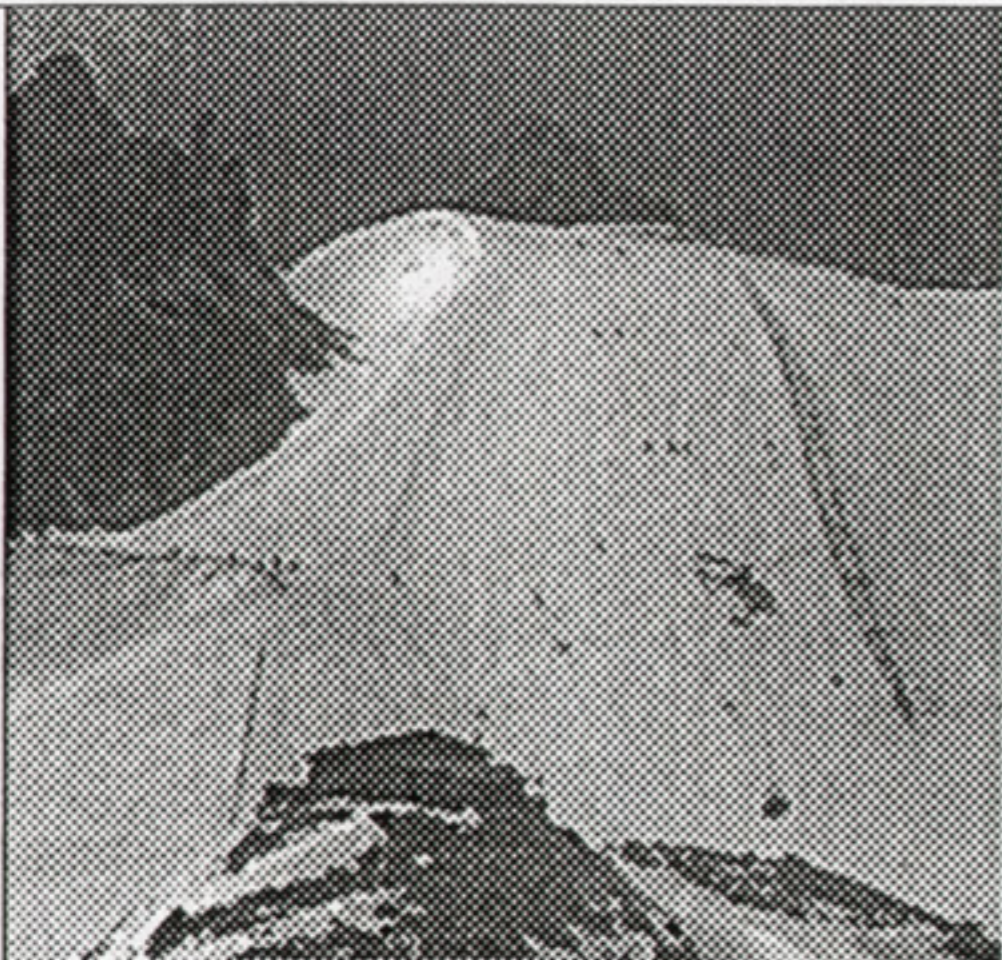


3-3 BLACK

3-3.2 MOGULS AND POWDER

62



Challenge the mountain



Powder skiing



Mogul skiing

3-3.2 CHALLENGE THE MOUNTAIN - LEARN TO SKI MOGULS AND POWDER

Skiing is a challenging sport but as with everything else, you can always get better. There are always new skills to work on and new experiences to achieve. This section concerns skiing at the highest level. We have selected two themes for skiers who like a challenge, mogul skiing and powder skiing.

MOGULS

Moguls form when many skiers ski on one particular slope. If a slope is not groomed regularly, then moguls will occur during the course of a few days. If they are situated closely together we call the slope a mogul run. Moguls can be fun, irritating or frightening, depending on your technical ability and desire. In this chapter, we teach you a few tips that will soon make skiing moguls easier and a greater pleasure.

