

INTERSKI 2023



Japan Interski Committee
Ski Association of Japan
Professional Ski Instructors Association of Japan



A comfortable turn realized by **the set position**

The word "**comfort**" applies to

ALL TARGETS





First of all....



**What are the basics
movements for a turn?**

Our Philosophy

**Basic
Movements**

Positioning

Edging

Pressuring

**important elements that enable us to instruct with
a consistent structure from low speed to high speed**

and...

Positioning at turn initiation

**These are the true conditions required to
control speed and turn radius**

What turn mechanics are required for a good turn?

The set position!!



In an ideal turn the following two points are refined

- speed control
- turn size and radius control

A balanced position, when engaging the snow at turn initiation, makes this possible

Let's think about the three important elements to achieve this:

- ① Shifting into the next turn position (transition)
- ② Set position (Aligning to slope angle changes and centrifugal force)
- ③ Maintaining the turn position (steering)

Section 1

Shifting into the next turn position (transitioning)

Turn Completion



Neutral



Turn Initiation



**Transitioning into the next position
by stretching your outside leg!**

Shift into the next turn position by stretching your outside leg. Transitioning into the next turn position by internal rotation of the outside leg and external rotation of the inside ski while keeping the center position from the end of the turn until the start of the next turn.

Section 2

Set position

(Aligning to slope angle changes and centrifugal force)

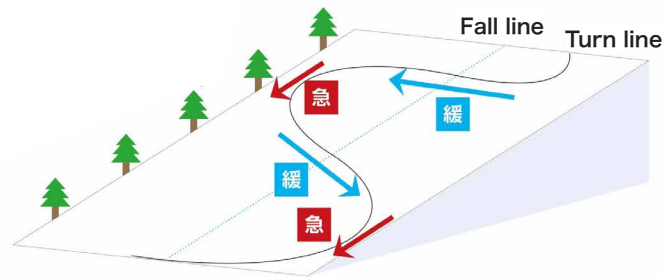
Turn Completion



Neutral



In the beginning of the turn, the skis are moving into a steep slope from a gentle slope, therefore, you need to be in a forward position. Also at turn initiation, you need to balance against the centrifugal force with inclination.



When continuing to turn on a slope the skis turn through a "gentle slope to a steep slope to a gentle slope" during a single turn and the condition continues to vary. At the point of transition it is the most gentle and it is steepest in the first half of the turn when moving into the fall line.

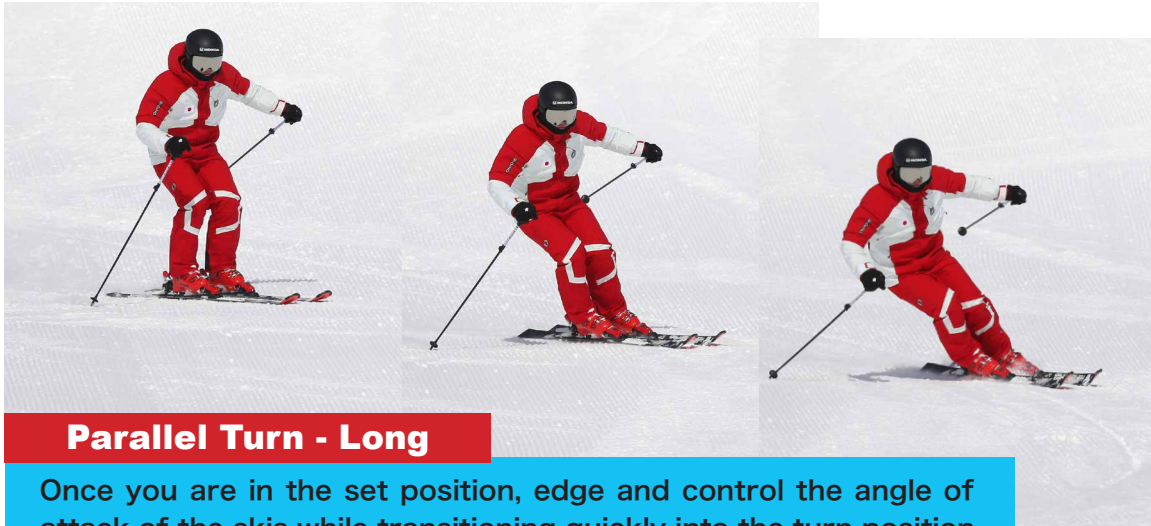
Turn Initiation



Stay forward as the slope angle changes, incline against the centrifugal force and maintain the center position

