

3-3 BLACK

3-3.1 FUN CARVING

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Skiing without poles



A lifter for the binding



Carving at high speed

3-3.1 FUN CARVING

Carving is all about having a good time. Modern skis can do so much more than skis could in the old days. The most important thing is to know as much as possible about your skis in order to use their potential at a maximum. When it comes to skiing on them, only you set the limits!

Tip 1: Get a feel for the fun carvers. Instead of skiing straight down on easy terrain, play with the skis, making continuous turns!

It is easier and more enjoyable if you try the following exercises on the extreme side cut skis; also called fun carving skis. Fun carvers have an even more extreme hourglass shape than all-round carving skis. It is very important to practice these exercises on terrain with plenty of space.

Find an easy slope that is well groomed. Remember to pay attention to the other skiers on the slope; when practicing fun carving you will be tempted to ski at high speeds. Therefore always keep a reasonable distance from other skiers and snowboarders on the mountain.

Tip 2: Be careful. Real fun carving requires a lot of open space!

Fun carving should be exactly that. Try challenging your balance and put technique to one side for a moment. For example, turn your body the wrong way! Break the rules. Only you set the limits when fun carving. We cover some of the most common exercises and games below but you can experiment with the skis, and your ability as a skier, and invent movements and turns that are entirely your own.

FIRST EXERCISE: PLAYING WITH THE CENTRIFUGAL FORCE

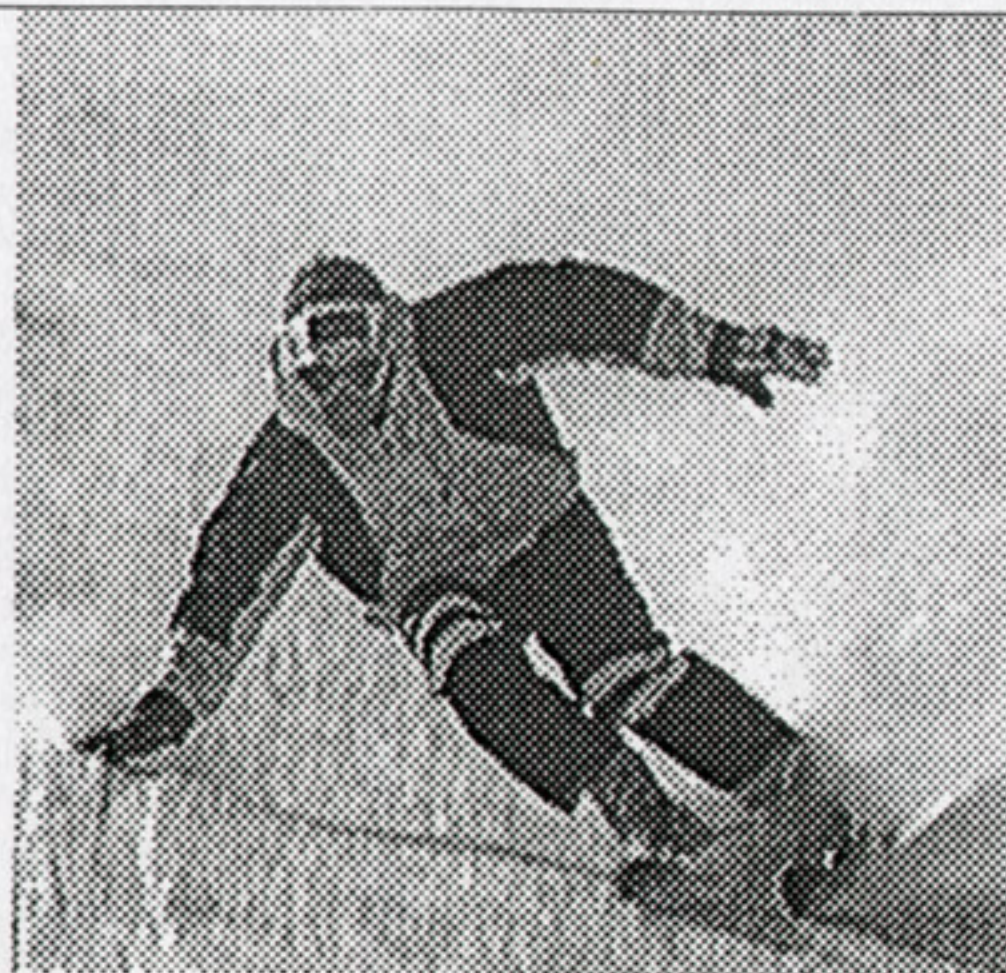
When skiing cleanly on the edges of your skis, you gain speed very quickly. If, at the same time, you turn sharply, you need to lean heavily into the turn in order to keep your balance because of the strong external forces.

On a pair of fun carving skis, you can challenge centrifugal force. Ski a set of medium radius turns down the hill. Attempt to ski as cleanly on the edges of your skis as possible. The more speed you have, the further you will need to lean into the turn. If the speed is great enough and your balance is good, you will be able to lean completely over and touch the snow with your hand. You can practice this exercise either with or without ski poles, however it is more enjoyable to do it without. The same goes for the next exercise. Skiing without poles gives you a sense of freedom and enjoyment in a way you may not have experienced before.

Tip 3: The more edge angulation the better carving!

SECOND EXERCISE: THE ALTERNATIVE BASIC STANCE

In ski school classes, you are taught to stand correctly on your skis with your chest to the valley and your back to the hill. Try positioning your body completely opposite. Ski down the slope and turn sharply with your upper body so that you are close to looking straight up the hill (remember to keep a sharp look out for other skiers). On the whole, try to challenge the "right" stance that you normally practice. Stand as stiff as a board for example, and lean from side to side when you turn. Or start a turn by turning your arms from side to side, and then let your body follow.



Touching the snow with one hand



The more edge angulation the more carving



Challenging your balance

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Alternative or "wrong" stance...

THIRD EXERCISE: AMBLE

This exercise is also an experiment with an alternative or "wrong" stance. Ski with medium radius turns, and push your outside arm forward as you turn. Push your right arm forward when you turn left, and your left arm when you turn right. When you have caught onto the rhythm, you will notice that you can almost begin the turn with the momentum that comes from your arms and that your skis are being literally thrown from side to side. It is extremely important to ski cleanly on the edges of your skis.



...however challenging to try

SUMMARY: FUN CARVING

Tip 1: Get a feel for the fun carves. Instead of skiing straight down on easy terrain, play with the skis, making continuous turns!

Tip 2: Be careful. Real fun carving requires a lot of open space!

Tip 3: The more edge angulation the better carving!