As a prerequisite for mogul skiing you should be able to ski linked short turns on groomed terrain.

STEP ONE: BENDING AND STRETCHING YOUR KNEES

Find a mogul run that is not too steep and where there is roughly the same distance between each mogul. If no such slope is available a normal mogul run can also be used.

The only thing you really need to master on a mogul run is the bending and stretching of your knees. Start by focusing only on the bending motions. Traverse the slope and every time you hit a mogul, bend your knees. You must actively absorb the mogul beneath you. Imagine that your legs are working in the same way as a shock

absorber on a car: every time you come across a mogul, the shock absorber gives way to the pressure of the bump. Keep your upper body as still as possible and let all movements come from your legs. Keep your arms well in front of you so as to support your balance.

When you are getting the feel for the absorbing motion, change your focus. Stretch your legs in the troughs between the moguls. The aim is to be able to traverse a slope and to be able to "even out the pressure". If your legs give in to the pressure when you hit a mogul, and then stretch out again when you have skied over it, you have eliminated the mogul! Try to ensure that your skis have contact with the snow at all times; the moguls should not be small ramps where your skis catch air. You need to "absorb" the mogul in the right way by working only with your legs. Bend your legs by pulling them up under you and not by bending your body towards the skis.

Tip 1: On moguls bend and stretch your legs, always aiming to keep your skis in contact with the snow!

STEP TWO: THE FIRST TURNS

You are now ready to try turning in the moguls. At first, choose only one mogul, preferably in a place where there is some space around you. When you hit the mogul, bend your knees. As you pass the top of the mogul steer a round turn down the back of the mogul. Always start the turn on the top of the mogul. Try this a couple of times then stretch your legs as you turn on the opposite side of the mogul. Take one mogul at a time, giving yourself plenty of time between each turn. If necessary, traverse the slope and wait until you find the perfect mogul and feel ready to turn.



Bend your knees when you hit the mogul



Stretch your legs after passing the mogul



Start by turning on one mogul

3-3 BLACK

3-3.2 MOGULS AND POWDER

64



Bending...



...and stretching

Tip 2: Ski only one mogul at a time. Bend your legs when hitting the mogul, and stretching once you have passed it!

It's best to practice on the same run a few times. The goal is the same as with step one: to learn to "absorb" the moguls by turning over them. Always remember to bend your legs when you meet the mogul and quickly stretch them once you have passed the mogul.

STEP THREE: THE LINE

In mogul competitions it often looks as though the skier is jumping from mogul to mogul. Actually the goal is to avoid jumping and to keep the skis on the snow as much as possible by absorbing the mogul. The technique is the one you have practiced in steps one and two. Now simply adjust your technique to the mogul run.

When you move from step two to step three, try making turns with shorter and shorter intervals between them. Avoid traversing between each turn and instead execute a turn every time you come across a new mogul. After a while, look for a real mogul track. The goal is to ski a rhythmical line in the moguls, preferably along the fall line of the slope. Although at time it is hard to find such a perfect line – not to mention keeping it to yourself! A good line through the moguls requires that many good skiers have skied the moguls beforehand.

When practicing on a real mogul track, focus on keeping your speed under control. To begin with, forget about technique and concentrate on getting used to the trail. The easiest way to do this is by completing your short turns so that you do not accelerate and lose control. When accustomed to the moguls, you should try skiing using the correct mogul technique. Bend your knees when you hit the mogul and stretch them again when you turn on the opposite side of the mogul.

The following rules should be observed:

It is very important that you stretch your legs between each mogul. If not, you will end up leaning too far backwards and likely lose control. Actively stretch your legs so that the tips of the skis point downhill between two moguls. The tips of the skis must not point upwards at any time.

Tip 3: Avoid falling back. Focus on your ski-tips pointing down into the troughs between the moguls!