Section 3

Maintaining the turn position (steering)



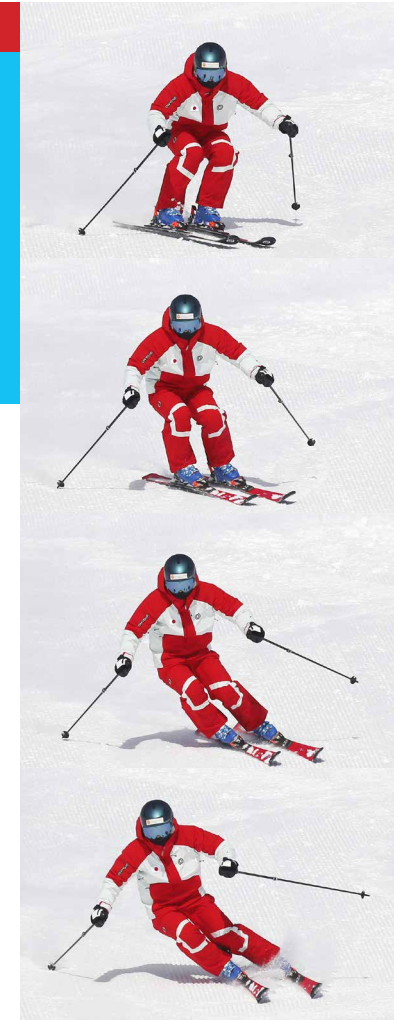
Parallel Turn - Long

Once you are in the set position, edge and control the angle of attack of the skis while transitioning quickly into the turn position and steer while maintaining the turn position by pressuring.

In order to control while braking or gliding, it is important to transition into the turn position at an early timing to enable steering. During the steering phase the turn position is maintained through pressuring, however, it is also important to find the balance against the resistance of the snow and centrifugal force. This will allow for further refinement of the two controls required for turning, "speed control" and "turn size and radius control".

Parallel Turn - Short

Once you engage the snow, move into the turn position by edging and controlling the attack angle of the skis quickly and find the balance with the resistance of the snow and the centrifugal force while maintaining the turn position.



Once you are in the set position, quickly transition into the turn position.

Confirming your position at the initiation of the turn at a low speed.



Side Slipping

Using the side slip, position yourself for the start of your turn while rotating and edging the same side of both skis. Keep the center position and shift into the next turn position.



Snowplow

The snowplow turn sets you up automatically for edging and the attack angle of your skis. Stretch your outside leg and shift into the next turn position and set yourself into the position required to start the turn while pressuring.



Stem Turns

As you finish the turn in a parallel stance, set up for the next turn position while opening the next outside ski in agreement with the movement to stretch the outside ski.

Position Set Up and Turn Movements

Braking

Once you are in the set position, maintain the turn position and apply pressure in the direction of side slipping

Gliding

Once you are in the set position, apply pressure in the direction of travel and incline while increasing the internal rotation of the outside leg/ external rotation of the inside leg

Maintain balance by increasing the inclination in response to the pressure change!

suggestion

Thoughts from a new tool

VISION CONTROL

Why are there differences between our left and right?

