FUNDAMENTALS OF SNOWSPORTS

🎿 Ski 🎿	🏂 Snowboard 🏂	🎿 Telemark 🎿
❄ Control the relationship of the center of mass to the base of support to direct the pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
❄ Control pressure from ski to ski & direct pressure toward the outside ski	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski
❄ Control edge angles through a combination of inclination & angulation	Control the board's tilt through a combination of inclination & angulation.	Control edge angles through a combination of inclination & angulation.
❄ Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the board's pivot through flexion/extension & rotation of the body.	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.
❄ Regulate the magnitude of pressure created through ski/snow interaction	Control the magnitude of pressure created through the board/surface interaction	Regulate the amount of pressure created through ski/snow interaction with flexion & extension movements
" RESULTS " 🎿🏂 Consistent Speed & Control 🎿🏂 Connected & Rounded Turns of various sizes 🎿 Parallel turns with simultaneous foot tipping/steering of both feet	❄ Control torsional flex of the board using flexion/extension & rotation of the body.	❄ Control the size, duration, intensity, rate, & timing of the lead change to manage fore/aft stability.
	🏂 Smooth transition from edge to edge while keeping the board in contact with the snow	🎿 Pole Touch (if used), complements turn in timing & direction of travel