Always keep your arms away from your body and in front of you. This will help you maintain your balance. Actively use the ski poles as you would when executing an ordinary short turn on groomed terrain. Working hard with the ski poles is an excellent aid for moguls. If you are planning to ski a lot in the moguls, consider using shorter ski poles.

Tip 4: Use the ski poles to stabilize your position!

After a while, try putting your skis together. It is an advantage in the moguls to keep your skis close together.



Use the ski poles

3-3 BLACK

3-3.2 MOGULS AND POWDER

66



Skiing in fresh powder snow



Let the ski surf through the snow



Skiing rhythmical short turns

POWDER

Fun carving and moguls are a challenge for any good skier, just as steep terrain, skiing gates (slalom, giant slalom, etc.) can be. However there is one activity that surpasses everything and which no skier can ever be tired of: skiing off-piste. Finding and creating your own track off-piste is an experience that every good skier should try.

In the off-piste, you will experience many different kinds of snow, from feather light virgin powder to hard or wind packed snow. Different types of snow should be approached with different techniques. In this section, we limit ourselves to the most fantastic type of snow that can be found off the beaten trails - fresh powder snow!

Before we begin with the off-piste technique, it is important to give a word of warning. When skiing off-piste, you are skiing at your own risk outside patrolled and safe areas. Off-piste skiing is always more dangerous than skiing on the marked trails. Off-piste skiing is not only about the right technique, it is also about having a working knowledge of the different types of snow, of avalanches, of wind and weather conditions in the mountains. (See chapter 6).

STEP ONE: RHYTHM

There is only one way to prepare for off-piste skiing and that is by throwing yourself into it. Find easily accessible terrain, covered by fresh powder, if possible alongside a marked trail or between two marked trails. The terrain that you choose ought not to be too steep. It is important that you start out by practicing powder technique on terrain you feel comfortable with.

It is easier to ski short turns than long turns, and this is the technique you should focus on at first. Begin by

concentrating solely on finding a good rhythm. Rhythm is the most important tool in helping you to overcome the large amount of snow. Let your skis drive through the snow, do not try to move the snow itself. When your skis are completely covered in snow, they will not move from side to side but can move forwards easily. Therefore, let your skis build up pressure and use the short turn rhythm as momentum to start each new turn.

Tip 5: Rhythm and short turns are keys to success in powder!

STEP TWO: POSITION

By the time you have enough confidence to ski in untracked snow, you have come a long way. You can continue working on your technique and correct it as you go along. Here are two things that you must focus on.

1. The stance is the same as the one that you would use on the marked ski runs. It is a common misunderstanding to think that you should lean back on the skis when skiing untracked snow. In powder you should maintain a position well centered over your skis. If you do not, you will lose control and your skis will run from you, just as they do on groomed terrain. Focus on standing in center of the skis and using your arms to keep your balance. Hold your arms well out from your body and in front of you. Remember to use your ski poles. They are a big help when practicing your rhythm and helping you stay forward on the skis.

Tip 6: Remain centered over your skis. Keep your skis close together!

When you get serious about powder, you might want to consider getting extra large baskets for your poles. The