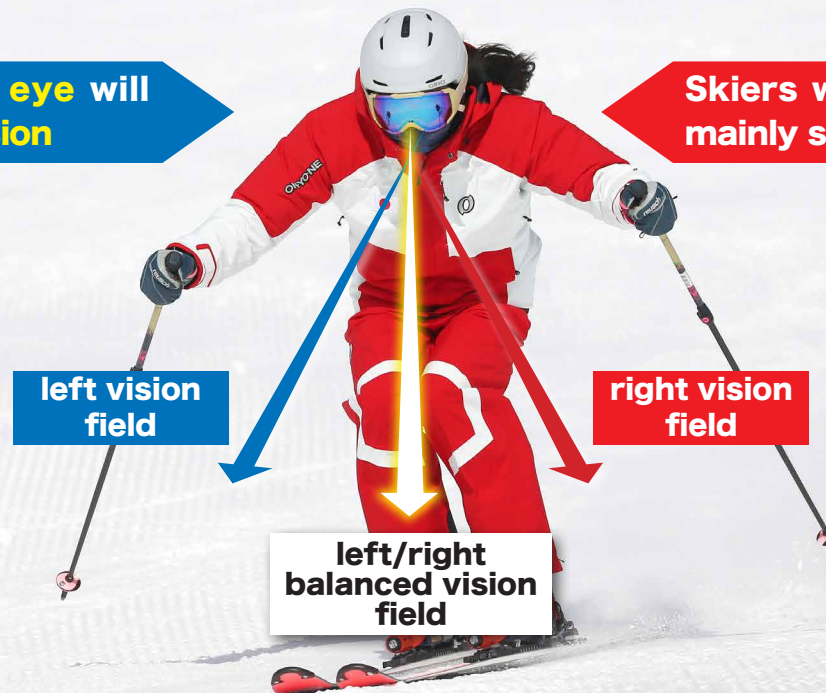
We acknowledge our field of vision with two eyes and furthermore one of the two eyes is the "dominant eye"

We acknowledge items with two vision fields, the left and right.

Skiers with a **left dominant eye** will mainly see the **blue field of vision**

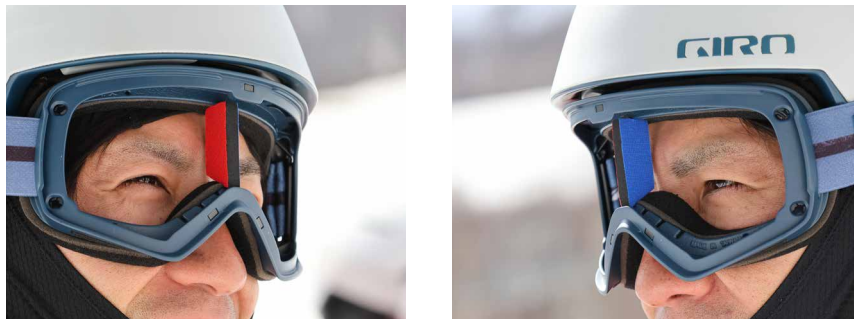
Skiers with a **right dominant eye** will mainly see the **red field of vision**

The face or body inclination may shift leftward, or the position of the head may be off-center to the left