Use your arms and poles to keep your balance



Keep your skis close together

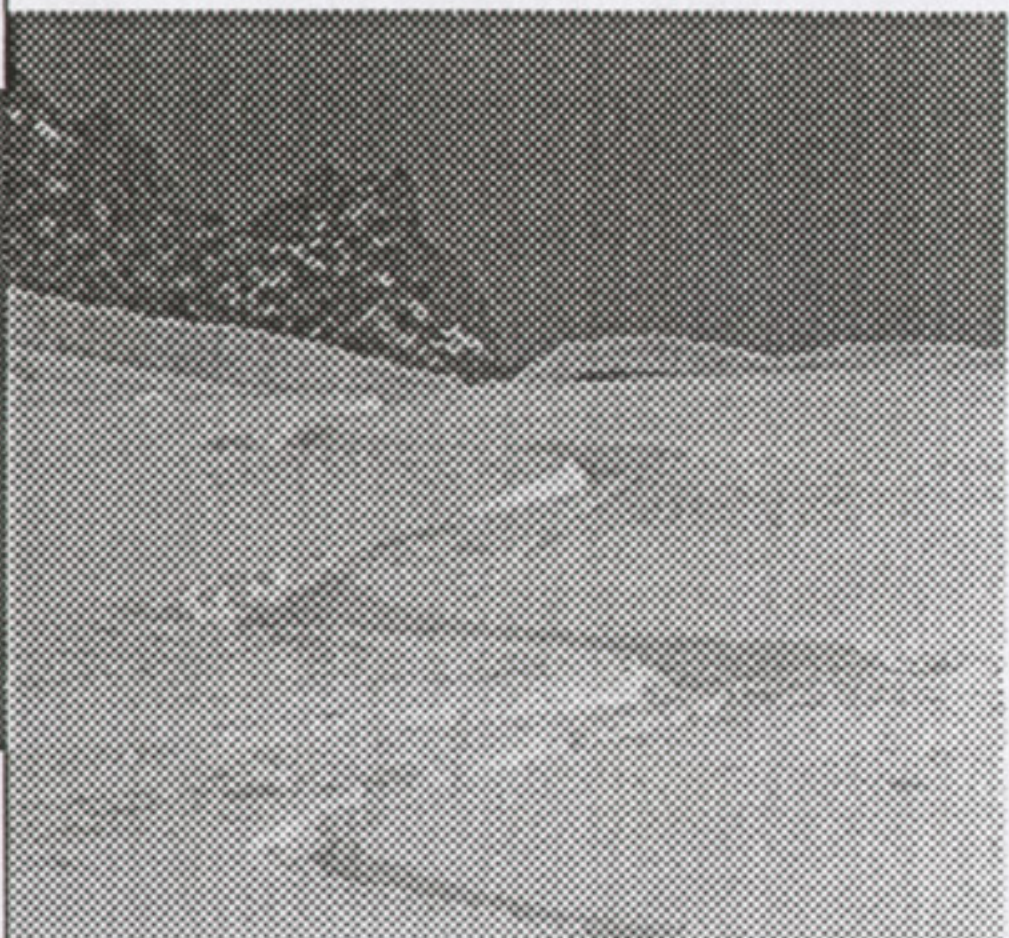
3-3 BLACK

3-3.2 CHALLENGE THE MOUNTAIN - LEARN TO SKI MOGULS AND POWDER

68



Rhythmic, rounded turns



Stop once in a while to enjoy your turns!

baskets are the plastic plates at the bottom of the ski poles and with extra large baskets; you can prevent your poles from sinking too deep into the snow.

2. Use your skis in a different way in powder. It is clearly an advantage to ski powder with your skis together and your weight evenly spread on both skis. This way, the skis can move more easily through the snow without getting caught up in the snow mass. It also prevents one ski from sinking deeper into the snow than the other.

STEP THREE: CHOICE OF TERRAIN

Whenever skiing off piste, you leave your own tracks in the snow. Always take a moment to look back up at your own track. There is no prettier sight in skiing than neat, rhythmic carved out tracks in virgin powder - especially when you have made them!

Tip 7: Let rhythmic and rounded arcs be your goal!

As you become more skilled in skiing untracked snow, try making as perfect tracks as possible. You do this by skiing completely even tracks right down the fall line. This is also, by the way, the safest route in avalanche terrain. In order to ski an even identical track all the way down, complete your turns so that you do not accelerate and try to make all your turns the same size.

SUMMARY: CHALLENGE THE MOUNTAIN - LEARN TO SKI MOGULS AND POWDER

MOGULS

Tip 1: In moguls bend and stretch your legs, always aiming to keep your skis in contact with the snow!

Tip 2: Ski only one mogul at a time. Bend your legs when hitting the mogul, and stretching once you have passed it!

Tip 3: Avoid falling back. Focus on your skitips pointing down into the troughs between the moguls!

Tip 4: Use the ski poles to stabilize your position!

POWDER

Tip 5: Rhythm and short turns are keys to success in powder!

Tip 6: Remain centered over your skis. Keep your skis close together!

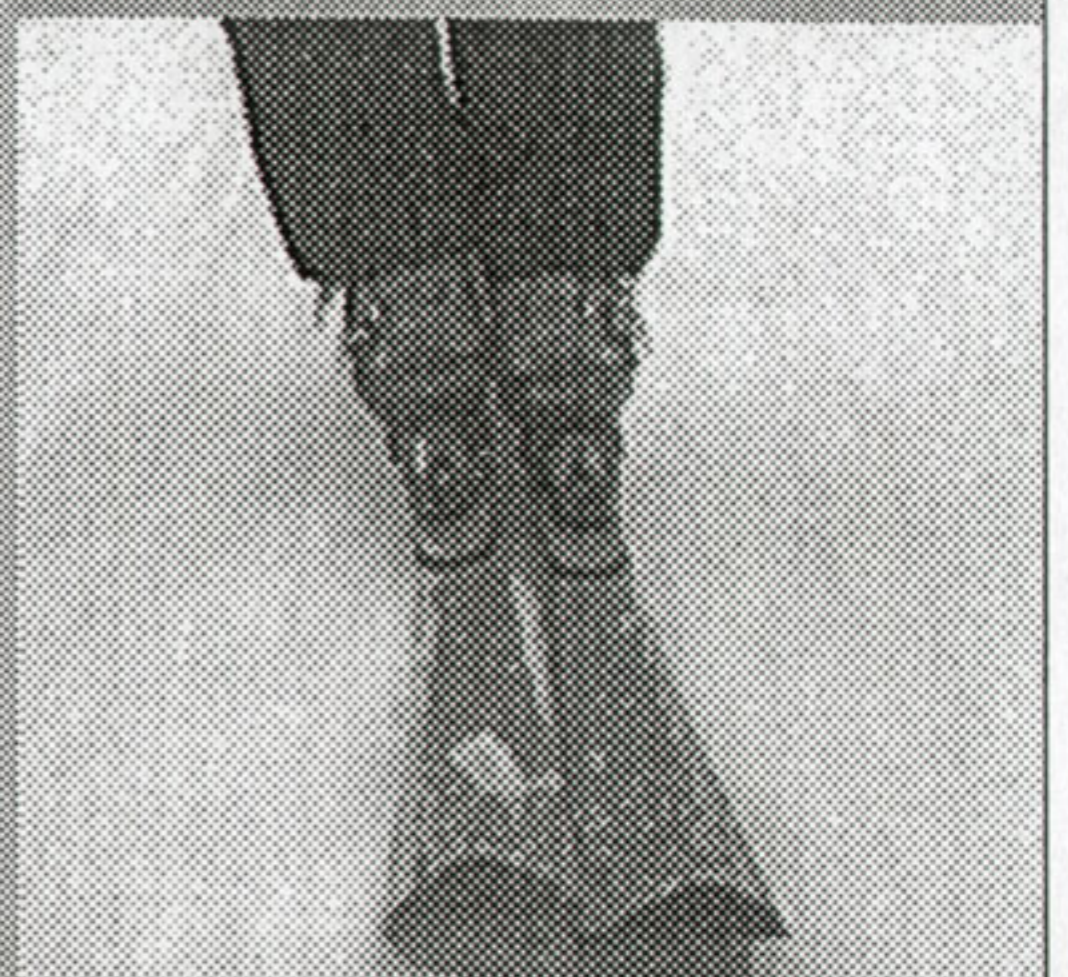
Tip 7: Let rhythmic and rounded arcs be your goal!



Tip 1



Tip 2



Tip 6