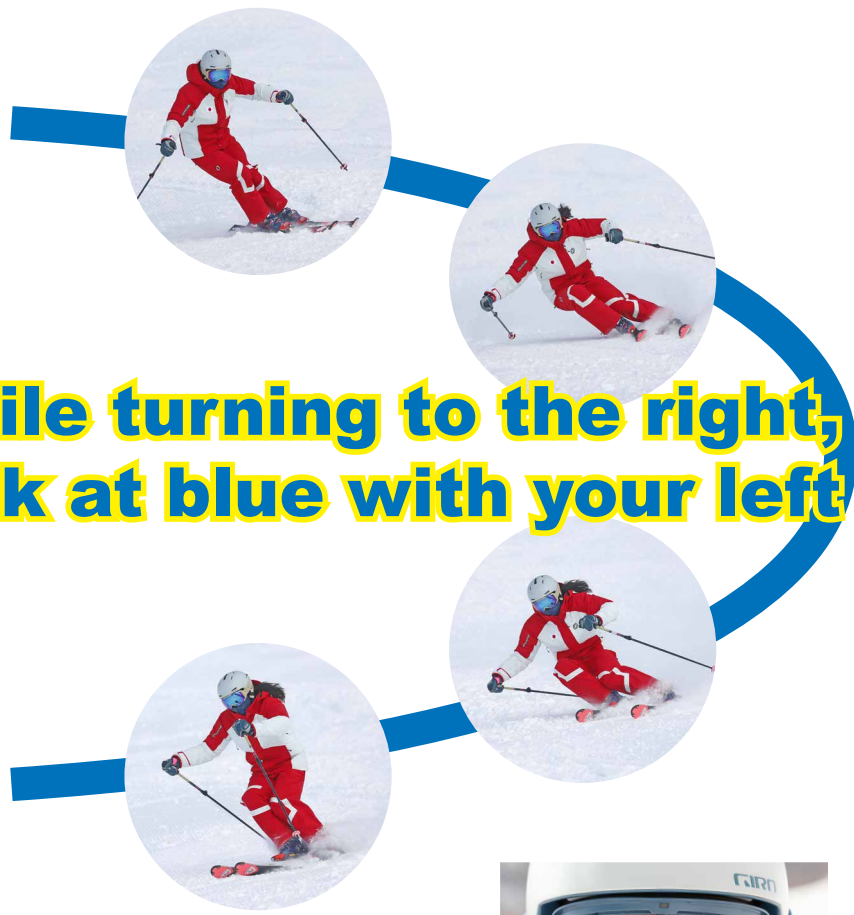


The face or body inclination may shift rightward, or the position of the head may be off-center to the right

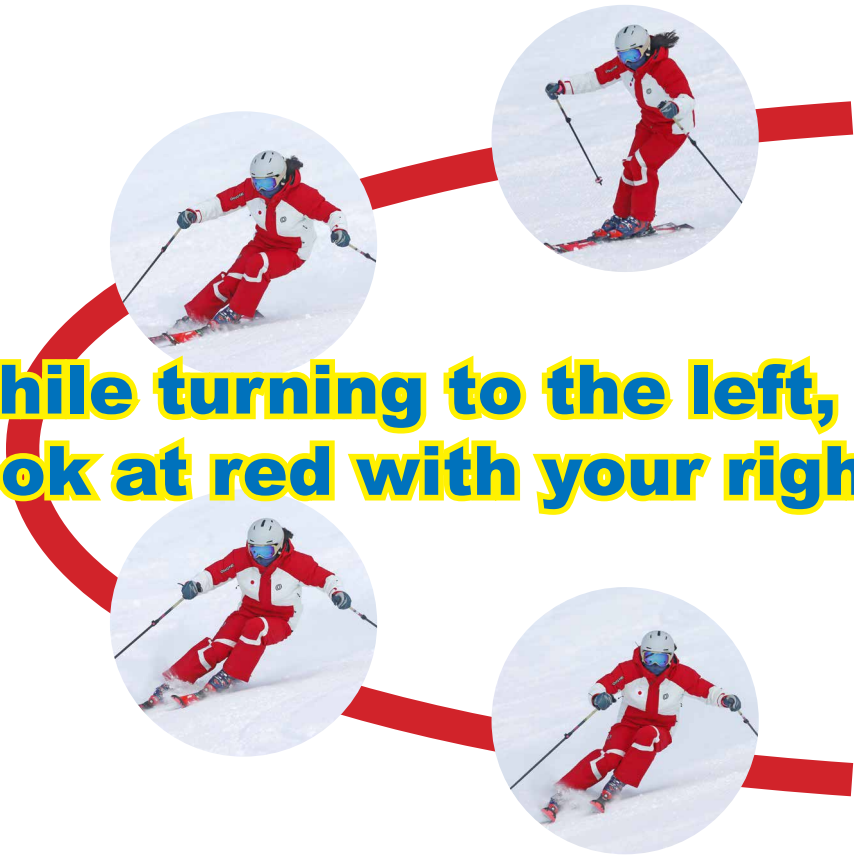
VISION CONTROL



**while turning to the right,
look at blue with your left eye**



**while turning to the left,
look at red with your right eye**



**By controlling the two vision fields,
it will be possible to mitigate the
physical imbalances and provide
appropriate alignment!**

Thank you!
and.....

Ski Heil!

